



ST PHILOMENA'S PRIMARY SCHOOL
RHE MEDIUM TERM PLANNING YEAR 1
2026 - 2027

AUTUMN 1						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	TEN : TEN		TWINKL: STAYING SAFE			
LESSON OUTLINE	Module 1: Created and Loved by God Unit 1: Religious Understanding Session 1: Let the Children Come	Module 2: Created to Love Others Unit 1: Let the Children Come	Staying Safe I know how to stay safe and who can help if I feel unsafe.	Staying Safe at Home I know how to stay safe at home.	Staying Safe Outside I know how to stay safe when I am out and about.	Staying Safe Around Strangers
LEARNING OBJECTIVE	I can recognise that God made me unique and special.	I know that saying sorry is important and can mend friendships	I can explain that medicines are drugs and that drugs can be helpful or harmful.	I can recognise that alcohol and tobacco can be harmful to our bodies.	I can make positive choices.	I can keep myself safe with people I do not know
CURRICULUM/ DFE LINK	Respectful Relationships – understand that everyone is unique and should be treated with kindness and respect.	Caring Friendships – understand the importance of kindness, honesty, respect and caring for others.	Personal Safety – recognise unsafe situations and know when and how to seek help from a trusted adult.	Health and Prevention – understand that medicines can be helpful but can also be harmful if they are not used correctly.	Health and Prevention – understand that substances such as alcohol and tobacco can be harmful to the body.	Personal Safety – understand how to stay safe at home, recognise risks and know who can help in an emergency.
KEY KNOWLEDGE	Know that God created each person as unique and special. Know that God wants us to love, care for and respect others. Recognise how kindness, listening and cooperation help build positive relationships. Understand that people can be the same and different and belong to different groups. Recognise that bullying, teasing and hurtful behaviour are unacceptable and know to seek help from a trusted adult.					



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AUTUMN 2						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	TEN : TEN			FOREST EDUCATION		
LESSON OUTLINE	Module 2: Created to Love Others Unit 2: Personal Relationships Session 1 Special people	Module 2: Created to Love Others Unit 2: Personal Relationships Session 2 Treat Others Well	Module 2: Created to Love Others Unit 2: Personal Relationships Session 3 Say Sorry	Forest Education: Knots and rope skills and Seasonal Changes	Forest Education: Den building, tool use and safety	Forest Education: Creative development and local flora and fauna
LEARNING OBJECTIVE	I can recognise that God made me unique and special.	I can explain how my words and actions can affect other people.	I can explain why saying sorry and forgiving others are important.	I can learn to tie a clove hitch and practise using it for simple outdoor activities.	I can use natural materials to build a simple den with increasing independence and use a mallet safely under supervision.	I can use natural materials, including mud, clay and leaves, creatively and recognise some common local plants and animals.
CURRICULUM /DFE LINK	Caring Friendships – recognise who our special and trusted people are and understand why these relationships are important.	Respectful Relationships – understand that our words and actions affect others and know the importance of treating people with kindness and respect.	Caring Friendships – understand the importance of saying sorry, forgiveness and resolving difficulties positively in relationships.	Design & Technology / Science – practical skills and seasonal changes.	Design & Technology – selecting and using tools and materials safely.	Art & Design / Science – using natural materials creatively and identifying common plants and animals.
KEY KNOWLEDGE	Know who the special and trusted people in our lives are and why they are important. Understand that our words and actions can affect other people positively or negatively. Know that saying sorry, forgiving others and treating people kindly help to build positive relationships. Recognise our own strengths and qualities and understand that these can be developed through a positive attitude. Know that different jobs require different strengths, qualities and interests.					



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SPRING 1						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	TEN:TEN					TWINKL: STAY SAFE
LESSON OUTLINE	Module 2: Created to Love Others Unit 3: Keeping Safe Session 1: Being Safe	Module 2: Created to Love Others Unit 3: Keeping Safe Session 2 – Good Secrets and Bad Secrets	Module 2: Created to Love Others Unit 3: Keeping Safe Session 3: Physical Contact	Module 2: Created to Love Others Unit 3: Keeping Safe Session 4: Harmful Substances	Module 2: Created to Love Others Unit 3: Keeping Safe Session 5: Can You Help Me?	People Who Can Help
LEARNING OBJECTIVE	I can recognise when a situation is safe or unsafe, including when I am online.	I can tell the difference between good and bad secrets and know who I can talk to if something worries me.	I can explain that my body is private and that I have a right to feel safe.	I can explain that medicines are drugs and that drugs can be helpful or harmful.	I can recognise that alcohol and tobacco can be harmful to our bodies.	I know who to go to if I need help
CURRICULUM/DFE LINK	Personal Safety – recognising safe and unsafe situations, including online.	Personal Safety – safe and unsafe secrets, resisting pressure and telling a trusted adult.	Personal Safety – bodily privacy, appropriate physical contact and seeking help.	Health and Prevention – medicines, drugs and harmful substances.	Basic First Aid – emergencies, calling 999 and basic first aid.	Personal Safety – trusted adults and people who can help.
KEY KNOWLEDGE	Know how to recognise safe and unsafe situations, including online, and who to ask for help. Know that their body is private and they can say no, resist pressure and tell a trusted adult if they feel unsafe or uncomfortable. Know that medicines can help when used correctly, while substances such as alcohol and tobacco can harm the body. Know when and how to call 999 in an emergency and know some basic first-aid principles. Know that everyone has different strengths, likes and dislikes, and how kindness, respect and cooperation support positive relationships.					



