

Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Making friends: playing and learning together</p> <p>This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.</p> <p>Suggested lessons: <u>Ground rules, rule!</u> – KS1 <u>Learning and playing together</u> – KS1 <u>Friendship and bullying</u> – KS1 L1: Let's be friends L2: Let's make up L3: Let's be kind <u>Consent</u> – KS1 L1: Asking for permission</p>	<p>Mental health and wellbeing</p> <p>This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.</p> <p>Suggested lessons: <u>Foundations for Wellbeing</u> – Y1 L1: Noticing feelings L2: Distraction L3: Paying attention to pleasant feelings L4: Helpful and unhelpful thoughts L5: Reacting</p>	<p>Celebrating me, you and our families</p> <p>This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other.</p> <p>Suggested lessons: <u>Personal identity</u> – KS1 L1: All different, all special <u>Belonging and community</u> – KS1 L1: Sameness and difference <u>Families</u> – KS1 L1: What makes a family? L2: Different families</p>	<p>Safety at home</p> <p>This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.</p> <p>Suggested lessons: <u>Keeping safe at home</u> – KS1 L1: Keeping safe at home <u>Drug education</u> – KS1 L1: Keeping safe L2: Keeping healthy L3: Medicines and household products</p>	<p>Being healthy</p> <p>This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.</p> <p>Suggested lessons: <u>Keeping safe: Sun safety</u> – KS1 L1: Keeping safe in the sun <u>The sleep factor</u> – KS1 L1: Ready for sleep <u>Food for thought</u> – KS1 L1: Keeping healthy with food and drink <u>Dental health</u> – KS1 L1: Looking after our teeth <u>The importance of handwashing</u> – KS1 Physical activity lesson</p>	<p>Showing kindness to ourselves and others</p> <p>This unit revisits learning about feelings, and explores the importance of kindness.</p> <p>Suggested lessons: <u>OHID: Every mind matters</u> – KS1 L1: Emotions L2: Kindness L3: Self-care</p>

Our schools deliver statutory and additional PSHE and RSHE content in ways that are appropriate for pupils' ages and stages of development. We follow a spiral curriculum, meaning key themes are revisited regularly so that learning is reinforced and deepened over time.

Many topics appear in each year group, but always in an age-appropriate way. This approach builds on pupils' existing knowledge and prepares them confidently for the next stage in their personal development.