



Cycle B Year 1/ 2 Medium Term Overview



| Term | Topic | In this unit of work, pupils learn... |
|---|---|--|
| Autumn Term Relationships | Families and Friendships. Making friends; feeling lonely and getting help. | <ul style="list-style-type: none">• how to make friends with others• how people behave when they are being friendly and what makes a good friend• how to resolve arguments that can occur in friendships• how to ask for help if a friendship is making them unhappy• how to recognise when they feel lonely and what they could do about it |
| | Safe Relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour. | <ul style="list-style-type: none">• how words and actions can affect how people feel• how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe• why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable• how to respond if this happens in different situations• how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so• The importance of not keeping an adult's secret.• Basic strategies for resisting pressure to do something they don't want to do and which may make them unsafe. |
| | Respecting ourselves and others. Recognising things in common and differences; working and playing cooperatively; sharing opinions. | <ul style="list-style-type: none">• what they like/dislike and are good at• what makes them special and how everyone has different strengths• how their personal features or qualities are unique to them• how they are similar or different to others, and what they have in common• how to treat themselves and others with respect• how to listen to other people and work and play cooperatively. |



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|---|---|--|
| Spring Term Living in the Wider World | Belonging to a Community Belonging to a group; roles and responsibilities; being the same and different in the community | <ul style="list-style-type: none">• about the different roles and responsibilities people have in their community• to recognise the ways they are the same as, and different to, other people• that everyone has different strengths• different jobs that people they know or people who work in the community do |
| | Media literacy and digital literacy The internet in everyday life; online content and information | <ul style="list-style-type: none">• about the role of the internet in everyday life• about how the internet and digital devices can be used safely to find things out and to communicate with others• that not all information seen online is true |
| | Money and Work What money is; needs and wants; looking after money | <ul style="list-style-type: none">• what money is - that money comes in different forms• how people make choices about what to do with money, including spending and saving• the difference between needs and wants - that people may not always be able to have the things they want• how jobs help people earn money to pay for things they need and want• about a range of different jobs, including those done by people they know or people who work in their community |



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| Summer Term Health and Wellbeing | Physical Health and Mental Wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help | <ul style="list-style-type: none"> that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest that eating and drinking too much sugar can affect their health, including dental health how to be physically active and how much rest and sleep they should have everyday that there are different ways to learn and play; how to know when to take a break from screen-time how sunshine helps bodies to grow and how to keep safe and well in the sun how to recognise, name and describe a range of feelings what helps them to feel good, or better if not feeling good how feelings can affect people in their bodies and their behaviour ways to manage big feelings and the importance of sharing their feelings with someone they trust how to recognise when they might need help with feelings and how to ask for help when they need it |
| | Growing and changing Growing older; naming body parts; moving class or year | <ul style="list-style-type: none"> how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) about growing and changing from young to old and how people's needs change to name the main parts of the body including external genitalia |
| | Keeping Safe Safety in different environments; risk and safety at home; emergencies | <ul style="list-style-type: none"> how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online) how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets how not everything they see online is true or trustworthy and that people can pretend to be someone they are not how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them |