



PSHE Curriculum Overview - Year 1

	Unit	Details
Autumn One	Health & Wellbeing	Pupils will complete discussions and activities around the topics of change and loss, personal hygiene and body parts.
Autumn Two		Pupils will complete discussions and activities around the topics of keeping safe and the people who protect us, including safe adults in and around schools.
Spring One	Relationships	Pupils will gain an understanding of feelings in others, kindness and will discuss their special people.
Spring Two		Pupils will take part in discussions around the topic of being a good friend, physical contact and bullying.
Summer One	Living in the Wider World	Summer term begins with pupils learning about human rights and ways to look after the environment.
Summer Two		Pupils will begin to discuss the environment and what we can do collectively to help look after the world we live in.