

Personal, Social, Health and Relationships Education in Year 1

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	How do we decide how to behave?	What can we do with money?	How can we keep healthy?	How do we keep safe?	How do we feel?	What makes us special?
Context	Class rules; respecting others' needs; behaviour; listening; feelings and bodies can be hurt.	Where money comes from; spending; saving; keeping money safe.	How to maintain a healthy lifestyle through physical activity; making choices about a healthy mind and body. The characteristics and mental and physical benefits of an active lifestyle.	Keeping safe in familiar and unfamiliar situations; household products (including medicines) can be harmful; secrets and surprises; appropriate or inappropriate touch; who helps keep us safe; asking for help. Know how to make a call to emergency services if necessary.	Different kinds of feelings; strategies to manage feelings; change and loss.	Respecting similarities and differences between people; special people; that everyone is unique; but that everyone has similarities.
Relationships Education	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.			Families are important for children growing up because they can give love, security and stability. How to recognise and report feelings of being unsafe or feeling bad about any adult.	How important friendships are in making us feel happy and secure, and how people choose and make friends	