

Theme	Key concepts	Activities and learning outcomes
<b>1.</b> <b>Establishing a positive learning environment</b> <b>Te whakarite i tētahi ao ako huapai</b>	Care for others Cooperative skills Listening skills	<i>Understanding the learning journey and the landscape p. 10</i> Students will identify that they are on a learning journey to learn about themselves, their relationships with others, their changing bodies, and staying safe. <i>Caring for others p. 13</i> Students will identify ways to be a kind and helpful classmate. <i>What is cooperation? p. 15</i> Students will identify and practice cooperative skills. <i>Being a good listener p. 17</i> Students will identify and practice listening skills.
<b>2.</b> <b>Who am I?</b> <b>Ko wai au?</b>	Personal identity Personal strengths Similarities and differences Diverse family structures Gender roles	<i>My name p. 20</i> Students will explore and share the origins of their name. <i>My pepeha p. 22</i> Students will introduce themselves through a pepeha. <i>Tell me what I do well p. 24</i> Students will describe their personal strengths and the strengths of others. <i>How am I the same? How am I different? p. 26</i> Students will describe their similarities and differences to others. <i>My whānau p. 28</i> Students will describe themselves and their place in their whānau. Students will explore diverse family structures. <i>Gender roles p. 30</i> Students will describe themselves in relation to their gender. Students will explore diverse gender roles.
<b>3.</b> <b>Relationships</b> <b>Ngā whanaungatanga</b>	Respect Friendship Feelings and needs Family roles	<i>Respect for others p. 34</i> Students will discuss the meaning of respect. Students will demonstrate ways of showing respect to others. <i>Being a good friend p. 36</i> Students will explore and share ideas about making new friends. Students will explore strategies of being a good friend. <i>Expressing my feelings p. 38</i> Students will use “I” statements to express ideas and feelings. <i>How is JJ feeling? p. 40</i> Students will describe a range of emotions. Students will explore how thoughts and feelings are affected by other people's comments and actions. <i>How I can help in my whānau p. 42</i> Students will explore and share ideas about roles and responsibilities in the family.
<b>4.</b> <b>Growing and changing</b> <b>Te tipu me te huri o te tangata</b>	Movement of bodies Body growth Body parts Personal hygiene Reproduction	<i>How my body moves p. 46</i> Students will engage in physical activity and understand the benefits of exercise. Students will investigate how our bodies move. <i>My growing body and the things it can do p. 49</i> Students will discuss the changes in their bodies from birth to adulthood. Students will identify things that they can do now and set goals to work on. <i>My body parts p. 51</i> Students will identify and name their body parts. Students will identify private body parts. <i>How do we care for our bodies? p. 53</i> Students will describe how to clean and care for their bodies.

Theme	Key concepts	Activities and learning outcomes
<b>5.</b> <b>Staying safe</b> <b>Te noho</b> <b>haumarū</b>	Standing up for myself and others Safe and unsafe touch People who can help me On-line Safety	<p><i>Standing up for myself and others p. 56</i>            Students will recognise bullying behaviour and will develop strategies to stand up for themselves and others.</p> <p><i>My body is mine p. 59</i>            Students will understand that their body is their own and they can decide what to do with it.            Students will develop strategies to keep themselves safe.</p> <p><i>Safe and unsafe touching p. 61</i>            Students will understand the difference between safe and unsafe touching.            Students will describe what to do if they experience touch that hurts or touch that they don't like.</p> <p><i>Who can help me? p. 63</i>            Students will identify people who can help them keep safe in their community.</p> <p><i>Introduction to staying safe online p. 65</i>            Students will identify ways to stay safe when they are online or using mobile phones.</p>

Teacher tips and ideas for making links to home and community are offered throughout the resource. Keep an eye out for these icons.



Teacher tips



Links to home and community