



**PSHE: Coverage & Progression**  
**Year 1**



<b>Aim</b>	<p>The PSHE curriculum is built to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life. Together with a focus on 'Modern Britain', which helps pupils 'develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain'</p> <p>Pupils will also be taught through three underlying core themes, within which there will be broad overlap and flexibility: 1. Health and Wellbeing, 2. Relationships 3. Living in the Wider World</p> <p>Healthy Lifestyles • Hygiene • Changing and Growing • Emotions • Keeping Safe • Communication • Bullying • Fairness • Family and Friends • Rules and Responsibilities • Communities • Money and Finance</p>	
	<b>First Half Term</b>	<b>Second Half Term</b>
<b>Advent</b>	<p>Core Theme 1 Unit 5 LESSON 6: Internet Safety - E-Safety Core Theme 1 Unit 3 LESSON 6: Emotions - Mood Swings Core Theme 2 Unit 1 LESSON 1: Feelings - How I feel Core Theme 2 Unit 1 LESSON 2: Feelings - You and Me Core Theme 2 Unit 1 LESSON 3: Opinions - I think .....</p> <p>Core Theme 2 Unit 1 LESSON 4: Co-Operation - Negotiation Core Theme 2 Unit 1 LESSON 5: Co-Operation - Want to play? Core Theme 2 Unit 1 LESSON 1: Feelings - Lets Debate!</p>	<p>Core Theme 1 Unit 4 LESSON 1: Happiness – Smile! Core Theme 2 Unit 3 LESSON 1: Fair &amp; Unfair – It's not fair! Core Theme 2 Unit 3 LESSON 2: Comparisons – All the Same Core Theme 2 Unit 3 LESSON 4: Right &amp; Wrong – In the Right</p>
<b>Lent</b>	<p>Core Theme 2 Unit 2 LESSON 1: Definition – A Bully is .... Core Theme 2 Unit 2 LESSON 2: Unkindness – Blame Game Core Theme 2 Unit 2 LESSON 3: Behaviour – Bullying is... Core Theme 2 Unit 2 LESSON 4: Behaviour - + and - Core Theme 2 Unit 2 LESSON 5: Behaviour – Help Me! Core Theme 2 Unit 3 LESSON 3: Behaviour – In My Shoes Core Theme 2 Unit 3 LESSON 5: Teasing – Cry Baby</p>	<p>Core Theme 1 Unit 1 LESSON 1: Healthy Eating – Vote Green Core Theme 1 Unit 2 LESSON 1: Dental Hygiene – Brushing Up Core Theme 1 Unit 2 LESSON 2: Dental Hygiene – Bright White Core Theme 1 Unit 2 LESSON 3: Dental Hygiene – Top Teeth Core Theme 1 Unit 2 LESSON 4: Washing Hands – Meet Grub! Core Theme 1 Unit 2 LESSON 5 :Keeping Clean – Bath-time Core Theme 1 Unit 2 LESSON 6 :Skin – Skinny Tips</p>
<b>Pentecost</b>	<p>RSE - Lesson 1 - Keeping Clean RSE - Lesson 2 - Growing and Changing RSE - Lesson 3 - Families and Care Core Theme 2 Unit 3 LESSON 6 : Kindness – Give a Little Core Theme 2 Unit 4 LESSON 5 : Family – My Family Core Theme 2 Unit 4 LESSON 6 : Family – Special People Core Theme 3 Unit 1 LESSON 6 : Caring – Talking To Plants</p>	<p>Core Theme 1 Unit 3 LESSON 4 : Changing needs – I Need Core Theme 1 Unit 3 LESSON 3 : Growing up – All Grown Up Core Theme 1 Unit 5 LESSON 1: Sun safety – It's a Cover Up! Core Theme 1 Unit 5 LESSON 4 : Personal safety – Secret Surprise Core Theme 1 Unit 5 LESSON 5 : Emotional safety – Getting Help</p>