

**Economic Wellbeing**

**Core Concepts**

Living In the Wider World (economic wellbeing and being a responsible citizen)

RP5

**Key Vocabulary**

Economic – the use of money and how to live on an income

Wellbeing – being healthy, safe, happy and comfortable

Money – coins or notes to buy what you need

Save - not spending your money straight away but putting it away to spend later

Spend – using the money you have to buy things

**Stages**

Stage 1 – Understand that money can come from different sources

Stage 2 – know that we can spend our money

Stage 3 – Understand that we can save our money

**Unit Outcome**

Know that money comes from different sources and how to save and spend.

**Enquiry Questions**

Why do I need money?

How do I save money?

Where do I get money from?

**Useful resources**

KS1 Money Matters Unit Pack

**Physical Health 1**

**Key Vocabulary**

Habit  
Routine  
Sleep  
Brain  
Recharge  
Energy  
Grumpy  
Groggy  
Forgetful  
distraction

**Core Concepts**

Health RP2

**Core Learning**

Stage 1 – Discussing what sleep is  
Stage 2 – Knowing the importance of sleep.  
Stage 3 – Discussing healthy sleeping habits

**Key Activities**

Pixl Powerpoint  
Stage 3 – Pixl powerpoint, Task 2 – knowing good bedtime habits

**Unit Outcome**

Children understand the importance of sleep and the effects of a lack of sleep.

**Enquiry Questions**

How does not having enough sleep affect you?

**Useful resources**

**Pixl – wellbeing – My Health – Year 1 and 2 My Health sessions – Year 1 and 2 session 3 Sleeping**

<https://www.youtube.com/watch?v=aAmaCeq9v4> – video – Why do we need sleep? Duration 3:33

<https://www.bbc.co.uk/bitesize/clips/z7q7pv4> - video - Rodd's Bad Day – Sleep is Important! Duration 10:06

<https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-sleep> - information

Sleep ppt – aimed at teenagers but could be adapted-My Health

**Respectful relationships 1**

**Key Vocabulary**

Courtesy  
Manners  
Respect  
Care  
Polite  
Please  
Thank you  
Attitude

behaviour

**Core Concepts**

Respectful relationships RP3

**Core Learning**

**Stage 1** – Discussing what courtesy means. Discussing what manners are.

**Stage 2** – Debating types of behavior and deciding which are courteous/not courteous. Deciding which scenarios show good manners/not good manners

**Stage 3** – Agreeing a list of necessary behaviours which show Good manners

**Unit Outcome**

Children understand the conventions of courtesy and good manners.

**Useful resources**

Code of Conduct

**Basic First Aid 1**

**Key Vocabulary**

Emergency – an urgent need for action or assistance

Emergency Services – organisations which deal with emergencies

Phone call –contacting and speaking to someone on the telephone

Fire – when things burn and give out bright light, heat and smoke

Fire engine – a vehicle for taking fire fighters and equipment to fires

Ambulance – a vehicle for taking sick or injured people to hospital

Police – people responsible for preventing and solving crimes

Coastguard – people watching costal waters and helping people and ships in danger

**Core Concepts**

Safety RP1

**Core Learning**

Stage 1 – Discussing what an emergency is.

Stage 2 – Deciding who the emergency services are.

Stage 3 - Knowing which emergency service to call.

Stage 4 - Knowing how to call the emergency services and what to say.

**Key Activities**

**Stage 4** – Children must know how to make a call to the emergency services. Use the 999 poster to aid learning.

**Unit Outcome**

Children know how to make a call to the emergency services.

**Enquiry Questions**

How do you know who to call?

What information might you need to tell the emergency services?

**Useful resources**

999 poster

999 song

Incident cards

Emergency services ppt quiz

All the above resources can be found in the shared area – RSHE, resources, Y1 and 2??????????

## Sun Safety 1

### Key Vocabulary

Sun – light and warmth comes from the sun

Ultra Violet Radiation – we can't see or feel it on our skin but can damage our skin if we get too much of it.

Harm – injury or damage

Harmful – causes harm

Burn – an injury caused by heat

Shade – shelter from sunlight

Sunscreen – cream or lotion rubbed on the skin to protect it from the sun.

Sun Protection Factor (SPF) – describes the strength of the sunscreen

### Core Concepts

Health RP2

### Core Learning

Stage 1 – finding out about the types of energy the sun gives off.

Stage 2- Knowing how to stay safe in the sun  
(Be Smart – Sun Safety Code)

Sun Safety:

Use the Sun Safety powerpoint to learn the sun safety code:

S

M

A

R

T

### Unit Outcome

To understand how to be safe in the sun

### Enquiry Questions

Why can the sun be dangerous?

Is being in the sun always dangerous?

How can I protect myself in the sun?

### Useful Resources

Sun safety ppt - RSHE, Resources, Y1 and 2?????????