



WELCOME TO THE YEAR 1 AND 2  
RELATIONSHIPS AND HEALTH  
EDUCATION MEETING

# The statutory curriculum

- Split into relationships education and health education
- Please note that all teaching in year 1 and 2 is within relationships and health education as such children cannot be withdrawn from the subject.

# Relationships Education

- The following resources are taken as examples of the types of resources used to teach different aspects of the relationships education curriculum.
- The resources are representative of the level of resources used.

# Families and people that help us

We have lots of friends and they all have different sorts of families.



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Other friends only have a Mum, and some only have a Dad, just like us.



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Some Zargon children live with their foster families. Our friends Zollo, Zilla and Zani were adopted by their Mum.



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Some of our friends live with their Mum and Dad. This is Zoret and her parents.



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Some Zargon children have two Mums and some have two Dads. That must be great!



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Several Zargon children live with their grandparents and some with their uncles and aunts. Some families don't have grandparents, and some have great-grandparents!



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# Caring relationships

## A good friend should:

Be kind

Say sorry if they have upset you

Have no other friends

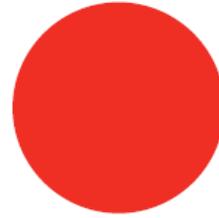
Care about other people

Have lots of toys and games

Only talk to me

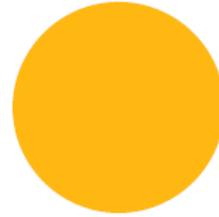
Copy everything I do

## Mending Friendships



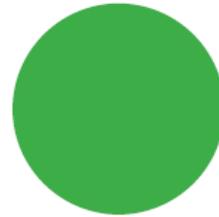
### Stop

Think about how you're feeling. Angry? Upset? Disappointed? Let down? Try to calm these feelings so you can think about what's gone wrong.



### Get Ready

Look at each other's point of view. Listen to how the other person sees it. Talk calmly about how you see it. Work out what's gone wrong.



### Mend The Friendship

Say sorry if you need to (even if it's hard). Agree how to put it right. Do something fun together. Have a special 'make friends' sign, gesture or phrase (touch little fingers, say "make friends, make friends...").

# Respectful relationships

Slide 3



Slide 4



Slide 5



Emma teases Liam every day because he finds reading difficult.

Ava gets called silly names by Mason and Mia because she has two Mums.

Oliver keeps making silly phone calls to Logan on his mobile. Logan doesn't like it.

Scarlett and Ben always trip up Lily in the playground.

Sofia hides Luke's things so he can't find them.

Ellie likes playing games online. Henry and Ali deliberately keep shooting her character so she can't get to the next level.

Skylar teases Stella because she has asthma and sometimes wheezes when she does P.E.

# Being safe

- Who to talk to when you feel unsafe
- That your body belongs to you and the difference between appropriate and inappropriate touch
- The concept of privacy and keeping secrets

# Health Education

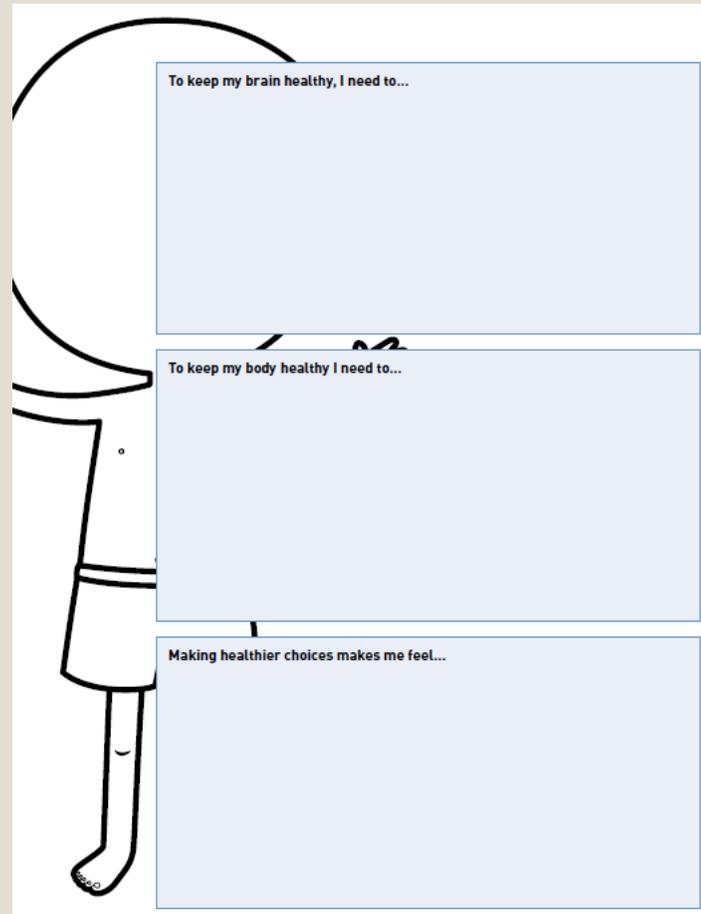
- The following resources are taken as examples of the types of resources used to teach different aspects of the health education curriculum.
- The resources are representative of the level of resources used.

