

Year 1

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Investigating the characteristics of positive friendships, the children learn that issues can be overcome, that people show feelings differently and that stereotyping is unfair. They also recognise how families can be different.	Recognising emotions and ways to manage them, the children explore practical strategies for wellbeing. They also develop an understanding of the importance of good sleep, hand hygiene, sun safety, and how to respond to an allergic reaction.	Learning how to respond to adults in different situations, the children also begin to distinguish between appropriate and inappropriate physical contact. In addition, the children learn how to call the emergency services and identify potential hazards in the home.	Exploring the importance of rules and the consequences of not following them, the children also explore the similarities and differences between themselves and others.	Identifying what money is and where it comes from, the children also begin to understand the difference between spending and saving.