

PSHE and RHE Yearly Overview – Year 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Autumn 1	Intro to PSHE – personalising ‘this is me’ cover and getting to know each other. UN right 8 -Identity	Me and my relationships Why we have classroom rules	Healthy relationships -How are you listening?	Healthy relationships -Thinking about feelings.	Healthy relationships -Our feelings UN right 12 - Respect for children’s views	Healthy relationships -feelings and bodies. UN right 12 - Respect for children’s views	Healthy relationships -Good friends. UN right 15 - Joining groups
Autumn 2	Valuing difference - Same or different? UN right 2 - No discrimination	Valuing difference - Unkind, tease or bully? UN right 2 - No discrimination	Valuing difference - Harold’s school rules UN right 2 - No discrimination	Valuing difference - It’s not fair! UN right 2 - No discrimination	Valuing difference - Who are our special people? UN right 2 - No discrimination	RSE (Life to the full) Module 1.2 - I am unique UN right 8 -Identity	RSE (Life to the full) Module 1.2 - Boys and girls
Spring 1	Keeping safe - Super sleep UN right 27 - Food, clothing, safe home	Keeping safe - Who can help? UN right 27 - Food, clothing, safe home	Keeping safe - Good or bad touches? UN right 34 - protection from abuse	Keeping safe -sharing pictures UN right 34 - protection from abuse	Keeping safe - what could Harold do? UN right 34 - protection from abuse	RSE (Life to the full) Module 1.3 - Feelings, likes and dislikes UN right 12 - Respect for children’s views	RSE (Life to the full) Module 1.3 Feelings inside and out. UN right 12 - Respect for children’s views
Spring 2	RSE (Life to the full) Module 2.1 - God Loves you	Rights and respect -Harold has a bad day	Rights and respect -Taking care of something UN right 26 - social and economic help	Rights and respect - Money UN right 26 - social and economic help	Rights and respect -How should we look after money? UN right 26 - social and economic help	Rights and respect -Basic first aid UN right 24 - Health, water, food, environment	
Summer 1	Being my best - I can eat a rainbow UN right 24 - Health, water, food, environment	Being my best - Eat well UN right 24 - Health, water, food, environment	Being my best - Catch it! Bin it! Kill it!	Being my best - Pass on the praise! UN right 24 - Health, water, food, environment	Being my best - Inside my wonderful body	RSE (Life to the full) 2.3 Good and bad secrets	RSE (Life to the full) -2.3 physical contact

			<i>UN right 24 - Health, water, food, environment</i>		<i>UN right 24 - Health, water, food, environment</i>	<i>UN right 34 - protection from abuse</i>	<i>UN right 34 - protection from abuse</i>
Summer 2	<p>Growing and changing – Healthy me</p> <p><i>UN right 24 - Health, water, food, environment</i></p>	<p>Growing and changing –then and now</p> <p><i>UN right 24 - Health, water, food, environment</i></p>	<p>Growing and changing –taking care of a baby.</p> <p><i>UN right 24 - Health, water, food, environment</i></p>	<p>Growing and changing –Who can help?</p> <p><i>UN right 24 - Health, water, food, environment</i></p>	<p>Growing and changing – Keeping privates private.</p> <p><i>UN right 34 - protection from abuse</i></p> <p>Zones of regulation link</p>	RSE (Life to the full) 3.1 - Three in one	Left for transition recap.