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SPRING 2						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	TEN:TEN			FOREST EDUCATION		
LESSON OUTLINE	Module 3: Created to Live in Community Unit 1: Religious Understanding Session 1: Three in One	Module 3: Created to Live in Community Unit 1: Religious Understanding Session 1: Who Is My Neighbour?	Module 3: Created to Live in Community Unit 2: Living in the Wider World Session 1: The Communities We Live In	Forest Education: Knots and rope skills and Seasonal Changes	Forest Education: Den building, tool use and safety	Forest Education: Creative development and local flora and fauna
LEARNING OBJECTIVE	I can explain that God is Father, Son and Holy Spirit and that God calls us to love others.	I can explain what it means to love my neighbour and identify ways I can care for other people.	I can identify the different communities I belong to and explain how I can care for people and the world around me.	I can practise tying a clove hitch and observe and record changes in the seasons and weather.	I can build a simple den using natural materials with increasing independence and use a mallet safely under supervision.	I can create artwork using natural materials and identify some common plants and animals in the local environment.
CURRICULUM/ DFE LINK	Religious Education – the Holy Trinity and God's call to love others.	Religious Education – community, loving our neighbour and caring for others.	Living in the Wider World – belonging to communities, caring for others and caring for the world.	Design & Technology / Science – practical skills and observing seasonal and weather changes.	Design & Technology – selecting and using tools and materials safely when constructing simple structures.	Art & Design / Science – using natural materials creatively and identifying common plants and animals.
KEY KNOWLEDGE	Know that Christians believe in God as Father, Son and Holy Spirit. Know that God calls us to love and care for other people. Know what it means to be a good neighbour. Know that we belong to different communities, including our school and local community. Know that we have a responsibility to care for other people and the world around us.					



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SUMMER 1						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	TWINKL: BRITISH VALUES, DIVERSE BRITAIN					
LESSON OUTLINE	My School I can describe ways that I can help my school community.	My Community I can describe ways that I can be a good neighbour.	My Neighbourhood I can identify things that help and harm my neighbourhood	My Country I can describe what it is like to live in the British Isles.	British People I can explore how people living in the British Isles can be different and how they are the same.	. What Makes Me Proud of Britain? I can talk about being British and living in the British Isles.
LEARNING OBJECTIVE	I can describe ways I can help my school community.	I can describe ways that I can be a good neighbour.	I can identify things that help and harm my neighbourhood	I can describe what it is like to live in the British Isles.	I can explore how people living in the British Isles can be different and how they are the same.	I can talk about being British and living in the British Isles
CURRICULUM/ DFE LINK	Democracy – contributing to the school community and having a voice.	Mutual Respect – being a good neighbour and treating others with respect.	Individual Liberty / Mutual Respect – making responsible choices that help the local community.	Individual Liberty – understanding belonging and life in Britain.	Mutual Respect and Tolerance – respecting people from different backgrounds, cultures, faiths and beliefs.	Mutual Respect and Tolerance – recognising different identities and respecting others in modern Britain.
KEY KNOWLEDGE	Know ways to help and contribute to the school community. Know what it means to be a good neighbour. Know how people can help or harm their local neighbourhood. Know what it is like to live in the British Isles. Know that people in Britain can have similarities and differences and understand what can make people proud of Britain					



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SUMMER 2						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
	TEN TEN			FOREST EDUCATION		
LESSON OUTLINE	Module 2: Created to Love Others Unit 3: Life Online Session 1: Real Life Online	Module 2: Created to Love Others Unit 3: Life Online Session 2: Rules to Help Us	Module 2: Created to Love Others Unit 4: Keeping Safe	Forest Education: Knots and rope skills and Seasonal Changes	Forest Education: Den building, tool use and safety	Forest Education: Creative development, local flora and fauna and Campfire
LEARNING OBJECTIVE	I can explain that the things I see and do online are part of real life and that I should make safe and sensible choices online.	I can explain why rules help to keep me safe online and know that I should tell a trusted adult if something online worries or upsets me.	I can recognise when I need help, identify trusted adults I can talk to and explain what to do in an emergency, including how to call 999.	I can use a clove hitch in a simple practical activity and describe seasonal changes I notice in the outdoor environment.	I can build a simple den using natural materials and safely use a mallet with increasing confidence under supervision.	I can identify some common local plants and animals and follow campfire safety rules while cooking simple food on a stick.
CURRICULUM/ DFE LINK	Online Relationships – making safe and sensible choices online.	Online Relationships / Being Safe – following rules for staying safe online and telling a trusted adult about concerns.	Being Safe / Basic First Aid – knowing who to ask for help and what to do in an emergency.	Design & Technology / Science – practical skills and seasonal changes.	Design & Technology – selecting and using tools and materials safely.	Design & Technology / Science – preparing food safely and identifying common plants and animals.
KEY KNOWLEDGE	Know that what we see and do online is part of real life and that we should make safe choices. Know that rules help us stay safe online and that we should tell a trusted adult if something worries us. Know who trusted adults are and how to ask for help in an emergency. Know that knots, tools and natural materials can be used safely for practical outdoor tasks. Know how to recognise some common local plants and animals and follow basic campfire safety rules.					