

KS1: Me and My Relationships



Cycle B

Key Questions

Feelings

- Do we have the same feelings?
- Why do we have different feelings?
- How do we show our feelings?
- What can we do when we have 'not so good' feelings?
- What are safe and healthy ways to get angry energy out?
- How can we help our feelings come out?

Classroom Rules

- Who are classroom rules for?
- Why do we need classroom rules?
- What would school be like if we didn't have classroom rules?
- Are classroom rules for the children or the teachers?
- What can help children to keep the classroom rules?

Getting Help

- When do you need to ask for help?
- Who can help you if you need help?

Assessment: Unit Outcomes

- ✓ I can name a variety of different feelings and explain how these might make me behave.
- ✓ I can think of some different ways of dealing with 'not so good' feelings.
- ✓ I know when I need help and who to go to for help.
- ✓ I can tell you some different classroom rules.

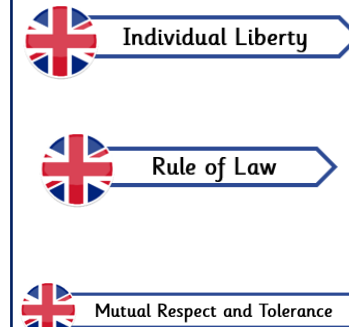
Key Vocabulary

friends	A person you have a mutual bond with.
help	To make something easier for somebody.
family	A group of one or more parents/carers living with a child/children.
hurt	Causing pain.
rules	A set of instructions to follow to behave well.
safe	To be free from harm or risk.

Christian Value Link



British Value Link



Spirituality Link



KS1: Valuing Difference

Cycle A

Key Questions

Recognising, Valuing and Celebrating Difference

How are people different?

How are people similar?

What is good about people being different?

Developing Tolerance

What is fair?

What is unfair?

Do things sometimes seem unfair, even though they are not?

Why do some people see something as unfair and other people see it as fair?

Assessment: Unit Outcomes

- ✓ I can say ways in which people are similar as well as different.
- ✓ I can say why things sometimes seem unfair, even if they are not.

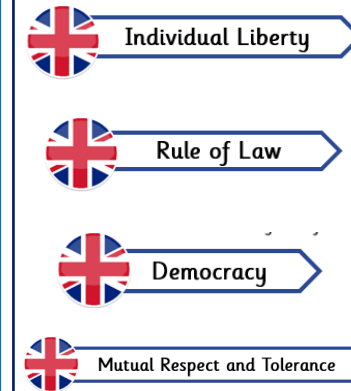
Key Vocabulary

respect	Treating somebody well and accepting them for who they are.
feelings	An emotion or reaction to something such as happiness or sadness.
tease	To make fun of or upset somebody.
similar	Something is the same in some way to another.
different	Something is not the same in some way to another.
fair	Everyone getting what they need, treating people the same.

Christian Value Link



British Value Link



Spirituality Link



KS1: Keeping Safe

Cycle A

Key Questions

How Our Feelings Can Keep Us Safe

- How many different feelings can people have?
- Do different feelings make your body feel different?
- What can you do if you have 'not so good' feelings?
- How can you help if someone else has 'not so good' feelings?

Keeping Healthy

- What do people need to keep healthy?
- How do you keep yourself healthy?
- Why do we need different things to be healthy?

Medicine Safety

- How do medicines help?
- Are medicines always helpful?
- Where do medicines need to be kept? Why?

Assessment: Unit Outcomes

- ✓ I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad – talk to someone).
- ✓ I can give examples of how I keep myself healthy.
- ✓ I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)

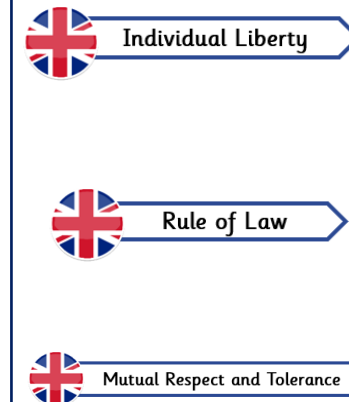
Key Vocabulary

share	To let somebody have, use or see something.
unsafe	Not safe and likely to cause harm or pain.
healthy	Making choices to help your body and mind.
internet	A network that connects us. It provides information.
private	Something you do not want to share (for your eyes only).
medicine	Something that helps to treat an illness or disease.

