

Families and People Who Care For Us 1

Core Concepts

Safety RP1

Respectful relationships including online RP3

Key Vocabulary

Family – people who are your relations or relatives

Relationships – how people are connected

Respect – when you consider how other people feel

Feelings – how you are at a specific time
how you react emotionally

Love – an intense feeling of deep affection

Security – feeling content and safe

Stability –being firmly fixed

Happy – a feeling of being pleased

Trust – when you can believe somebody

Unhappy – not happy, not pleased

Unsafe - dangerous

Stages

Stage 1 – Understanding what ‘family’ means

Stage 2 – Knowing that families can look different to their own

Stage 3 – understanding the characteristics of healthy family life through love, security and stability.

Stage 4 – Beginning to understand that sometimes some people have family relationships can make them feel unhappy or unsafe.

Stage 5 – Knowing that it is OK to seek help

Unit Outcome

Understanding what healthy family relationships can be like.

Enquiry Questions

How do families show love to one another?

What does a healthy family life look like to you?

Do all families look the same?

Why is important to respect differences in families?

Useful resources

Family ppt twinkl – different types of families

Family ppt – pixl

Healthy/unhealthy activity cards – need to be adapted for KS1 but useful for understanding

Relationship health check – traffic lights – needs to be adapted for KS1

Being a Responsible Citizen 1

Core Concepts

Living in the Wider World RP5

Key Vocabulary

Contribute – to give help or provide something

Rules – sets out a way to behave

Rights – how people can expect to be treated

Groups – a number of people that are gathered together

Stages

To begin to understand how they can contribute to the life of the classroom and school

To understand that we have rules to follow and why.

To realise everyone has rights.

To understand that we belong to different groups.

Unit Outcome

Knowing how they can contribute to different groups.

Knowing why we have rules and why we have rights.

Enquiry Questions

How can I contribute to Crosby school?

How can I contribute to my class?

Why are rules important?

What groups do I belong to?

Useful Resources

Code of Conduct

Respectful Relationships 1

Core Concepts

Respectful Relationships Including Online.
RP3

Key Vocabulary

Relationships – how people are connected

Respect – when you consider how other people feel

Difference – a way in which people or things are not the same

Different – not the same as something else *eg you can play the game in different ways*

Choice – when you choose between two or more things

Preference – liking one thing more than another

Belief – accepting that something is true, especially without proof

Stages

Stage 1 – Knowing and understanding what ‘respect’ means

Stage 2 – Understanding the importance of respecting others

Stage 3- Understanding the importance of respecting others **even when they make different choices**

Stage 4 - Understanding the importance of respecting others **even when they have different preferences**

Stage 5 - Understanding the importance of respecting others **even when they have different beliefs**

Unit Outcome

Knowing the importance of respecting others even when they are different from them

Enquiry Questions

Why is it important to respect others?

Why should I respect other peoples’ choices, preferences or beliefs if they are different to mine?

Useful Resources

Embrace our differences – powerpoint

We are all different - powerpoint

Diversity - powerpoint

Mental Wellbeing 1

Core Concepts

Mental Health and Wellbeing
RP4

Key Vocabulary

Mental – to do with the mind

Wellbeing – being comfortable, healthy or happy

Health – free from illness or injury

Relax – resting from activity

Positive – being hopeful and optimistic

Exercise – activity which improves health and fitness

Attitude – a way that we think mentally

Sleep – when our body and mind is completely relaxed

Stages

Stage 1 – Understanding what mental wellbeing is

Stage 2 – Understanding that mental wellbeing is just as important as looking after your body

Stage 3 – Knowing how to look after your mental wellbeing

Stage 4 – understanding the importance of relaxation, exercise, sleep

Stage 5 – knowing it is ok to ask for help

Unit Outcome

Understanding that mental wellbeing is an important part of daily life

Enquiry Questions

What is mental wellbeing?

How do I look after my mental wellbeing?

Useful resources

My Mind Being Healthy powerpoint – from Pixl

Year 1 Circle Time

Lesson 1- Show pictures of the mind and a smiley face, and discuss what a happy mind feels like.

Lesson 2- Show pictures of relaxing, sleeping, exercising. Discuss all three and the impact it has on being healthy. Keep using the phrase 'keep your mind healthy'.

Being Safe 1

Firework Safety

Core Concepts

Safety RP1

Key Vocabulary

Bonfire – a large open-air fire

Fire – lets off heat, bright light, smoke and burns

Firework – contains chemicals which cause loud bangs, colourful effects and explosions

Sparklers – a handheld firework that lets off sparks

Safety – being protected from danger

Stages

Stage 1 – knowing what bonfire night is

Stage 2 – knowing that fireworks are used at a bonfire

Stage 3 – understanding the dangers of a bonfire and fireworks

Stage 4 – knowing how to stay safe at a bonfire celebration

Stage 5 – knowing how to stay safe with fireworks

Unit Outcome

Knowing how to stay safe with fireworks

Enquiry Questions

How do I stay safe on bonfire night?

How do I stay safe around fireworks?

Useful Resources

Firework safety poster

Firework safety ppt

Firework code

Firework safety writing activity

Year 1 Circle Time

Lesson 1- bring in things the children associate with bonfire night and discuss what they are.

Lesson 2- use sparklers and discuss what can happen if dangerous. Children to practise playing with pencil like it is a sparkler and then bringing it to the front in a bucket if when it is finished with.

Key Activity:

Children to understand the firework code/safety

Caring Friendship 1

To begin to understand characteristics of friendships.

Core Concepts

Respectful Relationships Including Online.
RP3

Key Vocabulary

Relationships – how people are connected

Connections – a relationship in which people are linked

Friends- people who we have connections with

Friendship – a relationship in which your connections are with friends

Interests – wanting to know about or learn about something

Friends often have some of the same interests

Stages

Stage 1 – Understanding what a friendship is

Stage 2 – Knowing that a friend is somebody we like, somebody we want to spend time with and somebody that probably has the same interests

Stage 3- Understanding what makes a good friend.

Remember Cycle A is about the characteristics of friendship. Issues such as: respect, honesty, trust etc and problems in friendships are covered in cycle B

Unit Outcome

Knowing what a friend is and what a friend does

Enquiry Questions

Why are friends important?

Useful Resources

<https://www.youtube.com/watch?v=ReMq3KX8F94> – video – children describing what makes a good friend

Friendship Sorting cards – at the end of the powerpoint (print and cut, children to sort into what makes a good friend)

Friendship powerpoint 2

Year 1 Circle Time

Lesson 1- show pictures of different relationships. Discuss what these are like include words like kind and love.

Lesson 2- show pictures of good friendships and what good friends do. Discuss what these look like. Maybe try out some acting scenarios.