PSHE Curriculum Overview - Year 1

	Unit	Details
Autumn One	Health & Wellbeing	Pupils will complete discussions and activities around the topics of mental health & emotional wellbeing (including lessons covering feelings and change & loss), self care and safety in the home.
Autumn Two		Pupils will complete discussions and activities around the topics of dental health, hand hygiene, 'superbugs' (bacteria and viruses), bodily health and resilience.
Spring One	Relationships	Pupils will gain an understanding of online safety (including discussions of watching videos, sharing pictures and online gaming) digital wellbeing and kindness towards others.
Spring Two		Pupils will take part in discussions around the topics of expressing themselves, safe secrets & surprises, friendships and important people in their lives.
Summer One	Living in the Wider World	Summer term begins with pupils learning about ground rules, shared responsibilities and discussions of communities (including school and neighbourhood).
Summer Two		Pupils will begin to discuss different types of family, sharing information online, digital wellbeing (including use of the internet and assessing the veracity of online sources), where money comes from and career aspirations.