



# Moorside Primary School

## ERSHE Year 1 Overview

Autumn- Relationships	Spring- Living in the Wider World	Summer- Health and Wellbeing
<b>Families and Friendships</b>	<b>Belonging to a Community</b>	<b>Physical Health and Mental Wellbeing</b>
<p>Know who cares for them, e.g. parents, siblings, grandparents, relatives, friends, teachers</p> <p>Know the role these people play in children's live and how they care for them</p> <p>Know what it means to be a family and how families are different; e.g. single parents, same-sex parents etc.</p> <p>About the importance of telling someone-and how to tell them- if they are worried about something in their family.</p>	<p>About examples of rules in different situations; e.g. class rules, rules at home, rules outside</p> <p>That different people have different needs</p> <p>How we care for people, animals and other living things in different ways</p> <p>How they can look after the environment e.g. recycling</p>	<p>What it means to be healthy and why it is important</p> <p>Ways to take care of themselves on a daily basis</p> <p>About basic hygiene routines, e.g. hand washing</p> <p>About healthy and unhealthy foods, including sugar intake</p> <p>About physical activity and how it keeps people healthy</p> <p>About different types of play, including balancing indoor, outdoor and screen-based play</p> <p>About people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors</p> <p>How to keep safe in the sun</p>
<b>Safe Relationships</b>	<b>Media Literacy and Digital Resilience</b>	<b>Growing and Changing</b>
<p>About situations when someone's body or feeling might be hurt and where to go to for help</p> <p>About what it means to keep something private, including parts of the body that private</p> <p>To identify different types of touch and how they make people feel (hugs, kisses, tickling, punches)</p> <p>How to respond if being touched makes them feel uncomfortable or unsafe</p> <p>When it is important to ask for permission to touch others</p> <p>How to ask for and give/not give permission</p>	<p>How and why people use the internet</p> <p>The benefits of using the internet and digital devices</p> <p>How people find things out and communicate safely with others online</p>	<p>To recognise what makes them special and unique including their likes, dislikes and what they are good at</p> <p>How to manage and whom to tell when finding things difficult, or when things go wrong</p> <p>How they are the same and different to others</p> <p>about different kinds of feelings</p> <p>How to recognise feelings in themselves and others</p> <p>How feelings can affect how people behave</p>
<b>Respecting Ourselves and Others</b>	<b>Money and Work</b>	<b>Keeping Safe</b>
<p>What kind and unkind behaviour mean in and out of school</p> <p>How kind and unkind behaviour can make people feel</p> <p>About what respect means</p> <p>About class rules, being polite to others, sharing and taking turns</p>	<p>That everyone has different strengths, in and out of school</p> <p>About how different strengths and interests are needed to different jobs</p> <p>About people whose job it is to help us in the community</p> <p>About different jobs and the work people do.</p>	<p>How rules can help to keep us safe</p> <p>Why some things have age restrictions, e.g. TV and film, games, toys or play areas</p> <p>Basic rules for keeping safe online</p> <p>Whom to tell if they see something online that makes them feel unhappy, worried, or scared</p>