

Year 1 Overview					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Introduction: Setting ground rules for RSE & PSHE</p> <p>A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	<p>Health and wellbeing</p> <p>Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions,</p>	<p>Safety and the changing body</p> <p>Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying hazards in the home and people</p>	<p>Citizenship</p> <p>Learning about: the importance of rules and consequences of not following them; exploring our similarities and differences and an introduction to democracy</p>	<p>Economic wellbeing</p> <p>Learning about a range of money and bank functions including cash safety, spending, saving and jobs.</p>	<p>Transition</p> <p>Helping Year 1 pupils with the transition to a new year and the changes that come with it</p>

	people in the community who keep us healthy	in the community who keep us safe			
<p>Y1 Family and relationships</p> <p>Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair</p>					