

Name of Unit	Year 1	Year 2
Me and My School	<ul style="list-style-type: none"> • I can help to construct, and agree to follow, class rules • I can listen to other people and co-operate with them. • I understand my role and contribution to the life of Ashcroft. • I can develop an understanding of personal skills. • I understand how a Class Council meeting works • RHE: I know about growing and changing from young to old and how people's needs change • RHE: I can identify what they are good at, what they like and dislike • RHE: I recognise what makes me special 	<ul style="list-style-type: none"> • I can develop an understanding that adults follow rules. • I understand my role and contribution to the life of the school, particularly in relation to the School Council • I can build on my understanding of personal skills • I understand how a Class Council meeting works. • I recognise, name and deal with feelings • RHE: I recognise the ways in which we are all unique • RHE: I know how to manage when finding things difficult • RHE: I know about preparing to move to a new class/year group
Happy and Healthy Me	<ul style="list-style-type: none"> • I know about the process of growing from young to old and how people's needs change. • I know about growing and changing and new opportunities and responsibilities that increasing independence may bring. • I recognise what I like and dislike. • I recognise that choices can have good and not so good consequences. • RHE: I can make real, informed choices that improve my physical and emotional health. • RHE: I can recognise what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health. • RHE: I know about foods that support good health and the risks of eating too much sugar • RHE: I know about how physical activity helps us to stay healthy; and ways to be physically active everyday • RHE: I know about why sleep is important and different ways to rest and relax • RHE: I know simple hygiene routines that can stop germs from spreading • RHE: I know that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy 	<ul style="list-style-type: none"> • I can name body parts. • I understand the importance of, and how to, maintain personal hygiene. • I understand how some diseases are spread and can be controlled, and the responsibilities I have for my own health and that of others. • I understand that choices we make affect our health and well being. • RHE: I know how to keep safe in the sun and protect skin from sun damage • RHE: I know about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV • RHE: I know about the people who help us to stay physically healthy

Me in the World	<ul style="list-style-type: none"> • I can share my opinion and explain my views • I can consider social and moral dilemmas • I can recognise that living things have needs and that they have responsibilities to meet them. • I recognise the needs people have. • RHE: I know what money is; forms that money comes in; that money comes from different sources • RHE: I know the difference between needs and wants; that sometimes people may not always be able to have the things they want • RHE: I know that everyone has different strengths • RHE: I know that jobs help people to earn money to pay for things 	<ul style="list-style-type: none"> • I understand what improves and harms my local, natural and built environment. • I understand and about some of the ways people look after their environments. • RHE: I know that people make different choices about how to save and spend money • RHE: I know that money needs to be looked after; different ways of doing this • RHE: I know different jobs that people they know or people who work in the community do • RHE: I know some of the strengths and interests someone might need to do different jobs
Me and My Safety	<ul style="list-style-type: none"> • I understand that household products including medicines can be harmful if not used properly. • I know about people who can help me to stay safe. • I understand rules for, and ways of, keeping safe, including basic road safety. • RHE: I know how to respond safely to adults they don't know • RHE: I know there are situations when they should ask for permission and also when their permission should be sought • RHE: I know about rules and age restrictions that keep us safe • RHE: I recognise risk in simple everyday situations and what action to take to minimise harm • RHE: I know what to do if there is an accident and someone is hurt • RHE: I know how to get help in an emergency (how to dial 999 and what to say) • RHE: I know about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) 	<ul style="list-style-type: none"> • I recognise that I share a responsibility for keeping myself and others safe. • I recognise the difference between secrets and surprises. • RHE: I recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private • RHE: I know about how to respond if physical contact makes them feel uncomfortable or unsafe • RHE: I know basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe • RHE: I know what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard • RHE: I know about rules and age restrictions that keep us safe • RHE: I know how to get help in an emergency (how to dial 999 and what to say) • RHE: I know what to do if there is an accident and someone is hurt • RHE: I know that household products (including medicines) can be harmful if not used correctly • RHE: I know about things that people can put into their body or on their skin; how these can affect how people feel •

Me and My Relationships	<ul style="list-style-type: none"> • I can value myself. • I recognise and value similarities and differences between people. • I know that families are all different but they are all special. • I can begin to understand friendship. • I understand the difference between good and bad secrets. • I can recognise some choices I can make. • RHE: I Know about the roles different people (e.g. acquaintances, friends and relatives) play in our lives • RHE: I can identify the people who love and care for them and what they do to help them feel cared for 	<ul style="list-style-type: none"> • I can develop and maintain a variety of healthy relationships within a range of contexts. • I understand relationships change for a variety of reasons. • RHE: I know about different types of families including those that may be different to their own • RHE: I can identify common features of family life • RHE: I know that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried
Me and Other People	<ul style="list-style-type: none"> • I understand that they belong to various groups and communities • RHE: I know about the different groups they belong to • RHE: I recognise the ways they are the same as, and different to, other people • I understand that there are different types of teasing and bullying, that bullying is wrong and how to get help to deal with bullying. • RHE: I know what is kind and unkind behaviour, and how this can affect others • RHE: I know how to treat themselves and others with respect; how to be polite and courteous • RHE: I know about how people make friends and what makes a good friendship • RHE: I know how to recognise when they or someone else feels lonely and what to do 	<ul style="list-style-type: none"> • RHE: I know what rules are, why they are needed, and why different rules are needed for different situations • RHE: I know how people and other living things have different needs; about the responsibilities of caring for them • RHE: I know about things they can do to help look after their environment • RHE: I know about the different roles and responsibilities people have in their community • I understand and respect that boys and girls can be different. • I understand and respect the range of families in society today. • I understand and respect racial diversity in Britain today. • RHE: I know how to recognise the ways in which they are the same and different to others • RHE: I know how to listen to other people and play and work cooperatively • RHE: I know how to talk about and share their opinions on things that matter to them • RHE: I know simple strategies to resolve arguments between friends positively • RHE: I know how to ask for help if a friendship is making them feel unhappy

TAUGHT IN COMPUTING LESSONS	<ul style="list-style-type: none"> • RHE: I know how the internet and digital devices can be used safely to find things out and to communicate with others • RHE: I know basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them • RHE: know that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult • RHE: I know that sometimes people may behave differently online, including by pretending to be someone they are not 	<ul style="list-style-type: none"> • RHE: I know about the role of the internet in everyday life • RHE: I know that not all information seen online is true • RHE: I know basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them • RHE: know that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult • RHE: I know that sometimes people may behave differently online, including by pretending to be someone they are not •
MENTAL HEALTH FOCUS	<ul style="list-style-type: none"> • RHE: I know about different feelings that humans can experience • RHE: I know how to recognise and name different feelings • RHE: I know how to recognise what others might be feeling • RHE: I recognise that not everyone feels the same at the same time, or feels the same about the same things • RHE: I know different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good 	<ul style="list-style-type: none"> • RHE: I know how feelings can affect people's bodies and how they behave • RHE: I know about ways of sharing feelings; a range of words to describe feelings • RHE: I know about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) • RHE: I recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it • RHE: I know about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better