



Citizenship – Year 1

At Abbey Lane, we follow the Sheffield Schools Relationships and Health Education scheme, which is based on the National Curriculum for RSHE.

Autumn	Spring	Summer
<p align="center">Zones of Regulation Community- Online Safety</p>	<p align="center">Relationships- Family and Friends</p>	<p align="center">Health & Wellbeing- Physical Health and Growing Up - Staying Healthy & Growing</p>
<p>Pupils will discuss: Zones of Regulation and range of emotions experienced How to recognise and regulate their feelings</p> <p>Screen time Personal information Online strangers Fake news</p>	<p>Pupils will discuss: Who's in my family? Do families always stay the same? How should families treat each other? Who is my friend? What makes a good friend?</p>	<p>Pupils will discuss: How do I help my body stay healthy? How do I decide what to eat? How do we stop getting ill? How can I stay safe? How to call 999 How to recognise risk around fire, railways and water To know how to recognise risks To identify hazards</p>