



Year

Relationships and Health Education

MEDIUM TERM PLAN

Teaching Year Group: Year 1

**Lesson 1**

**Title:** The same and different

**Learning objective:**

- To recognise that some things are the same and some things are different about themselves, other children and their friends.

**Lesson 2**

**Title:** Boys and girls

**Learning objective:**

- To know that being a boy or girl doesn't make a difference to what we can do or like.

**Lesson 3**

**Title:** What a friend looks like?

**Learning objective:**

- To be able to identify the characteristics of a good friend.

**Lesson 4**

**Title:** The friendship recipe

**Learning objective:**

- To be able to identify the characteristics of a good friend.

**Lesson 5**

**Title:** Keeping friendships

**Learning objectives:**

- To know that our words and actions can hurt others.
- To be able to identify actions I can take to resolve a conflict in my friendships.