



RSHE - Y1



01.11.2021 - 17.12.2021

Unit title	Description of Unit	Key Vocabulary
Fr1) Who is my friend?	Understand that there is a difference between close friends, friends, acquaintances and strangers	Friend Family Stranger Acquaintance Member of my community
P1) How do I help my body stay healthy?	Understand that active lifestyles including regular exercise can keep our bodies more healthy. Appreciate that some people live with disabilities or are differently abled. Understand that we can't always have healthy bodies, because sometimes we get ill or injured.	Exercise Diet Sleep Brushing teeth