

Year 1		PSHE Long Term Overview	
Introductory lesson	<u>Y1 Introduction: Setting ground rules for RSE & PSHE</u> 1 lessons A stand-alone introductory lesson outlining PSHE as a subject and exploring how to create a successful learning environment for these lessons	Unit 1	<u>Y1 Families and relationships</u> 8 lessons 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
Unit 2	<u>Y1 Health and wellbeing</u> 9 lessons 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, people in the community who keep us healthy	Unit 3	<u>Y1 Safety and the changing body</u> 9 lessons Learning how to respond to adults in different situations; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe
Unit 4	<u>Y1 Citizenship</u> 7 lessons Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy	Unit 5	<u>Y1 Economic wellbeing</u> 7 lessons Learning about a range of money and bank functions including cash safety, spending, saving and jobs.
Unit 6	<u>Y1 Transition lesson</u> 1 lessons Helping Year 1 pupils with the transition to a new year and the changes that come with it		

