

Time 4 Us – Year 1 Curriculum Map 2020/21

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Respect	Positive Relationships	Digital Literacy	Mental Wellbeing	Ourselves	Aspirations
Time for Us	<p>Respecting ourselves and others How behaviour affects others; being polite and respectful</p> <ul style="list-style-type: none"> what kind and unkind behaviour mean in and out school how kind and unkind behaviour can make people feel about what respect means about class rules, being polite to others, sharing and taking turns <p>What rules are; caring for others' needs; looking after the environment</p> <ul style="list-style-type: none"> about examples of rules in different situations, e.g. class rules, rules at home, rules outside that different people have different needs how we care for people, animals and other living things in different ways how they can look after the environment, e.g. recycling 	<p>Families and friendships Roles of different people; families; feeling cared for</p> <ul style="list-style-type: none"> about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers the role these different people play in children's lives and how they care for them What it means to be a family and how families are different, e.g. single parents, same-sex parents, etc. about the importance of telling someone — and how to tell them — if they are worried about something in their family 	<p>Media literacy and Digital resilience Using the internet and digital devices; communicating online</p> <ul style="list-style-type: none"> how and why people use the internet the benefits of using the internet and digital devices how people find things out and communicate safely with others online basic rules for keeping safe online and how rules can help to keep us safe why some things have age restrictions, e.g. TV and film, games, toys or play areas whom to tell if they see something online that makes them feel unhappy, worried, or scared 	<p>Mental wellbeing; recognising different feelings</p> <ul style="list-style-type: none"> how to recognise and name different feelings about ways of sharing feelings, and a range of words to describe feelings how feeling affects people's body's and how they behave how to recognise what others might be feeling 	<p>Growing and changing; naming body parts</p> <ul style="list-style-type: none"> To recognise what makes them special (H21) To recognise ways in which we are all unique (H22) To Identify what they are good at, what they like and dislike (H23) How to manage when finding things difficult (H24) recognise the main stages of the human life cycle (baby, child, adult) (H23) recognise the process of growing takes time and describe what changes when people grow from young to old (H26) to identify and name the main parts of the body including external genitalia (e.g. vulva, penis, testicles) (H25) About preparing to move to a new class/year group (H27) 	<p>Work - what makes me special; jobs in the community</p> <ul style="list-style-type: none"> to recognise what makes them special and unique including their likes, dislikes and what they are good at how they are the same and different to others about different jobs that people they know or people in the community do that jobs help people to earn money to pay for things

<p>Keeping Safe</p>	<p>Safe relationships Recognising privacy; staying safe; seeking permission</p> <ul style="list-style-type: none"> • about situations when someone’s body or feelings might be hurt and whom to go to for help • about what it means to keep something private, including parts of the body that are private • to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) • how to respond if being touched makes them feel uncomfortable or unsafe • when it is important to ask for permission to touch others • how to ask for and give/not give permission <p>(NSPCC PANTS RESOURCES)</p> <ul style="list-style-type: none"> • about how to keep safe at home (including around electrical appliances) Fire safety (e.g. not playing with matches and lighters) (H30) • that household products (including medicines can be harmful if not used correctly) (H31) • about the people those job it is to help keep us safe (H33) • about what to do if there’s an accident and someone is hurt (H35)
<p>Being Healthy <i>(Learning Objectives covered within these lessons transferred to Healthy living outside the classroom outcomes)</i></p>	<p>Keeping healthy; food and exercise; hygiene routines; sun safety</p> <ul style="list-style-type: none"> • what it means to be healthy and why it is important • ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing • about healthy and unhealthy foods, including sugar intake • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors • how to keep safe in the sun