**National Curriculum end points KS1**

**Relationships**

By the end of KS1 children will know:

**Family**

* That families are important for them growing up because they can give love, security and stability.
* That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.

**Friendship**

* How important friendships are in making us feel happy and secure, and how people

choose and make friends.

* The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.

**Respectful relationships**

* The importance of respecting others – even when they are very different from them, make different choices, or have different preferences or beliefs.
* About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.

**Online relationships**

* That people sometimes behave differently online, including pretending to be someone they are not.
* The rules and principles for keeping safe online.

**Being safe**

* That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
* How to respond safely and appropriately to adults they may encounter, including online, who they do not know.
* Where to seek advice, for example, from their family, their school and other sources.

**Health Education**

Health education is compulsory for all state-funded primary schools. The focus of health education at primary level is teaching the characteristics of good physical health and mental wellbeing.

By the end of KS1 pupils will know:

**Mental wellbeing**

* That mental wellbeing is a normal part of daily life, in the same way as physical health.
* That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness.
* How to recognise and talk about their emotions, including having a varied vocabulary
* Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.

**Internet safety and harms**

* That for most people, the internet is an integral part of life and has many benefits.
* The importance of keeping personal information private.
* Where and how to report concerns and get support with issues online.

**Physical health and fitness**

* The characteristics and mental and physical benefits of an active lifestyle.
* The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.

**Healthy eating**

* What constitutes a healthy diet
* The principles of planning and preparing a range of healthy meals.

**Health and prevention**

* About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage,
* The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect, mood and ability to learn.
* About dental health and the benefits of good oral hygiene including regular check-ups at the dentist.
* About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing.

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**Basic first aid**

* How to make a clear and efficient call to emergency services if necessary.