

Year 1 – Me and My World

In RSHE we are learning about ourselves, our feelings, differences and how we can keep ourselves safe.

As children of God, we are learning about:



Life to the Full: I am unique

- what makes us unique and special
- celebrating the things that make us different
- knowing that we are all loved by God



01

British Values: Identify how Britain celebrates difference and shows respect to all

- how Britain celebrates differences
- learning about festivals and traditions
- understanding why respect is important
- showing respect to everyone



02

Life to the Full: Special people

- why every person is special and valued
- the people who are special to us
- how we can be a good friend
- how we can help others



03

Life to the Full: Feelings (World Mental Health Day)

- recognising different feelings
- talking about how we feel
- understanding that feelings can change
- ways to help look after our mental health



04

Life to the Full: Real Life Online

- what the internet is used for
- how people use the internet in real life
- the difference between real and online life
- how to use the internet safely and responsibly



05

Online Safety

- pop ups and purchasing
- inappropriate websites for older children
- cyberbullying
- knowing when to ask an adult for help



06

Show Racism the Red Card

Learning about racism, why it is wrong and how we can all treat everyone fairly and with kindness. We are all unique and equal.

