

# Learning for Life

2021



## Years 1 & 2

### **Families and People Who care for Me** - Children will learn:

- That family is one of the groups they belong to, as well as, for example, school, friends, clubs.
- What their family members, or people that are special to them, do to make them feel loved and cared for.
- How families are all different but share common features – what is the same and different about them.
- About different features of family life, including what families do / enjoy together.

### **Caring Friendships** - Children will learn:

- How to make friends with others.
- How to recognise when they feel lonely and what they could do about it.
- 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.

### **Respectful Relationships** - Children will learn:

- That we are not all the same.
- How kind and unkind behaviour can affect others.
- How to be polite and courteous; how to play and work co-operatively.
- The responsibilities they have in and out of the classroom.
- How words and actions can affect how people feel .
- 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.

### **Being Safe** – Children will learn:

- 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 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.
- How to respond safely to adults they don't know.
- How to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them feel uncomfortable or unsafe.
- 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).
- That people have different roles in the community to help them (and others) keep safe, the jobs they do and how they help people.
- Who can help them in different places and situations; how to attract someone's attention or ask for help; what to say.
- How to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency.

### **Living To Succeed** - Children will learn:

- How we can work together to help our community.
- To understand the many roles people have in our community.
- How they can take responsibility to make our world a better place.
- How they can be the best they can be.
- What money is - that money comes in different forms.
- How money is obtained (e.g. earned, won, borrowed, presents).
- 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 to keep money safe and the different ways of doing this.

### **Mental Health & Well-Being** - Children will learn:

- How to recognise, name and describe a range of feelings.
- What helps them to feel good, or better if not feeling good.
- 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).
- 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.
- 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 we have in common.

### **Online Relationships** - Children will learn:

- How not everything they see online is true or trustworthy and that people can pretend to be someone they are not.
- How to keep their information safe on the internet
- How to use the internet responsibly.

**Physical Health** - Children will learn:

- What being healthy means and who helps them to stay healthy (e.g. parent, dentist, doctor).
- That things people put into or onto their bodies can affect how they feel.
- How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy.
- Why hygiene is important and how simple hygiene routines can stop germs from being passed on.
- What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing.
- 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.

**Changes** - Children will learn:

- To recognise that they have changed as they have grown.
- To understand that there will be changes in their lives.
- How to manage difficult changes.
- How they can make some things change for the better.