



RSHE - Y1



05.01.2022 - 11.02.2022

Unit title

Description of Unit

Key Vocabulary

M1) Where do feelings come from?

Understand that we have a range of emotions, depending on our experiences and situations. Know what to do when we experience strong emotions. Build language to talk about feelings.

Angry
Happy
Sad
Scared
Nervous
Calm
Surprised

P2) How do I decide what to eat?

Identify the components of a balanced diet.

Diet Vegetable
Healthy Energy
Unhealthy Halal
Fruit Kosher