Christian Value Link



British Value Link



Spirituality Link



KS1: Rights and Respect

Cycle A

Key Questions

Looking After Things

What needs to be looked after?

What do you look after?

Is there anything else you can look after?

Why does the environment need to be looked after?

Do we need to look after money? Why?

How can you look after yourself?

How do you feel when you have looked after someone or something?

Assessment: Unit Outcomes

- ✓ I can give some examples of how I look after myself and my environment - at school or at home.
- ✓ I can also say some ways that we look after money.



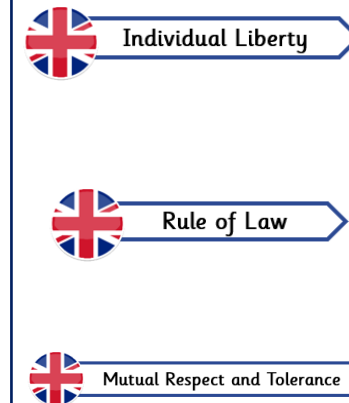
Key Vocabulary

environment	What is around us on Earth (living and non-living).
routine	A habit or sequence that doesn't change.
first aid	Helping somebody who is injured (treating them).
danger	Something or somebody causing injury or harm to somebody.
risk	The possibility that something bad or harmful may happen.
responsibility	Making good choices or performing to achieve results.

Christian Value Link



British Value Link



Spirituality Link



KS1: Being My Best

Cycle A

Key Questions

Growth Mindset

What can you do if you find something difficult?

Do you need just one idea to help, if you find something difficult?

How have your ideas helped you?

Keeping Healthy

Which foods are healthy and why?

Why do we need to eat different foods?

What jobs do different foods have in the body?



Assessment: Unit Outcomes

- ✓ I can name a few different ideas of what I can do if I find something difficult.
- ✓ I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.

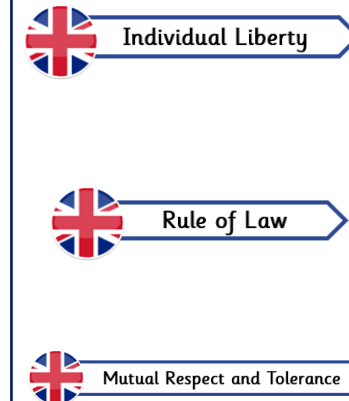
Key Vocabulary

hygiene	Keeping clean and healthy.
mistakes	An error/slip up or doing something wrong.
learning	Finding out new information and remembering it.
energy	Being able to work, move or do things.
germs	Tiny bacteria that can cause illness.
practise	To try and do something over and over again.

Christian Value Link



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KS1: Growing and Changing



Cycle A

Key Questions

Getting Help

- What is a trusted adult?
- Which adults at home can you ask for help?
- Which adults at school can you ask for help?

Becoming Independent

- What can you do now, that you couldn't do as a baby?
- What can you do now, that you couldn't do as a toddler?
- What can you do now, that you couldn't do last year in Reception?
- What are you still learning to do?

Body Parts

- Which body parts are on the inside?
- Which body parts are on the outside?
- How do different body parts work?
- Are girls' and boys' bodies the same?
- Which parts are different?

Assessment: Unit Outcomes

- ✓ I can identify an adult I can talk to at both home and school. If I need help.
- ✓ I can tell you some things I can do now that I couldn't do when I was a toddler.
- ✓ I can tell you what some of my body parts do.

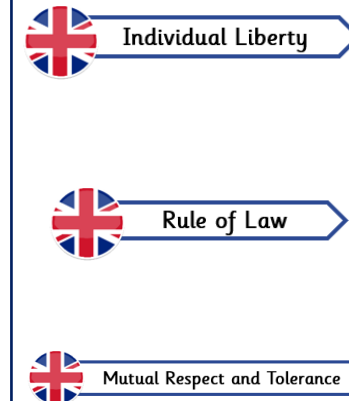
Key Vocabulary

heart	The organ in the body that pumps blood around the body.
brain	The organ that controls memory, emotion, movement and breathing.
stomach	An organ that stores food.
lungs	The organ that helps us breathe.
penis	The male reproductive organ.
vulva	The female reproductive organ.

Christian Value Link



British Value Link



Spirituality Link

