

Sleep and relaxation

We learn that sleep is important for health and we talk about how we can relax before bed. We learn relaxation and breathing techniques in the yoga Zen Den.



Healthy eating

We learn that food and water are basic requirements for life. That people choose different types of food for different reasons. We talk about food we like and do not like and explain our reasons. We are encouraged to use new vocabulary and all the senses (i.e. sight, touch, hearing, smell and taste) when we explain their reasons.

Mental Health and Wellbeing

We learn to recognise and describe different feelings in ourselves and others. We recognise and name some feelings that we might have. We explain how feelings can make our bodies feel inside and describe how others' might be feeling. We learn to identify who can help us with feelings, and how we can help others.

Friendship and Bullying

We learn that there are special people who form part of our support Network. We think about the people that we can talk to if we are worried about friendships. We think about how we can be a good friend to others.

RSHE Scheme of Work

Year 1

Physical activity

We understand why exercise is important for our bodies and minds. We experience how we feel different before and after physical activity. We will estimate how much exercise they get each day and think of ways we can be more active.



Online safety

We are learning to log in safely. To learn how to find saved work in the Online Work area and find teacher comments. We learn how to search Purple Mash to find resources. To become familiar with the icons and types of resources available in the Topics section. We start to add pictures and text to work. We explore the Tools and Games section of Purple Mash to learn how to open, save and print. We understand the importance of logging out



Oral Health

We will learn about plaque and that plaque produces acid that can cause tooth decay. We learn about the correct amount of toothpaste to apply and how to use toothpaste correctly.



Drugs and Alcohol

We learn how medicines get into our bodies. We learn to draw a human body and identify the mouth, nose and skin. We can talk about the basic functions of the heart and lungs.