



~A Time for Us~

Year 1 & 2

Health and Wellbeing

Within the topic of Health and Wellbeing we learn about; Healthy Lifestyles, Growing and Changing, and Keeping Safe.

Learning about **Healthy Lifestyles** includes learning about; our health, our wellbeing, healthy eating, physical activity, sleep, dental health, hygiene, cleanliness and germs. We also discuss our likes, dislikes and choices. We explore feelings and how to manage our feelings.

Learning about **Growing and Changing** includes learning about; our achievements, our strengths, our goals and setting targets. We discuss change, loss, growing, changing and independence. We identify the correct terminology for body parts.

Learning about **Keeping Safe** includes learning about; medicines, household products and how to keep safe. We discuss risks and look at road, water, rail, fire and online safety. We discuss rules, asking for help, privacy and respecting privacy.

Relationships

Within the topic of Relationships we learn about; Feelings and Emotions, Healthy Relationships and Valuing Difference.

Learning about **Feelings and Emotions** includes exploring communication, feelings, empathy, behaviour, fair/unfair and right/wrong. We discuss our bodies and explore the meaning of hurt and comfort. We talk about teasing and bullying and how these can impact others.

Learning about **Healthy Relationships** includes discussions about the difference between secrets and surprises. We talk about our safety, cooperating and how to resolve arguments. We explore people that are special people to us. We discuss physical contact and touch, and what is acceptable/unacceptable.

Learning about **Valuing Difference** includes discussions around different views and opinions. We discuss people and similarities and differences between them.

Living in the wider World

Within the topic of Living in the wider world we learn about; Rights and Responsibilities, Taking Care of the Environment and Money.

Learning about **Rights and Responsibilities** includes discussions about classroom rules, our rights, responsibilities and needs. We discuss various groups and communities. We look at different roles and explore similarities and commonalities within communities. We talk about what it means to be individual and unique and also people that are special to us. We discuss emergencies and how to get help.

Learning about **Taking care of the environment** includes; learning about our environment, and what we can do to take care and respect our local environment, as individuals, as a school and as a family.

Learning about **Money** includes, learning about what money is, why people spend and save and how to keep your money safe.