



Year 1

RSHE

Curriculum



'Every child has the right to an education.' Article 28
'Every child has the right to information and to express their views' Article 13

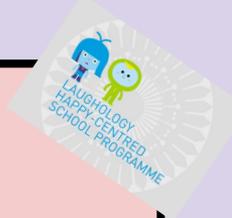


The Relationships and Health part of the RHSE curriculum has now been made mandatory. This is to reflect modern Britain and the variety of different relationships that we encounter daily. In line with this new policy, we will be teaching the children about relationships. We will be exploring topics such as:

- What is friendship?
- What does family mean?
- What does a positive relationship between friends and family look like?
- Who are the people who support me?
- How can I make sure I am safe online?



'Every child has the right to an education.' Article 28
'Every child has the right to information and to express their views' Article 13



At Star, we follow the Happy Centred School curriculum for RSHE. The curriculum falls under these headings:

- Positive Relationships (Autumn Term)
- Coping Skills (Spring 1)
- Achievement and Success (Spring 2)
- Self-Confidence (Summer 1)
- Support (Summer 2)

The following slides will detail what will be taught each term in line with this curriculum:



Autumn 1 - Positive Relationships



1. Reflecting on how others see us and the reasons why we think this
2. Thinking of ways in which we would help someone who was upset
3. Thinking about our roles in relationships and how we can resolve conflict
4. Identifying conflict in a story and the thoughts and feelings that this brings about
5. Understanding why it is important to recognise what others do for us
6. Assessment: Identifying ways in which a friend adds to the positive relationships within the class

Example of Vocabulary Taught: Friendships; Belong; Accept; Safe; Nurture; Supportive; Patience; Listening



Autumn 2 - Positive Relationships



7. Understanding ways in which we can ask for help and then act on the advice that we're given
8. Understanding what secrets are and when it is okay to keep a secret
9. Thinking about who can help us, if we see something on our electronic device that doesn't look right
10. Understanding which information we should and shouldn't share online and how to spot a stranger
11. Considering what is special about each of our families
12. Understanding that people might make mistakes about us, if they don't know us

Example of Vocabulary Taught : Belong; Safe; Supportive; Accept; Good/Bad secrets; Opinions; Mistakes



Spring 1 - Coping Skills



1. Identifying different feelings, whether they are big or little and whether or not we might need help with them
2. Understanding how we can identify our own feelings and that, even pretending to be in a positive mood, can help us to feel better
3. Identifying parts of the school day when we don't feel as positive, and what we can do to feel better
4. Identifying things that make us laugh or smile and practising recalling these to help us cope in tricky situations
5. Understanding that we all worry but that there are lots of solutions to different worries
6. Assessment: Identifying the different tricky situations that we might be in and the best people to help us in each one

Example of Vocabulary Taught : Good/not so good feelings; facial expression; persevere; positive; brave; have a go; challenge; coping



Spring 2 - Achievement and Success



1. Creating a timeline to show achievements in our lives so far
2. Thinking about ambitions of the future and how these might be achieved
3. Understanding the importance of speaking positively about challenges
4. Understanding why we shouldn't always settle for our first attempt
5. Working as a team to set and achieve a class goal
6. Assessment: Identifying the thoughts and words that we use when we are working to achieve a goal

Example of Vocabulary Taught : Goal; Keep going; Achievements; Confident; Frustrated; Plan; Challenge; Hard work; Practise



Summer 1 - Self-Confidence



1. Identifying activities in which we have low, medium or high levels of confidence
2. Identifying who can support us to have a 'can-do' attitude
3. Understanding why it's important to become more independent
4. Understanding the role we can play in completing a team challenge
5. Completing tasks without the help of a grown-up - 4B's
6. Assessment: Identifying how we have become more independent

Example of Vocabulary Taught : Confident; Believe; Achieve; 'I am good/not so good at... because...'; 'I feel confident in/at... because...'



Summer 2 - Support



1. Understanding the different types of support and why these are important
2. Understanding what makes a good discussion, in which everyone is able to speak and be heard
3. Identifying people who support us and how they do this
4. Understanding different emotions in others and ways in which we can give appropriate support through our reactions
5. Practising asking for help/support and being supportive
6. Assessment: Identifying ways in which we can listen with our whole body

Example of Vocabulary Taught : Help; Teamwork; Assist; Together; Community; Giving; Comfort; Co-operation; Listen; Thoughtfulness; Achieve