



RSE and PSHE lesson overview per year group

YEAR 1	
Family and relationships	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	What is family?
Lesson 3	What are friendships?
Lesson 4	Recognising other peoples' emotions
Lesson 5	Working with others
Lesson 6	Friendship problems and how to overcome them
Lesson 7	Healthy friendships
Lesson 8	Stereotyping - gender
Safety and the changing	
Lesson 1	Communicating safely and effectively with adults at school
Lesson 2	Communicating safely and effectively with adults outside of school
Lesson 3	What to do if I get lost
Lesson 4	Making a call to emergency services
Lesson 5	Appropriate contact - acceptable and unacceptable physical contact
Lesson 6	Safety with substances - what should and shouldn't go on or in the body
Lesson 7	Safety at home - potential hazards in the home
Lesson 8	People who help to keep us safe in our local community
Health and wellbeing	
Lesson 1	Understanding my feelings
Lesson 2	What am I like? - identifying strengths and qualities
Lesson 3	Ready for bed - effects of good quality sleep
Lesson 4	Relaxation - laughter and progressive muscle relaxation
Lesson 5	Hand washing & personal hygiene
Lesson 6	Sun safety
Lesson 7	Allergies
Lesson 8	People who help us stay healthy

Citizenship	
Lesson 1	Rules
Lesson 2	Caring for others: Animals
Lesson 3	The needs of others
Lesson 4	Similar, yet different
Lesson 5	Belonging
Lesson 6	Democratic decisions
Economic wellbeing	
Lesson 1	Introduction to money
Lesson 2	Looking after money
Lesson 3	Banks and building societies
Lesson 4	Saving and spending
Lesson 5	Jobs in school
Transition	
Lesson 1	Transition lesson