



Caring, Successful,  
Happy Learners

# Learning Organiser **RSHE: Heroes and Heroines**

## Being The Best I Can Be & Respecting Myself and Others

**Year 1**  
Spring Term

British and School Values				Basic Skills (Reading & Communication)	Personal Development Positive mental and physical well being	Wonderful Words (Vocabulary & Quality Texts)	Memorable Experiences
respect	caring	safety	best				

Key Substantive “sticky” Knowledge I know...	Key Disciplinary Knowledge & Skills I can...
<p><b>Physical Health and Mental Wellbeing</b></p> <ul style="list-style-type: none"> <li>the names of foods which support good health</li> <li>sleep is important for good health and it is important to relax and rest</li> <li>how to brush my teeth correctly and the importance of visiting the dentist</li> </ul> <p><b>Relationships (Caring Friendships and Respectful Relationships)</b></p> <ul style="list-style-type: none"> <li>what makes a good friend and how to be a good friend</li> <li>how to treat others with kindness and respect</li> <li>the word <b>respect</b> and examples of how to show respect</li> <li>that bodies and feelings can be hurt by unkind words and actions</li> <li>that people can say hurtful things online</li> <li>what bullying is and how to report it by telling a trusted adult</li> <li>Bullying can take place online and what to do</li> </ul> <p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>how to keep safe in familiar and unfamiliar environments (when visiting somewhere new)</li> <li>basic rules to keep safe on line (in line with computing curriculum)</li> <li>the importance of telling a trusted adult if I come across something unpleasant on line</li> <li>not to give away personal information on line and what to share and what to keep private</li> </ul> <p><b>School Values: We always do our best &amp; We respect everyone and everything</b></p> <ul style="list-style-type: none"> <li>what respect means and how to show respect &amp; it is important to do our best</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how to be healthy by eating healthy foods and getting enough sleep and rest</li> <li><b>Talk about how to look after my teeth by brushing them correctly and visiting the dentist</b></li> <li>Identify and name my friends and say why they are my friend</li> <li>Play and work cooperatively with others</li> <li>show respect</li> <li><b>Talk about what bullying is and how to report bullying</b></li> <li>Understand that my actions can affect the feeling of others</li> <li><b>Talk about how to keep safe on line</b></li> <li>Do my best, try hard and show determination</li> </ul>

Learning Sequence			
Ongoing learning also through Take 5 programme and assemblies			
	Substantive knowledge To Know:	Disciplinary knowledge	Activity
<b>First Half Term</b>			
Induction	The school values: How I can do my Best	Talk about ways I can do my best and show determination	Revisit school values, focus on “We always do our best”. Discuss and compile class list of how we do our best to display.
	What makes a good friend	Name my friends and say why they are a good friend	Children name and talk about friends and why they are a good friend. Speech bubble eg: “Bobby is my friend. He helps me”
1	Name foods which support good health	I can talk about eating healthy foods	Link to science activities
2	It is important to brush my teeth and visit the dentist	I can talk about how to look after my teeth	Discuss and possibly make poster promoting brushing teeth/ visiting dentist
3	Basic rules to keep safe on line Tell a trusted adult if I come across something unpleasant on line	Talk about how to stay safe online	Safer Internet Day (11 <sup>th</sup> Feb) Discussion and activities about keeping safe on line
5	Not to give away personal information on line. What to share / what to keep private		
<b>Second Half Term</b>			
1	The word respect and how to show kindness and respect How to treat others with kindness and respect		Revisit school values, focus on respect – discuss as a class how we can show respect
2	Bodies and feelings can be hurt by unkind words and actions People can say hurtful things on line		Revise how to be a good friend. Discuss how children might be feeling in different scenarios
3	What bullying is and how to report it Bullying can take place online and what to do		Revise what bullying is and talk about what to do if they think they are being bullied
4	Sleep, rest and relaxation are important for good health	Talk about getting enough sleep and rest	Discussion
5	How to keep safe in familiar and unfamiliar environments		Talk about keeping safe in anew place

Prior Knowledge I remember ....	Wonderful Words Key Vocabulary		Planned Experiences and Enrichment
<b>Physical and mental well being</b> <ul style="list-style-type: none"> <li>How to manage my basic hygiene and personal needs including understanding the importance of healthy food choices</li> <li>It is important to brush my teeth</li> </ul> <b>Relationships</b> <ul style="list-style-type: none"> <li>The names of my friends</li> <li>What my friends like to do</li> <li>How to listen to others and take a turn in a simple game</li> </ul> <b>Keeping Safe</b> <ul style="list-style-type: none"> <li>How to keep safe at home and school</li> </ul>	Known Vocabulary	New Vocabulary	Texts: Big words for little people: Doing your Best , Respect  <b>Safer Internet Day</b> 11 <sup>th</sup> February 2025 Too good to be true? Protecting yourself from scams online
	feelings: happy, unhappy, sad emotions: cross, worry, worried, angry, frightened healthy physical exercise, fitness, breathing, germs safe unsafe personal information Family, home, love, care rules kind caring bullying values, kindness same, different	<b>bullying emotions angry frightened calm</b> <b>safe unsafe respect polite manners resilience determination familiar unfamiliar</b> <b>dentist tooth brush healthy diet calories</b>	