

# Relationships and Health Education

Year 1 and 2



## Masefield Primary School

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# Parent Guide to Relationships and Health Education

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## Rationale

At Masefield, PSHE (Personal, Social and Health Education) is an integral part of our school life. It is taught both explicitly through subject specific lessons and also through other lessons in an applied manner.

We see PSHE education as a subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work.

We know that our well-delivered PSHE programme will have an impact on both academic and non-academic outcomes for our pupils, particularly the most vulnerable and disadvantaged.

We have designed our own progressive Programme of Study using the PSHE Association with the main aims to develop knowledge, skills and attributes including (but not limited to) resilience, self-esteem, risk-management, team working and critical thinking in the context of three core themes: health and wellbeing, relationships and living in the wider world (including economic wellbeing and aspects of careers education).

Our PSHE education contributes to schools' statutory duties outlined in the Education Act 2002 and the Academies Act 2010 to provide a balanced and broadly-based curriculum. The relationships and health aspects of PSHE education has been compulsory since September 2020.

# Parental Rights

Below is some of the information provided by the Department for Education regarding Relationships and Health Education:

*The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.*

*Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.*

*You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.*

*You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe. Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request. The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.*



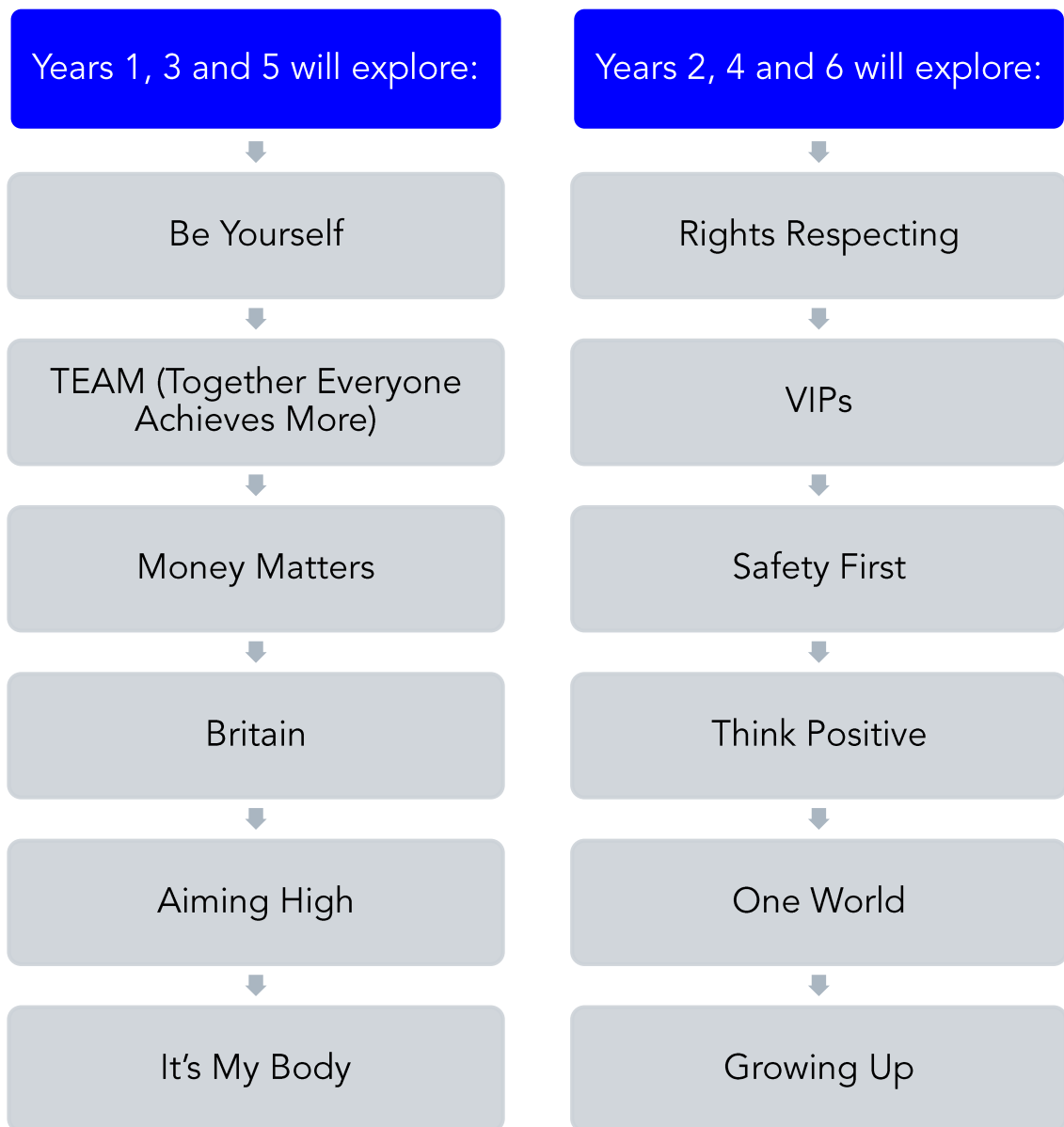
Read more from the  
Department for Education



