

PSHRE - Year 1 and Year 2

Below are the PSHRE units that children will study across Year 1 and Year 2 at The Rydal Academy. They are split in to half terms or terms depending on the length of the unit. There is a brief explanation of each focus area and suggestions for activities that you can do with your child at home to support their learning.

Year 1		Year 2	
Autumn 1	<p>Friends.</p> <p>Children will learn about how we make friends, how they make us feel and how we should act around friends.</p> <p>Watch: https://www.youtube.com/watch?v=SAjXikmipv4 talk about how they became friends and how they feel.</p> <p>Talk with the children about their friends at school and how they make them feel.</p>	Autumn 1	<p>Friends.</p> <p>Children will learn the characteristics that we look for in a friend. How to be polite and not rude to our friends.</p> <p>Watch: https://www.youtube.com/watch?v=iPux6QAKBdc Watch the video and talk about what things they did as friends.</p> <p>Talk with them about the things they look for in a friend being kind, sharing resources.</p>
Autumn 2	<p>Ourselves.</p> <p>Children will learn about what makes a healthy diet and what the effects of a poor diet are.</p> <p>Talk with the children about the food in your house, can you sort it into healthy and unhealthy foods.</p> <p>Watch: https://www.youtube.com/watch?v=bPBCg4PsE5k Watch together and see if they can guess where to put the food.</p>	Autumn 2	<p>Ourselves.</p> <p>Children will learn the physical and mental benefits to exercise and an active lifestyle.</p> <p>Encourage the children to take part in some form of physical activity and talk about why it is important.</p> <p>Have a go at these exercise routines https://www.youtube.com/watch?v=d3LPrhI0v-w https://www.youtube.com/user/CosmicKidsYoga</p>
Spring 1	<p>Online safety.</p> <p>Children will learn how we use the internet and the rules for staying safe.</p> <p>Watch: https://www.youtube.com/watch?v=h4GTlpmPTb4 and talk about the SMART rules.</p> <p>Talk about how and when they can use the internet at home and what expectations you have.</p>	Spring 1	<p>Online safety.</p> <p>Children will learn about the basic rules for keeping safe online, what to do if they feel unsafe and how to get help.</p> <p>Talk with the children about what to do if they feel unsafe whilst online. Visit the NSPCC website for ideas on how start a conversation about online safety.</p> <p>Create your own rules for how you use the internet at home, asking for permission before going online, and time limits.</p>
Spring 2	<p>The wider world.</p> <p>Children will learn what community means and the people within it, and how to look after the environment.</p> <p>Talk about the jobs people within the community do, this can start at home.</p> <p>Encourage children to help with the recycling.</p>	Spring 2	<p>The wider world.</p> <p>Children will learn how to stay safe around strangers, assess dangers in the home and community and who to call in an emergency.</p> <p>Talk with the children about what to do in an emergency and teach them 999.</p> <p>Talk about the dangers in the house such as when the oven is on and what they need to do to stay safe.</p>
Summer 1	<p>Mental wellbeing.</p> <p>Children will learn about different emotions and feelings and how to talk about them.</p> <p>Talk about the different emotions we experience and when.</p> <p>Watch: https://www.youtube.com/watch?v=-J7HcVLsCrY</p>	Summer 1	<p>Mental wellbeing.</p> <p>Children will learn about feelings and behaviour and how to calm themselves and help techniques to help themselves.</p> <p>Watch: https://www.youtube.com/watch?v=5EXpkVw3fh0 and talk about the things they can do.</p> <p>Talk about the different feelings we have and what makes us feel that way.</p>

Summer 2	<p>Families.</p> <p>Children will learn about the people in our families and the qualities they bring. Secrets and surprises and stranger danger.</p> <p>Talk with the children about the people who are in their family.</p> <p>Talk about what to do if they come across a stranger and never to go with and to get help.</p>	<p>Families.</p> <p>Children will learn that families are there to care and protect us and what makes a healthy family. Learn about personal space and appropriate and inappropriate touch and actions.</p> <p>Visit the NSPCC website to talk about the pants are private rules, watch https://www.youtube.com/watch?v=-lL07JOGU5o</p> <p>Talk about how your family protect and care for each other and what makes your family happy and healthy such as the times you spend together.</p>
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