# Mental Wellbeing



Working on the importance of mental health and discussing our emotions

# Physical health and fitness



To keep my brain healthy, I need to...

To keep my body healthy I need to...

Making healthier choices makes me feel...

# The changing adolescent body

Draw a line to match each baby with its mother.

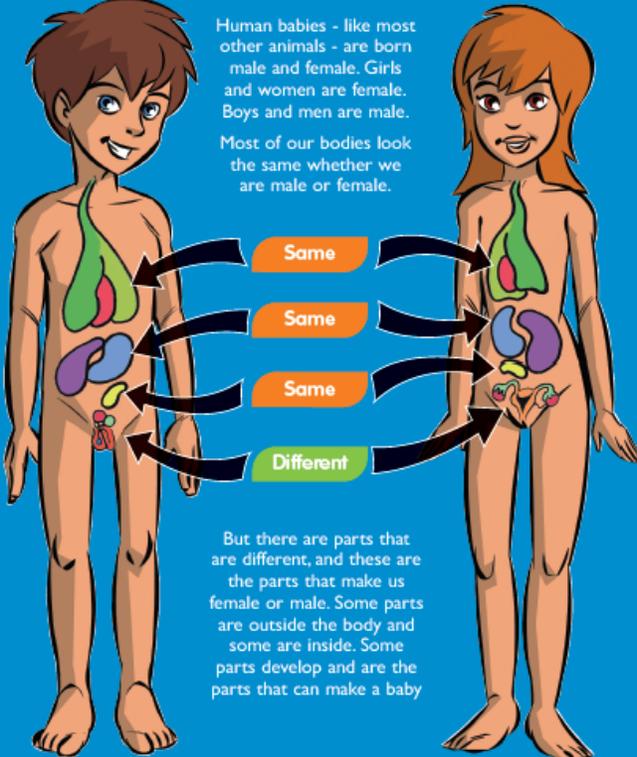
		
		
		
		

**Same But Different** Version 1

Year 1 Lesson 2/3  
Year 4 Lesson 1

Human babies - like most other animals - are born male and female. Girls and women are female. Boys and men are male.

Most of our bodies look the same whether we are male or female.



Same

Same

Same

Different

But there are parts that are different, and these are the parts that make us female or male. Some parts are outside the body and some are inside. Some parts develop and are the parts that can make a baby

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# The changing adolescent body

**Same But Different** Year 2 Lesson 2  
Version 2

Complete the chart using the words around the outside.

Girls

Boys

Both

Fingers

Arms

Hands

Head

Back

Feet

Tummy

Chin

Eyes

Mouth

Feet

Neck

Now add any body parts that are different for boys and girls.

**Body Words** Year 2 Lesson 2

Use this body words resource to discuss with the class the use of words for different parts of the body. Make the point that for some parts of the body there may be lots of different words for the same body part.

This exercise can cause confusion and embarrassment so it is important to make clear what are common names for girls' and boys' different body parts.

Cut out and select these words depending on knowledge and understanding of pupils, add in or write family's slang names as they arise alongside to help clarify and teach correct terms.

knee	shoulder
neck	head
feet	vagina
finger	arm
ankle	testicles
hand	thumb
penis	stomach
mouth	eyes