

Year 1 – Autumn – Community and Relationships (14 weeks)

Pupils will know:

- What makes a good friend (kind, helpful, respectful)
- That unkind behaviour can hurt others and should be reported
- That there are different types of families
- That they can speak up and ask for help

Lesson	Suggested Big Question	Objective	Assessment	Mapping (SSMC/ British Values/ Rights Respecting)
L1	How should we feel when we are at school?	Understand how to manage change and describe strategies that help me feel ready.	Scenario response / practical demo / pupil voice. class vote / shared agreement	Democracy Article 13 – Freedom of expression
L2	What are the features of a good friend and a good listener?	I can describe friendly behaviours and explain why they matter.	Pupil voice / teacher observation.	Spiritual Development Mutual Respect Article 15 – Freedom of association
L3	What if my friends are making me feel sad?	Say how I feel and begin to use simple words or actions to solve problems.	Pupil voice / teacher observation.	Spiritual Development Article 19 – Protection from harm
L4	What is bullying?	I can explain what bullying is and how to get help.	Pupil voice / teacher observation.	Moral Development Rule of Law Article 19 – Protection from harm
L5	Why do personal space and consent matter?	I can ask permission and respect someone's answer.	Pupil voice / teacher observation.	Moral Development Individual Liberty Article 19 – Protection from harm Article 16 – Right to privacy
L6	How can we speak up?	talk about my feelings and ask a trusted adult for help. Use "my voice matters" language	Pupil voice / teacher observation.	Social Development Individual Liberty Article 12 – Right to be heard Article 19 – Protection from harm

L7	Is every family the same as mine?	Describe different types of families and show respect for others.	Pupil voice / teacher observation.	Cultural Development Mutual Respect Article 2 – Non-discrimination
Enrichment Week	How can I be an ally?	Anti-Bullying Week spotlight lesson (November).	Pupil pledges / assembly/ reflection.	Rule of Law Democracy Article 19 – Protection from harm
Enrichment Week	What makes me special?	Black History Month (October) Link to British Values and Protected Characteristics	Pupil voice / teacher observation/ assembly/ reflection.	Cultural Development Tolerance of Different Faiths and Beliefs Article 2 – Non-discrimination

Enrichment & Calendar notes:

World Mental Health Day (October)

Black History Month - October

Anti-bullying week (Nov)

Year 1 – Spring – Health and Well-being (11 weeks)

Pupils will know:

- Basic ways to stay healthy (food, sleep, exercise)
- That feelings have names and can change
- Simple ways to manage feelings (e.g. talking, breathing)
- The difference between needs and wants

Lesson	Suggested Big Question	Objective	Assessment	Mapping (SSMC/ British Values/ Rights Respecting)
L1	Why is exercise important?	Name ways to keep my body active and say how it makes me feel.	Mini quiz / self-report / work scrutiny.	Spiritual Individual Liberty Article 24 – Health and health services
L2	Why is sleep important?	Describe why sleep is important and talk about simple bedtime routines.	Mini quiz / self-report / work scrutiny.	Spiritual Individual Liberty Article 24
L3	How can I look after my body?	Name some ways to keep my body healthy, including food and hygiene.	Mini quiz / self-report / work scrutiny.	Moral (making good choices) Individual Liberty Article 24
L4	How can we notice and manage big feelings?	I can use one or two strategies to manage strong feelings.	Mini quiz / self-report / work scrutiny.	Spiritual + Social Individual Liberty Article 12
L5	How do we choose between needs and wants when we plan and budget?	Identify things I need and things I want.	Scenario response / practical demo / pupil voice.	Moral Individual Liberty Article 27
L6	What rules are there to keep us safe when using devices?	Name simple rules for using devices safely.	Mini quiz / self-report / work scrutiny.	Moral + Social Rule of Law Article 17 and 19
Enrichment Day	What choices can keep us safer and kinder online today?	Safer Internet Day spotlight lesson (February).	Scenario + class charter.	Social + Moral Rule of Law, Mutual Respect Article 19; Article 12

Enrichment & Calendar notes:

Children's Mental Health Week (February): enhanced wellbeing focus (Place2Be).

Safer Internet Day – Purple Mash lessons

If you were an engineer what would you do? Leaders award competition

Year 1 – Summer – Keeping Safe and growing up (13 weeks)

Pupils will know:

- Who trusted adults are and how they help
- What private information is
- Basic safety rules (home, online, body safety)
- That emergencies need immediate adult help

Lesson	Suggested Big Question	Objective	Assessment	Mapping (SSMC/ British Values/ Rights Respecting)
L1	Who are my trusted adults and how do I ask for help until I am heard?	Name trusted adults and say how they help me.	Scenario response / practical demo / pupil voice.	Social Individual Liberty Article 19; Article 12
L2	What is private and what is public about our bodies and lives?	Recognise simple examples of the Pants Rule and say what should not be shared. Know and use the correct names for body parts, including penis, testicles, vulva and vagina, and understand that these are private parts of the body.	Scenario response / practical demo / pupil voice.	Moral Rule of Law Article 16; Article 19
L3	What is 999?	Recognise an emergency and know how to get help.	Scenario response / practical demo / pupil voice.	Social Rule of Law Article 6
L4	What is private information?	Recognise personal information and say why it is important to keep it private.	Scenario response / practical demo / pupil voice.	Moral Rule of Law Article 16; Article 17
L5	How can we stay respectful and safe online?	I can explain what personal information is and why we protect it.	Exit ticket / pupil voice / teacher observation.	Social + Moral Mutual Respect Article 2, Article 19
L6	How can we stay safe at home?	Recognise things around the home that could be unsafe and say how to stay safe.	Mini quiz / self-report / work scrutiny.	Moral Rule of Law Article 24; Article 19

L7	What helps us cope with change and transition?	Understand that change can make us feel different emotions. Recognise that sometimes people miss things, places, pets or people that are important to them. Know who can help when feelings feel difficult.	Scenario response / practical demo / pupil voice.	Spiritual Individual liberty Article 29
Enrichment Week	<i>What makes something safe or unsafe?</i> <i>Who can help me when I am not safe?</i>	Safety Week (penultimate week of Summer 2): • Fire: what is an emergency (link to 999) • Water: dangers of water (simple scenarios) • Sun: keeping body safe (sun, hydration) • Beach: rules (stay close, flags basic awareness) • Road: simple crossing rules • Railway: don't go near tracks	Personal safety plan + report-a-worry routes.	Social + Moral Rule of Law, Democracy Article 19; Article 6; Article 24

Enrichment & Calendar notes:

Transition week in school – safety week

Use Money Heroes Framework cross curricular