

Year 1 – PSHE lessons		
Autumn 1	Spring 1	Summer 1
<p>Citizenship: roles and responsibilities at home and school</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about people that are special to them and what they do 2. about the roles of different people in the school 3. about things they are responsible for at home and school 	<p>Keeping safe and well: looking after myself</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about personal safety and who they can talk to for help 2. about germs and the importance of personal hygiene 3. about people who help us to stay healthy and well (eg: dentists, doctors, nurses) 	<p>Mental health: good feelings / not so good feelings</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about times when people feel joyful / happy 2. about losing something special and how it feels 3. how people feel when someone or something special dies and what can help them to feel better
Autumn 2	Spring 2	Summer 2
<p>Fun, food and fitness: fun times</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about special foods and drinks that are associated with different cultures, customs and celebrations 2. how different active playground games make them feel and to make choices about which they enjoy 	<p>Drug, alcohol and tobacco education: What goes into and onto bodies?</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about what can go <u>into</u> bodies and how it can make people feel 2. about what can <u>onto</u> bodies and how it can make people feel 	<p>Financial capability: money</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. where money comes from and the importance of keeping money safe 2. to make simple choices about how they spend their money 3. about saving money