



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 and mental well being</b></p> <ul style="list-style-type: none"> <li>the importance of healthy food choices</li> <li>some examples of healthy food choices</li> <li>it is important to brush my teeth and how to brush my teeth</li> </ul> <p><b>Relationships (Caring Friendships and Respectful Relationships)</b></p> <ul style="list-style-type: none"> <li>the names of my friends and what my friends like to do</li> <li>how to be a good friend</li> <li>how to listen to others and take a turn</li> <li>the word <b>respect</b> and examples of how to show respect</li> <li>people can be hurt by words and actions</li> <li>to tell a trusted adult if someone hurts me</li> <li>bullying can take place anywhere including on line</li> </ul> <p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>how to keep safe in familiar and unfamiliar environments eg: at the shops, visiting new places</li> <li>the internet is not always safe and to keep safe on line you need to follow basic rules.</li> </ul>	<ul style="list-style-type: none"> <li>manage my basic hygiene and personal needs</li> <li>work and play cooperatively and take turns with others</li> <li>form positive attachments to adults and friendships with my peers</li> <li>Show sensitivity to my own and others needs</li> </ul> <ul style="list-style-type: none"> <li>describe what bullying is</li> <li>ask for help/ tell a trusted adult if I think someone is bullying me/ I am being bullied</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>show through my actions how I can do my best try hard and show resilience and determination and how to show respect</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	Show through my actions how I can do my best	Revisit school values, with focus on “We always do our best “ discuss as a class what doing our best looks like (link to New Year Aspirations)
	What makes a good friendship How to be a good friend How to listen to others and take a turn	I can talk about my friends and what they like I can work with others and take turns I can form positive friendships with my peers	Children name and talk about their friends & why they are a good friend. Discuss in groups, take turns and share ideas about what makes a good friend
1	How to keep healthy Why it is important to brush my teeth and how to do it.	I can manage my personal needs	Class discussion revising how to keep healthy and personal hygiene. Discuss why it is important to brush teeth and how to do it
2	The importance of healthy food choices and some examples of healthy food choices (Link to science)	I can make healthy food choices	Link to science activities – record in science books
3			
4	The internet is not always safe and rules to stay safe online	I can demonstrate how to stay safe on line	Safer internet day (11 <sup>th</sup> Feb) Discussion and activities about keeping safe on line
<b>Second Half Term</b>			
1	The word respect and examples of how to show respect	I can show respect through my actions	Revisit school values, with focus on Respect, discuss as class how we can show respect
2	People can be hurt by words and actions To tell a trusted adult if someone hurts me	Show sensitivity to my own and others needs and feelings	Revise how to be a good friend and read/ look at scenarios and identify how they would make people feel
3	Bullying can take place anywhere including on line	Describe what bullying is and ask for help if I think I am being bullied	Revise bullying and what it is/ where it can take place and discuss what to do if think they or others are being bullied
4	How to keep safe in familiar and unfamiliar environments (eg: at the shops/ on a visit)	I can follow simple rules to keep myself safe	Discuss keeping safe in a new place – and how we can be safe on our school visit

<b>Prior Knowledge</b> <b>I remember ....</b>	<b>Wonderful Words</b> <b>Key Vocabulary</b>		<b>Planned Experiences and</b> <b>Enrichment</b>
<b>Physical and mental wellbeing</b> <ul style="list-style-type: none"> <li>• how to use simple breathing techniques</li> <li>• the names of different feelings and how to recognise them (happy &amp; sad)</li> <li>• that exercise and physical activity is important and helps to keep me healthy.</li> </ul> <b>Keeping Safe</b> <ul style="list-style-type: none"> <li>• school is a safe place where I can learn</li> <li>• our school values and rules and that they help us to keep safe</li> <li>• how to keep safe at school (including what to do if the fire evacuation alarm sounds) &amp; on the way to school</li> <li>• the internet is not always safe.</li> </ul> <b>Relationships</b> <ul style="list-style-type: none"> <li>• the names of people in my family and people who care for me</li> <li>• what to do if I feel sad and who to talk to</li> <li>• what bullying is and what to do if I think someone is bullying me</li> </ul> <b>School Values</b> <ul style="list-style-type: none"> <li>• ways I can be <b>car</b>ing and <b>kind</b> and <b>why it is important</b></li> </ul>	<b>Known Vocabulary</b> feelings: happy, unhappy, sad <b>emotions: cross, worry, worried, angry, frightened nervous, anxious lonely</b> <b>exercise, healthy, fitness, breath, breathing, germs</b> safe <b>unsafe, personal information</b> The names of familiar adults in my class/ school Family, brother, sister, mum, mother, dad, father <b>home, love, care</b> rules kind caring bullying <b>values, kindness same, different</b> <b>social media</b> <b>wellbeing mental health physical health</b> <b>hygiene virus</b>	<b>New Vocabulary</b> <b>bullying</b> <b>help safe</b> <b>teeth tooth brush</b> <b>dentist</b> <b>healthy</b> <b>respect friend</b> <b>internet online</b>	Text: The Magical Yet  <b>Safer Internet Day</b> 11 <sup>th</sup> February 2025 Too good to be true? Protecting yourself from scams online