



ST. AIDAN'S CATHOLIC PRIMARY SCHOOL

RSHE KS1 coverage of Core themes.

Some objectives will also be covered during our Journey In Love program.

Year One- We meet God's love in our family.

Year Two- We meet God's love in the community.

Healthy Lifestyles (physical wellbeing)	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
H1. about what keeping healthy means; different ways to keep healthy	It's my Body- L6 (A) Think Positive- L2 (A)
H2. about foods that support good health and the risks of eating too much sugar	It's my Body- L3 (A)
H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday	It's my Body- L2 (A)
H4. about why sleep is important and different ways to rest and relax	It's my Body- L2 (A)
H5. simple hygiene routines that can stop germs from spreading	It's my Body- L4 (A)
H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy	It's my Body- L4 (A)
H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health	It's my Body- L3,4 (A)
H8. how to keep safe in the sun and protect skin from sun damage	It's my Body- L6 (A) Safety First- L3 (A)
H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV	It's my Body- L2,6 (A)



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H10. about the people who help us to stay physically healthy	It's my Body- L1,3,4 (A)
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Mental Health	<p><u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u></p>
H11. about different feelings that humans can experience	Think Positive- L3,4,5 (A)
H12. how to recognise and name different feelings	Think Positive- L1,5 (A) Be yourself- L2,5 (B)
H13. how feelings can affect people's bodies and how they behave	Think Positive- L1,2,3,4,6 (A) Be yourself- L2 (B)
H14. how to recognise what others might be feeling	Be yourself- L4 (B) VIPS- L3, L6 (B)
H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things	Be yourself- L3,4 (B)
H16. about ways of sharing feelings; a range of words to describe feelings	Be Yourself- L4 (B) VIPS- L3,6 (B)
H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)	Think Positive- L1 (A)
H18. 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	Think Positive- L1,2,3,4,6 (A) Be yourself- L4,5 (B)
H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it	Think Positive- L1,4 (A) Be yourself- L2 (B)



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H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better	Growing Up- L6 (B) Be yourself- L5 (B)
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Ourselves, growing and changing	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
H21. to recognise what makes them special	Be yourself- L1 (B) Aiming High- L1,2,3,5,6 (A)
H22. to recognise the ways in which we are all unique	Be yourself- L1,3 (B) Growing up- L3 (B)
H23. to identify what they are good at, what they like and dislike	Be yourself- L3,6 (B) TEAM- L5,6 (B) VIPs- L4 (B) Aiming High- L2 (A) Think Positive- L2 (A)
H24. how to manage when finding things difficult	Aiming High- L1,2,3,5 (A) Think Positive- L4 (A)
H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)	Growing Up- L1 (B)
H26. about growing and changing from young to old and how people's needs change	Growing Up- L5 (B)
H27. about preparing to move to a new class/year group	Growing Up- L5,6 (B)



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Keeping Safe	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
H28. about rules and age restrictions that keep us safe	Digital Wellbeing- L3,4 Safety First- L1,2,3 (A)
H29. to recognise risk in simple everyday situations and what action to take to minimise harm	It's my Body- L5 (A) Safety First- L1,2,3,4 (A)
H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)	Safety First- L2 (A)
H31. that household products (including medicines) can be harmful if not used correctly	It's my body- L5 (A) Safety First- L2 (A)
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	Safety First- L3,4(A)
H33. about the people whose job it is to help keep us safe	VIPS- L1,2 (B) Safety First- L1,3,4,6 (A)
H34. 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	Digital Wellbeing- L3,4 Computing curriculum.
H35. about what to do if there is an accident and someone is hurt	Safety First- L3,6 (A)
H36. how to get help in an emergency (how to dial 999 and what to say)	Safety First- L6 (A)



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Drugs, alcohol and tobacco	Relationships Living in the wider world Health and wellbeing.
H37. about things that people can put into their body or on their skin; how these can affect how people feel	It's my body- L6 (A)

Families and close positive relationships	Relationships Living in the wider world Health and wellbeing.
R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives	TEAM- L1 (B) VIPs- L1,2 (B)
R2. to identify the people who love and care for them and what they do to help them feel cared for	TEAM- L1 (B) VIPs- L1,2 (B) One World- L1 (B)
R3. about different types of families including those that may be different to their own	VIPs- L2 (B) One World- L1,2 (B) Growing Up- L4 (B)
R4. to identify common features of family life	VIPs- L2 (B) One World- L1,2 (B) Growing Up- L4 (B)
R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried	VIPs- L2 (B) Growing Up- L4 (B)

