

YEAR 1 PSHE OVERVIEW

<u>Autumn 1</u> Class charter	<u>Autumn 2</u> Me and my relationships	<u>Spring 1</u> Keeping myself safe	<u>Spring 2</u> Keeping myself safe (coram life unit)	<u>Summer 1</u> Being my best	<u>Summer 2</u> Growing and changing
Welcome to Year 1 PATHS-Volume 1 (photocopies of feelings covered and books read)	Me and my relationships (Coram life education resource) PATHS-Volume 1	PATHS-Volume 1 (photocopies of feelings covered and books read)	Keeping myself safe (Coram life education resource) PATHS-Volume 1 RNLI visit	Being my best (Coram life education resource) PATHS-Volume 1	Looking forward Growing and changing (Coram life education resource) PATHS-Volume 1 Road safety
Dog trust (photos of visit and speech bubbles of thoughts in PDL book)	Why we have classroom rules	Fire brigade visit (photos and speech bubbles of visit in PDL book)	Healthy me	I can eat a rainbow	Who can help? (part 2)
Keeping safe ICT link	Think about feelings	Life education visit – physical and emotional wellbeing	Super sleep (bedtime routine picture sheet in PDL book)	Eat well	Inside my wonderful body
RRE – 5 basic rights Article 28 – education Article 7 – identity Article 24 - healthcare	Our feelings	RRE Article 19 – protected and safe from harm	Who can help? (part 1)	Catch it! Bin it! Kill it! (posters – copies for PDL book and on class wall)	Then and now (copies of then and now activity sheets in PDL book)
	Good friends (copy of 'A recipe for friendship' in PDL class book and on class wall)		Harold loses Geoffrey	Pass on the praise	Surprises and secrets
			Sustainability lesson - around and about the school	Harold has a bad day	Keeping privates private (possible NSPCC link)