



Relationships, Sex and Health Education Key Stage 1

Theme	Year 1 Lessons	Year 2 Lessons	Resources to support
1. Caring Friendships	<ul style="list-style-type: none">• What makes a good friendship?• What do I like to do with my friends?• How do I know how others are feeling?• What do we have in common?• How can I work with others?	<ul style="list-style-type: none">• What should I do if a friendship is making me feel unhappy?• How do we show our feelings on the outside?• How do people feel in different situations?• How can other people affect how I feel?• How do our manners change in different situations?	Vocabulary: feeling, emotion, happy, unhappy, friendship, taking turns, manners, respect, trust, problem, solution, team
2. Families and people who care for me	<ul style="list-style-type: none">• What is a family?• Who is in my family?• What do I like to do with my family?• How are families the same?• What different types of family are there?	<ul style="list-style-type: none">• What does the word family mean?• What are the positive characteristics of a family?• What do our families do for us?	Vocabulary: family, relation, care, support, love, different, same, similar
3. Respectful Relationships	<ul style="list-style-type: none">• What rules do we have in the classroom?• How do rules help us?• How can we decide on something fairly?• What makes us different?• What makes me who I am?	<ul style="list-style-type: none">• What is a rule?• Why do we have rules in school?• Why are rules different in different places?• Why are differences important?• What do we need to remember when we meet people that are different to us?	Vocabulary: fair, unfair, democracy, vote, choice, different, same, group, rules, reason, opinion, idea, unique

<p>4. Being safe</p>	<ul style="list-style-type: none"> • What do we do on the internet? • Who are the adults who work in school? • What is a stranger? • What are the names of some of the parts of our body? • What physical contact don't I like? • What is the PANTS rule? 	<ul style="list-style-type: none"> • What do we do on the internet? • Is everybody kind online? • What is the difference between a secret and a surprise? • What are our private parts called? • What is the PANTS rule? • How can I keep safe when there is traffic around? 	<p>Vocabulary: adult, polite, visitor, trust, worry, stranger, contact, hurt, kind, unkind, dislike, safe, unsafe, secret, surprise, penis, vulva</p>
<p>5. Health and Well Being</p>	<ul style="list-style-type: none"> • What am I like? • Why is sleep important? • What does being relaxed feel like? • What jobs do people do to keep us healthy? • What number do I call in an emergency? • How have I changed since I was born? 	<ul style="list-style-type: none"> • How can our feelings affect our bodies? • How does physical activity make us feel? • How do we feel if we are nervous or stressed? • What is an alternative to giving up? • What is a healthy diet? • What is good for my teeth? 	<p>Vocabulary: relaxed, rest, sleep, rest, healthy, try, fail, challenge, growth mindset</p>
<p>6. Economic Well Being</p>	<ul style="list-style-type: none"> • What do we know about money? • Why is money important? • How might we feel if we lose money? • Who works in our school? 	<ul style="list-style-type: none"> • How do adults earn money? • What are wants and needs? • How do we look after money? 	<p>Vocabulary: value, money, earn, cash, coins, moneybox, notes, purse, wallet, need, want, bank, building society, saving</p>