

Sticky Knowledge – PSHE
Class – Saplings
Year 1



TEAM
Autumn 1

- How can we be kind?
- What is bullying?
- What are you good at?

Think Positive
Autumn 2

- Where is your happy place?
- How does being cross make our bodies feel?
- How can I focus on my feelings?

Living in the Wider World
Spring 1

- Who can help us in school?
- In Ripponden outside of school?
- What are our class rules?
- What groups do you belong to?

Relationships – Digital Wellbeing

Spring 2

- How do we keep safe online?
- How do we keep safe outside of school?
- How do we keep money safe?

Be Yourself

Summer 1

- How can we keep ourselves healthy?
- Tell me about food, exercise, sleep and teeth.

My Body

Summer 2

- Can you name some of your body parts?
- What are the names of our private parts?
- What happens when we grow up?