

**TO BE THE BEST WE CAN BE**



**THE  
MERTON PRIMARY  
SCHOOL  
PSHE and RSE  
PROGRAMME  
OF STUDY**



## Year 1 Learning opportunities in *Health and Wellbeing*

### Pupils learn...

#### **Healthy Lifestyles (Physical Wellbeing)**

- H1. about what keeping healthy means; different ways to keep healthy
- H2. about foods that support good health and the risks of eating too much sugar
- H3. about how physical activity helps us to stay healthy; and ways to be physically healthy every day
- H4. about why sleep is important and different ways to rest and relax

#### **Mental Health**

- H11. about different feelings that humans can experience
- H12. how to name and recognise different feelings
- H13. how feelings can affect people's bodies and how they behave
- H14. how to recognise what others might be feeling
- H16. ways of sharing feelings; a range of words to describe feelings

#### **Ourselves, growing and changing**

- H21. To recognise what makes them special
- H22. To recognise ways in which we are all unique
- H23. to identify what they are good at, what they like and dislike

#### **Keeping safe**

- H29. to recognise risk in everyday situations and what action to take to minimise harm
- H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)
- H31. that household products (including medicines) can be harmful if not used correctly.
- H.33 about the people whose job it is to keep us safe

#### **Drugs, alcohol and tobacco**



## Year 1 Learning opportunities in ***RELATIONSHIPS***

### Pupils learn...

#### **Families and close positive relationships**

- R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives
- R2. to identify the people who love and care for them and what they do to help them feel cared for
- R3. about different types of families including those that may be different to their own

#### **Friendships**

- R6. about how people make friends and what makes a good friendship
- R7. about how to recognise when they or someone else feels lonely and what to do

#### **Managing hurtful behaviour and bullying**

- R10. that bodies and feelings can be hurt by words and actions
- R11. about how people may feel if they experience hurtful behaviour or bullying

#### **Safe relationships**

- R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private
- R14. that sometimes people may behave differently online, including by pretending to be someone they are not
- R15. how to respond safely to adults they don't know
- R.16 about how to respond if physical contact makes them feel uncomfortable or unsafe

#### **Respecting self and others**

- R21. about what is kind and unkind behaviour; and how this can affect others
- R22. about how to treat themselves and others with respect; how to be polite and courteous
- R23. to recognise the ways in which they are the same and different to others.



## Year 2 Learning opportunities in *Health and Wellbeing*

### Building on the Year 1 statements, pupils learn...

#### Healthy Lifestyles (Physical Wellbeing)

- H5. simple hygiene routines that can stop germs from spreading
- H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
- H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
- H8. how to keep safe in the sun and protect skin from sun damage
- H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or on TV
- H10. about the people who help us to stay physically healthy

#### Mental Health

- H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things
- H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good
- H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it
- H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better

#### Ourselves, growing and changing

- H24. how to manage when finding things difficult
- H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- H26. about growing and changing from young to old and how people's needs change
- H27. about preparing to move to a new class/year group

#### Keeping safe

- H32. ways too keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and to cross the road safely
- H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them
- H35. about what to do if there is an accident and someone is hurt
- H36. how to get help in an emergency (and how to dial 999 and what to say)

#### Drugs, alcohol and tobacco

- H37. about things that people can put into their body or on their skin; how these can affect how people feel



## Year 2 Learning opportunities in ***RELATIONSHIPS***

### Pupils learn...

#### **Families and close positive relationships**

R3. about different types of families including those that may be different to their own

R4. to identify common features of family life

R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

#### **Friendships**

R8. simple strategies to resolve arguments between friends positively

R9. how to ask for help if a friendship is making them feel unhappy

#### **Managing hurtful behaviour and bullying**

R12. that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult

#### **Safe relationships**

R17. about knowing there are situations where they should ask for permission and also when their permission should be sought

R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out eventually)

R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe

R20. what to do if they feel unsafe or worried for themselves or others: who to ask for help and vocabulary to use when asking for help: importance of keeping trying until they are heard.

#### **Respecting self and others**

R24. how to listen to other people and play and work co-operatively

R25. how to talk about and share their opinions on things that matter to them.