

CHIPSTEAD VALLEY PRIMARY SCHOOL

Wellbeing Curriculum Overview

Year 1

Relationships

- How to be polite and courteous
- How to play and work co-operatively
- What our friends, or people that are special to us, do to make us feel loved and cared for
- The ingredients we need to be a good friend
- Zones of regulation- Using feelings
- How feelings can affect people in their bodies and their behaviour
- Ways to manage big feelings
- How kind and unkind behaviour can affect others
- How words and actions can affect how people feel
- Understanding what conflict means
- How to tell someone if we are worried
- The feelings that losing something, for example a pet, may bring about
- To understand different reactions

Online Safety

- Safer Internet Day
- Who to speak to if there is something on my screen, that shouldn't be there
- That there are rules to keep me safe when I go online at home and at school

Keeping Safe

- Keeping Safe Week- Police visit
- NSPCC Pantasaurus
- Who can help us in different places and situations
- How to identify if someone is a "safe stranger"
- That I must stay close to my adult when out in the community

Health and Wellbeing

- About what keeping healthy means; different ways to keep healthy
- What we can do to take care of ourselves
- How medicines can help people stay healthy and that some people need to take medicines every day to stay healthy
- That things people put into or onto their bodies can affect how they feel
- Why hygiene is important and how simple hygiene routines can stop germs from being passed on
- What is mental health and what does positive mental health look like?

Equality and Diversity

- What makes us special and how everyone has different strengths
- How our personal features or qualities are unique to us
- That family is one of the groups we belong to
- That everyone has different types of families

Being a Responsible Citizen

- How people and animals need to be looked after and cared for
- What can harm the local and global environment
- That pollution can impact our lives and how we can take small steps to protect the environment around us
- How to look after our oceans
- What money is - that money comes in different forms
- How money is obtained and how people make choices about what to do with money, including spending and saving
- The different between needs and wants
- How to keep money safe