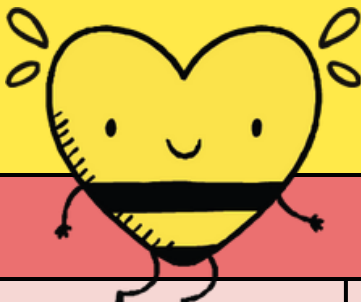




BEEHEALTHY OVERVIEW GRADE 1

Relationships			Living in the Wider World			Health and Wellbeing		
Families and friendships	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media Literacy and digital resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
Autumn 1		Autumn 2	Spring 1		Spring 2	Summer 1		Summer 2
<ul style="list-style-type: none">• How to work effectively in a group/team• How behaviour affects others• How our actions and words we use can impact on people’s wellbeing• The different ways we can respond if we feel upset or do not agree with someone• To recognize ours and others strengths and weaknesses in a team		<ul style="list-style-type: none">• What makes a good friendship?• The different ways to solve friendship issues• The power of kindness• When might we show kindness?• Identify the people who show love and care for them and what they do to help them feel cared for	<ul style="list-style-type: none">• What is a community and what communities am I part of?• Discuss the different roles in the community people have to help us stay safe (the jobs and how they do this)• Identify who can help them in different places and situations• Learn ways to respond to adults they don’t know• What is a hazard and how to identify one• Know how to get help if there has been an accident and someone has been hurt including how to dial 999		<ul style="list-style-type: none">• What is money?• Know what money is and that it comes in different forms• Explore ways we get money• Think about how people make choices about what to do with their money inc spending and saving• Know the difference between wants and needs• Explore how we spend our money• Find out about ways to keep money safe and different ways of doing this	<ul style="list-style-type: none">• Know what being healthy means and the various ways we can look after our health.• Know why it is important to be physically active• Understand the importance of drinking enough water• The importance of hygiene and the different ways we keep good hygiene• Why sleep is important for our health		<ul style="list-style-type: none">• What is food and why we eat.• The power of fruits and vegetables• Where fruits and vegetables come from• The power of snacking and understand that eating or drinking too much sugar can have a negative affect on our health• What is sugar?• To be aware of hidden sugar in foods



CURRICULUM OBJECTIVES PER UNIT

RELATIONSHIPS			LIVING IN THE WIDER WORLD			HEALTH AND WELLBEING		
Families and friendships	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media Literacy and digital resilience	Money and Work	P.H.M.W	Growing and Changing	Keeping Safe
Autumn 1		Autumn 2	Spring 1	Spring 2		Summer 1	Summer 2	
<p>Families and close positive relationships <i>Pupils learn...</i> R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives R2. to identify the people who love and care for them and what they do to help them feel cared for R3. about different types of families including those that may be different to their own R4. to identify common features of family life</p> <p>Families and close positive relationships <i>Pupils learn...</i> R6. About how people make friends and what makes a good friendship R9. How to ask for help if a friendship is making them feel unhappy</p> <p>- Managing hurtful behaviour and bullying <i>Pupils learn...</i> R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online R11. about how people may feel if they experience hurtful behaviour or bullying</p> <p>- Respecting Self and others <i>Pupils learn...</i> R21. to recognise about kind and unkind behaviour and how this can affect others R23. to recognise the ways in which they are the same and different to others R24. how to listen to other people and play and work cooperatively R25. how to talk about and share their opinions on things that matter to them</p> <p>Learning Opportunities in Health and Wellbeing - Ourselves, growing and changing H23. to identify what they are good at, what they like and dislike</p>			<p>Communities <i>Pupils learn...</i> L1. about what rules are, why they are needed, and why different rules are needed for different situations L4. about the different groups they belong to L5. about the different roles and responsibilities people have in their community L6. to recognise the ways they are the same as, and different to, other people</p> <p>Economic Wellbeing: Money <i>Pupils learn...</i> L10. What money is; forms that money comes in; that money comes from different sources L11. That people make different choices about how to save and spend money L12. About the difference between needs and wants; that sometimes people may not always be able to have the things they want L13. That money needs to be looked after; different ways of doing this</p> <p>Economic Wellbeing: Aspirations, work and career <i>Pupils learn...</i> L14. That everyone has different strengths L15. That jobs help people to earn money to pay for things L16. Different jobs that people they know or people who work in the community L17. About some of the strengths and interests someone might need to do different jobs</p> <p>Safe Relationships <i>Pupils learn...</i> R15. how to respond safely to adults they don't know R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p>Learning opportunities in Health and Wellbeing Keeping Safe <i>Pupils learn...</i> H28. about rules and age restrictions that keep us safe H29. to recognise risk in simple everyday situations and what action to take to minimise harm H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely H33. about the people whose job it is to help keep us safe H35. about what to do if there is an accident and someone is hurt H36. how to get help in an emergency (how to dial 999 and what to say)</p>			<p>Healthy Lifestyles (Physical wellbeing) <i>Pupils learn...</i> H1. about what keeping healthy means; different ways to keep healthy H2. about foods that support good health and the risks of eating too much sugar H3. About how physical activity helps us to stay healthy; and ways to be physically active everyday H4. about why sleep is important and different ways to rest and relax H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p> <p>Mental Health <i>Pupils learn...</i> H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p>		