



Caring, Successful,
Happy Learners

Learning Organiser **RSHE**: There's No Place Like Home

Caring for Myself and Others

Year 1
Autumn 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>Physical and mental wellbeing</p> <ul style="list-style-type: none"> things that help people feel good/ happy (eg: playing outside, spending time with family/ friends, doing things they enjoy, getting enough sleep) I can ask for help with my feelings what keeping healthy means and different ways to keep healthy about different types of exercise and physical activity that help to keep me healthy. <p>Keeping Safe</p> <ul style="list-style-type: none"> our school values and rules and that they help us to keep safe how to keep safe at school (including what to do in an emergency) at home and on the way to school (including how to cross the road safely) basic rules to keep safe on line (in line with computing curriculum) <p>Relationships</p> <ul style="list-style-type: none"> the names of important people in my life and the roles they play (friends , adults in school, my family) that not all families look the same the ways in which I am the same and different to others about what kind and unkind behaviour is and how this can affect others What bullying is and how to report bullying and the importance of telling a trusted adult <p>School Values: We are kind & caring ways I can be caring and kind and why it is important</p>	<ul style="list-style-type: none"> use simple breathing techniques to relax and calm down (Using Take 5) speak positively about myself and others recognise what makes me special recognise and name different feelings using a range of vocabulary and begin to recognise how others feel identify things I can do to calm myself down when I feel angry explain the reasons for rules and learn and play safely with my friends demonstrate simple hygiene routines (including hand washing and respiratory hygiene) that can help stop germs from spreading

Learning Sequence			
Ongoing learning also through Take 5 programme and assemblies			
	Substantive knowledge	Disciplinary knowledge objective	Activity
Induction	Know our school values & that they help us to keep safe	explain the reasons for rules and learn and play safely with my friends	Discuss school values
	Know our school rules Classroom expectations and rules		Revise & discuss school rules. Agree Classroom rules
	Know how to keep myself & others safe at school (including following rules, hygiene & in an emergency)	demonstrate simple hygiene routines (that can help stop germs from spreading) evacuate the building safely	Recap howto stay healthy and stop germs spreading. Discuss fore evacuation procedures.
1	Know how I am the same & different to others	Recognise what makes me special Speak positively about myself and others	Read and discuss “All are Welcome”/ “Our class is a family”
2	Know names of important people in my life & roles they play Know not all families look the same	Recognise who is in my family.	Name people who live with us and identify roles. Discuss and share what being part of a family means and look at different families.
1	Feelings: Recognise and name feelings Identify what helps me feel good/ happy	recognise different feelings using a range of vocabulary and begin to recognise how others feel	Discuss different faces and identify feelings As class/ group match words to faces / sort faces into different feelings Children discuss what makes them feel happy – record in class book
2	Know I can ask for help with my feelings Why I might feel angry/sad & how it makes me feel	Identify what I can do to calm myself down & who I can talk to if I feel sad	Discuss picture showing sad/ angry face & why might feel that way Discuss ways of calming down – record as class book
3	What kind and unkind behaviour is & how it can affect others & make them feel	How to show kindness	Label picture of scenarios where they could help with words or captions to say how they can show that they care.

				Draw things that you can share and add labels. Helping others at harvest. Discuss the word charity.
		4	What bullying is and how to report bullying	Telling a trusted adult Discussion to understand bullying and who they can trust.
		5	What keeping healthy means & how to keep healthy Recall different types of exercise/ physical activity	Name the things we need to do to keep healthy including diet, fitness, hygiene and emotional health.
		6	Know how to keep safe on way to & from school	Discussion to help recognise what is safe and what is dangerous.

Prior Knowledge I remember	Wonderful Words Key Vocabulary		Planned Experiences and Enrichment
	Known Vocabulary	New Vocabulary	
<p>Physical and mental wellbeing</p> <ul style="list-style-type: none"> • how to use simple breathing techniques • the names of different feelings and how to recognise them (happy & sad) • that exercise and physical activity is important and helps to keep me healthy. • the names of different types of movement and physical exercise <p>Keeping Safe</p> <ul style="list-style-type: none"> • school is a safe place where I can learn • our school values and rules • how to keep safe at school & on the way to school • the internet is not always safe. <p>Relationships</p> <ul style="list-style-type: none"> • the names of people in my family and people who care for me • the names of adults in school who help me • what to do if I feel sad and who to talk to <p>School Values Our school value: We are kind and Caring</p>	<p>feelings: happy, unhappy, sad run, jump dance, skip, hop, walk, climb, healthy safe home school The names of familiar adults in my class/ school Family, brother, sister, mum, mother, dad, father rules kind caring bullying</p>	<p>emotions: cross, worry, worried, angry, frightened physical exercise, fitness, breath, breathing, germs unsafe, personal information home, love, care values, kindness same, different</p>	<p>Texts Meesha Makes Friends – Tom Percival All are Welcome - Alexandra Penfold Our Class is a Family – Shannon Olsen</p> <p>Induction week Anti Bullying week: Mon 11th – Friday 15th November – Theme: choose respect</p>