

# RSHE Long Term Plan KS1

## Year A

	<u>Autumn term</u> <u>My Beliefs</u>	<u>Spring term</u> <u>My Rights and Responsibilities</u>	<u>Summer term</u> <u>Asking for help</u>
<u>Overview</u>	<ul style="list-style-type: none"><li>- I know I am the same as other people in some ways</li><li>- I know I am different as other people in some ways</li><li>- I can celebrate similarities and differences</li><li>- I know that I am uniquely special</li><li>- I know there are lots of different types of families</li><li>- I do not feel under pressure to be different to who I am</li></ul>	<ul style="list-style-type: none"><li>- I know some ways diseases are spread</li><li>- I know some ways I can protect myself and others from diseases.</li><li>- I know that there are different types of touch</li><li>- I understand people need personal space</li><li>- I understand that some touches are unsafe and know how to respond to these.</li></ul>	<ul style="list-style-type: none"><li>- I know the people that can help look after</li><li>- I have identified people I can ask for help</li><li>- I can ask for help if I need to</li><li>- I know what a secret is</li><li>- I know what a surprise is</li><li>- I can tell someone if I am asked to keep something a secret that makes me feel uncomfortable, worried or afraid.</li></ul>

## Year B

	<u>Autumn term</u> <u>My feelings</u>	<u>Spring term</u> <u>My body</u>	<u>Summer term</u> <u>My relationships</u>
<u>Overview</u>	<ul style="list-style-type: none"><li>- I can describe my feelings</li><li>- I understand that people react differently to their feelings</li><li>- I know that feelings are ok but some behaviours are not</li><li>- I have considered self- esteem</li><li>- I can recognise and celebrate my strengths</li><li>- I have a set goal for myself</li></ul>	<ul style="list-style-type: none"><li>- I can correctly name the main body parts</li><li>- I can name the private part of the both boy and girl bodies</li><li>- I know how a baby grows</li><li>- I know how I grown and changed</li><li>- I know how I might change when I get older</li></ul>	<ul style="list-style-type: none"><li>- I can actively listen to other people</li><li>- I have thought about ways of communicating effectively</li><li>- I have considered was to resolve disagreement</li><li>- I know what bullying is</li><li>- I have considered how bullying can make someone feel</li><li>- I know what do if I am bullied or if I see someone else being bullied</li></ul>