Masfield's Relationships  
and Sex Education Policy

# Curriculum Content

Our curriculum has been developed using the programmes of study developed by the PSHE Association. They cover units falling under the following themes:



# Year 1 Units of Study

In Year 1, pupils will be taught the following:

## Be Yourself

- Know a person's special traits and qualities.
- Identify and name common feelings.
- Know times and situations that make them feel happy.
- Talk about what makes them feel unhappy or cross.
- Know how change and loss make them feel.
- Know the importance of sharing their thoughts and feelings.

## TEAM

- Show the teams they belong to.
- Follow instructions and create a tower by applying good listening.
- Use key vocabulary and think of ways to show kindness to others.
- Work in a group to discuss what they could do if they saw others being teased or bullied.
- Work as a group to sort thoughts given into helpful and not-so-helpful thought categories.
- Identify good and not-so-good choices.

## Money Matters

- Discuss things they can buy in the shops.
- Talk about different sources that money can come from.
- Discuss ways they can keep money safe.
- Talk about ways we can keep track of what we spend.
- Identify wants and needs.
- Discuss some methods of payment.

# Year 1 Units of Study

## Britain

- Identify groups and communities that they belong to
- Explain how to be a good neighbour
- Pick out things that harm and things that help a neighbourhood
- Describe what it is like to live in Britain
- Identify similarities and differences between British people
- Talk about what makes them feel proud of being British.

## Aiming High

- Discuss their star qualities
- Identify what a positive learning attitude is.
- Talk about jobs they can do when they grow up.
- Discuss what skills and interests are needed for different jobs
- Talk about hopes they have for the future.
- Discuss what they are looking forward to about next year.

## It's My Body

- Understand they can choose what happens to their bodies.
- Explain how much sleep they need and why exercise is good for them.
- List healthy snacks.
- Demonstrate hygienic ways to look after their bodies.
- Know to ask a trusted adult if uncertain about whether something is safe to eat or drink.
- Ways to keep both the mind and body healthy and safe.

# Year 2 Units of Study

In Year 2, pupils will be taught the following:

## Rights Respecting

- Know that all people have rights.
- Understand that there are people who protect their rights.
- Talk about what respect means and how to show it.
- Identify ways in which people can be different.
- Explain what being fair means.
- Recognise that making a positive difference in school is important.

## VIPs

- Explain who the special people in their lives are.
- Talk about the importance of families.
- Describe what makes someone a good friend.
- Know how to resolve an argument in a positive way.
- Know the skills involved in successful cooperation.
- Identify a way to show others that they care.

## Safety First

- List some people who can help them stay safe.
- Identify some dangers in the home.
- Identify some dangers outside.
- Keeping safe in different situations with unknown people.
- Identify which information they should never share on the Internet.
- Know what to do if they feel in danger and recall the number to call in an emergency.

## Think Positive

- Describe things that make them feel happy and unhappy.
- Understand that they have a choice about how to react to things that happen.
- Talk about personal achievements and goals.
- Identify and discuss feelings and emotions, using simple terms.
- Discuss things for which they are thankful.
- Focus on an activity, remaining calm and still.

## One World

- Talk about special people in their life and say why they are special.
- Talk about different homes around the world and identify how they are the same as and different from their own.
- Describe what their school is like
- Explain what an environment is
- Explain what natural resources are and identify how people use them.
- Say what they love about the world in which they live and describe how they would feel if these things disappeared.

## Growing Up

- Name the main parts of girls' and boys' bodies.
- Respect own and others' bodies.
- Understand that different people like different things.
- Describe how they have changed since they were a baby.
- Understand that peoples' needs change as they grow older.
- Discuss some changes that people might go through in life.



## Useful Contacts

If you have any questions about the content of our Relationships or Health Education, please do not hesitate to contact these members of staff:



**Mr Done**  
Head of School



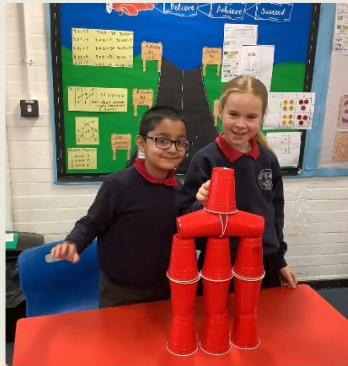
**Miss Jolly**  
PSHE Subject Leader



**Mrs Walton**  
Year 1 Class Teacher



**Miss Tyrer**  
Phase 1-3 Lead  
Year 2 Class Teacher







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