







Year 1 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: Fun times?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety <p>(3 lessons)</p>	<p>Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what makes themselves and others special * • about roles and responsibilities at home and school* • about being co-operative with others <p>(3 lessons)</p>	<p>Mental Health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel <p>(3 lessons)</p>
<p> MindMate: Feeling Good & Being Me</p>	<p> MindMate: Life Changes</p>	<p> MindMate: Being the Same & Being Different</p>
Autumn 2	Spring 2	Summer 2
<p>Keeping safe and managing risk: Feeling safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • safety in familiar situations • about personal safety • about people who help keep them safe outside the home* <p>(3 lessons)</p>	<p>Drug, Alcohol and Tobacco Education: What do we put into and onto our bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel <p>(2 lessons)</p>	<p>Careers, Financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe about the different jobs people do <p>(3 lessons)</p>
<p> MindMate: Friends & Family</p>	<p> MindMate: Strong Emotions</p>	<p> MindMate: Solving Problems - Making it Better</p>

*Growing & Changing (SRE) link (also see possible additional sessions)