



<u>Year 1 PSHE Overview</u>		
Autumn Term 1	Spring Term 1	Summer Term 1
Theme: Physical health and wellbeing Focus: Fun times	Theme: Identity, society and equality Focus: Me and others	Theme: Mental health and emotional wellbeing Focus: Feelings
Children learn about: <ul style="list-style-type: none"> • Food that is associated with special times in different cultures. • Active playground games from around the world. • Sun-safety. 	Children learn about: <ul style="list-style-type: none"> • What makes themselves and others special. • Roles and responsibilities at home and school. • Being co-operative with others. 	Children learn about: <ul style="list-style-type: none"> • Different types of feelings. • Managing different feelings. • Change or loss and how this can feel.
Autumn Term 2	Spring Term 2	Summer Term 2
Theme: Keeping safe and managing risks Focus: Feeling safe	Theme: Careers, financial capability and wellbeing Focus: My money	Theme: Drug, alcohol and tobacco education Focus: Healthy lifestyles
Children learn about: <ul style="list-style-type: none"> • Safety in familiar situations.  • Personal safety. • People who help keep them safe outside the home. 	Children learn about: <ul style="list-style-type: none"> • Where money comes from and making choices when spending money. • Saving money and how to keep it safe. • The different jobs people do. 	Children learn about: <ul style="list-style-type: none"> • What can go into bodies and how it can make people feel.  • What can go on to bodies and how it can make people feel.
<p><u>Year 1 Key Vocabulary:</u> Health, wellbeing, healthy, like, dislike, choice, strengths, feelings, change, loss, hygiene, growing, changing, medicine, safety, respect, fair, unfair, right, wrong, similarities, differences, similar, different, special, acceptable, unacceptable, individual, environment, family, boy, girl, male, female, penis, vagina.</p>		

Please note: The red flag symbol demarcates themes directly related to safeguarding pupils. 