



Year 1			
<b>Introductions</b>		<b>Setting ground rules for PSHE</b>	A stand-alone introductory lesson outlining RSE and PSHE as a subject and exploring how to create a successful learning environment for these lessons.
<b>Family and Relationships</b>	Lesson 1	<b>What is a family?</b>	To understand that families look after us.
	Lesson 2	<b>What are friendships?</b>	To begin to understand the importance and characteristics of positive friendships.
	Lesson 3	<b>Recognising other people's emotions</b>	To recognise how others show feelings and how to respond.
	Lesson 4	<b>Working with others</b>	To begin to understand how friendships can make us feel.
	Lesson 5	<b>Friendship Problems</b>	To begin to understand that friendships can have problems but we can overcome them.
	Lesson 6	<b>Healthy Friendships</b>	To begin to understand that being friendly to others makes them feel welcome and included.
<b>Health and Wellbeing</b>	Lesson 1	<b>Understanding my emotions</b>	To describe feelings and develop simple strategies for managing them.
	Lesson 2	<b>What am I like?</b>	To recognise and celebrate their strengths and set a simple but challenging goal.
	Lesson 3	<b>Ready for bed</b>	To understand the benefits of physical activity and rest.
	Lesson 4	<b>Relaxation</b>	To know how to relax in different ways.
	Lesson 5	<b>Hand washing and personal hygiene</b>	To begin to understand how germs spread and how we can stop them spreading
	Lesson 6	<b>Sun safety</b>	To begin to understand the risks associated with the sun.
	Lesson 7	<b>Allergies</b>	To begin to understand allergies.



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	Lesson 8	<b>People who help to keep us healthy</b>	To understand that there are people in the community who help to keep us healthy.
<b>Safety and the changing body</b>	Lesson 1	<b>Adults in school</b>	To know how to respond to adults in a safe and familiar context.
	Lesson 2	<b>Adults outside school</b>	To know how to respond to adults in a range of situations.
	Lesson 3	<b>Getting Lost</b>	To understand what to do if you get lost.
	Lesson 4	<b>Making an emergency phone call</b>	To know what an emergency is and how to make a phone call if needed.
	Lesson 5	<b>Appropriate contact</b>	To begin to understand the difference between acceptable and unacceptable physical contact.
	Lesson 6	<b>Safety with substances</b>	To begin to understand what is safe to put into our bodies.
	Lesson 7	<b>Safety at home</b>	To understand that there are dangers at home and how these can be avoided.
	Lesson 8	<b>People who help us to keep safe</b>	To understand that there are people in the community who help to keep us safe.
<b>Citizenship</b>	Lesson 1	<b>Rules</b>	To begin to understand the importance of rules
	Lesson 2	<b>Caring for others: Animals</b>	To understand that animals have different needs and how to care for them.
	Lesson 3	<b>The needs of others</b>	To begin to understand the needs of babies and young children.
	Lesson 4	<b>Similar, yet different</b>	To begin to recognise ways in which we are the same and different to other people.
	Lesson 5	<b>Belonging</b>	To understand the range of groups people belong to.
	Lesson 6	<b>Democratic decisions</b>	To begin to understand how democracy works.



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<b>Economic Wellbeing</b>	Lesson 1	<b>What is money?</b>	To discover what money is and how it helps us.
	Lesson 2	<b>Keeping money safe</b>	To consider ways to keep count safe.
	Lesson 3	<b>What is a bank?</b>	To recognise the purpose of banks and building societies.
	Lesson 4	<b>Saving and Spending</b>	To begin to understand the differences between spending and saving money.
	Lesson 5	<b>Jobs in school</b>	To identify the different job roles that adults have in school.
	Lesson 6	<b>Jobs out of school</b>	To identify and describe different jobs
<b>Transition lesson</b>			Helping Year 1 children with transition to a new year and the changes that will come with it.