Friendships	Relationships Living in the wider world Health and wellbeing.
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R6. about how people make friends and what makes a good friendship	VIPs- L3
R7. about how to recognise when they or someone else feels lonely and what to do	TEAM- L3 (B) VIPs- L6 (B) Think Positive- L4 (A)
R8. simple strategies to resolve arguments between friends positively	VIPS- L4 (B)
R9. how to ask for help if a friendship is making them feel unhappy	TEAM- L4 (B) VIPs- L4 (B)

Managing hurtful behaviour and bullying	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online	Digital Wellbeing- L5 TEAM- L4 (B) VIPs- L4 (B)
R11. about how people may feel if they experience hurtful behaviour or bullying	Digital Wellbeing- L5 TEAM- L4 (B) VIPs- L4 (B)
R12. 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	Digital Wellbeing- L5 TEAM- L4 (B) VIPs- L4 (B)

Safe relationships	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
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R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private	Growing Up- L1 (B) Safety First- L5 (A)
R14. that sometimes people may behave differently online, including by pretending to be someone they are not	Digital Wellbeing- L3,5 Safety First- L4 (A) Computing lessons.
R15. how to respond safely to adults they don't know	Digital Wellbeing- L3,5 Safety First- L4 (A) Computing lessons.
R16. about how to respond if physical contact makes them feel uncomfortable or unsafe	VIPs- L4 (B) Growing Up- L2 (B) It's My Body- L1 (A) Safety First- L5 (A)
R17. about knowing there are situations when they should ask for permission and also when their permission should be sought	It's My Body- L1,6 (A)
R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)	It's My Body- L1 (A) Safety First- L5 (A)
R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe	Growing Up- L2 (B) Safety First- L1,5 (A)
R20. 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	Growing Up- L2 (B) It's My Body- L1 (A) Safety First- L5 (A)



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Respecting self and others	<p><u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u></p>
R21. about what is kind and unkind behaviour, and how this can affect others	<p>TEAM- L3,6 (B) VIPs- L5 (B) Diverse Britain- L2 (B) Think Positive- L2 (A)</p>
R22. about how to treat themselves and others with respect; how to be polite and courteous	<p>TEAM- L2,3,6 (B)</p>
R23. to recognise the ways in which they are the same and different to others	<p>TEAM- L1 (B) Aiming High- L4 (A) Diverse Britain- L5 (B) Growing Up- L3 (B)</p>
R24. how to listen to other people and play and work cooperatively	<p>TEAM- L2,6 (B) VIPs- L4,5 (B)</p>
R25. how to talk about and share their opinions on things that matter to them	<p>Be Yourself- L4,5 (B) Aiming High- L4 (A) Diverse Britain- L4,6 (B) Think Positive- L4,5 (A)</p>

Shared responsibilities	<p><u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u></p>
L1. about what rules are, why they are needed, and why different rules are needed for different situations	<p>Diverse Britain- L1 (B) One World- L3 (B)</p>
L2. how people and other living things have different needs; about the responsibilities of caring for them	<p>Diverse Britain- L1,3,5 (B) One World- L2,3,4,5,6 (B)</p>
L3. about things they can do to help look after their environment	<p>Diverse Britain- L3 (B) One World- L5,6 (B)</p>



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Communities	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
L4. about the different groups they belong to	TEAM- L1 (B) Diverse Britain- L1,2,6 (B)
L5. about the different roles and responsibilities people have in their community	Diverse Britain- L3 (B)
L6. to recognise the ways they are the same as, and different to, other people	Diverse Britain- L4,5 (B) One World- L1,2,3,4 (B)

Media literacy & digital resilience	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
L7. about how the internet and digital devices can be used safely to find things out and to communicate with others	Digital Wellbeing- L1,2,5 Computing lessons.
L8. about the role of the internet in everyday life	Digital Wellbeing- L1,2,5 Computing lessons.
L9. that not all information seen online is true	Digital Wellbeing- L4,6 Computing lessons.



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Economic wellbeing: Money	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
L10. what money is; forms that money comes in; that money comes from different sources	Money Matters- L1 (A)
L11. that people make different choices about how to save and spend money	Money Matters- L4,6 (A)
L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want	Money Matters- L5 (A)
L13. that money needs to be looked after; different ways of doing this	Money Matters- L3 (A)

Economic wellbeing: Aspirations, work and career	<u>Relationships</u> <u>Living in the wider world</u> <u>Health and wellbeing.</u>
L14. that everyone has different strengths	TEAM- L5 (B) Aiming High- L1,3 (A)
L15. that jobs help people to earn money to pay for things	Aiming High- L5 (A) Money Matters- L2 (A)
L16. different jobs that people they know or people who work in the community do	Aiming High- L4 (A) Money Matters- L2 (A)
L17. about some of the strengths and interests someone might need to do different jobs	Aiming High- L3,4,5 (A)