

Year 1

Unit of Work	Objectives Covered	Date Covered
<u>My healthy self: How can we look after our emotions?</u>	L1 – What emotions can we recognise? L2 – When and why do people show different emotions? L3 – How can emotions change? L4 – What helps us to feel calm or excited? L5 – What might make us feel worried, annoyed or upset? L6 – What can we do when our feelings get tricky?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Connecting with others: How can I help myself and others feel happy and safe?</u>	L1 - What makes me special? L2 – How do families show love and care for each other? L3 – What helps me feel safe and cared for? L4 – What is a friend? L5 – How can we have a kind and friendly class? L6 – How should people behave towards others?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>The online world: How do we spend time online?</u>	L1 – When am I online? L2 – What can I do online and what can I do in person? L3 – How should I behave when I use a device? L4 – How can I balance screen time with in-person activities? L5 – What should I do if I see something online that worries me? L6 – How can I stay safe online?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Citizenship – How can I help others and the environment?</u>	L1 – What do babies and toddlers need? L2 – What do animals need? L3 – How can we look after our school environment? L4 – How can I share my ideas	L1 - L2 - L3 - L4 - L5 - L6 -

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	respectfully? L5 – Who helps look after our local environment? L6 – How do rules help everyone?	
<u>Health protection:</u> <u>How can I protect myself and others in daily life?</u>	L1 – How and why do we wash our hands? L2 – How can I protect myself in any weather? L3 – Who helps us stay healthy? L4 – What should I do if I feel unwell? L5 – How serious are different injuries? L6 – How can we get help for serious illnesses or injuries?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Staying safe: How can I stay safe?</u>	L1 – How can I stay safe at home? L2 – What is safe for our bodies? L3 – What rules can keep me safe? L4 – How can I stay safe near roads? L5 – How might my body feel when something is unsafe? L6 – Who can keep me safe?	L1 - L2 - L3 - L4 - L5 - L6 -