

YEAR ONE PSHE / RSE OVERVIEW

Term Year Group	Autumn 1 SEAL: New Beginnings	Autumn 2 SEAL: Getting On & Falling Out	Spring 1 SEAL: Going For Goals!	Spring 2 SEAL: Good To Be Me	Summer 1 SEAL: Relationships	Summer 2 SEAL: Changes
Year 1	<p>SEAL: Creating a safe place / community. Managing own feelings.</p> <p>RSE: Body parts.</p> <p>DATE: Choices about health & well-being. Medicines and what goes into our bodies.</p> <p>HEALTHY LIFESTYLES: Understand the importance of regular exercise and preventing injury.</p> <p>E SAFETY: See Computing planning.</p>	<p>SEAL: Friendships Managing own feelings. Who you can talk to/who can help if you are worried or have a problem.</p> <p>RSE: Friends – what makes a good friend? Accepting the different needs of others.</p> <p>DATE: Choices about health & well-being. Hand hygiene and stopping the spread of infection (hand washing)</p> <p>ANTI BULLYING: ABCD Curriculum Anti-Bullying Week.</p> <p>Stranger danger. Scenarios. What to do if strangers try to talk to you. Safer strangers. Keeping safe.</p> <p>GLOBAL/CITIZENSHIP: Road Safety.</p>	<p>SEAL: Solving problems. Setting own goals and learning from own successes. How to tackle challenges.</p> <p>RSE: Friends – making new friends. Peer group pressure (working & playing co-operatively together.)</p> <p>DATE: Understanding what medicines are and why we need them.</p> <p>HEALTHY LIFESTYLES: Understand the importance of a balanced diet and regular meals. Hygiene when preparing food.</p> <p>E SAFETY: See Computing planning.</p> <p>Safer Internet Day</p>	<p>SEAL: Problem solving. Own gifts & talents –feeling good about self.</p> <p>RSE: Feelings and recognising own qualities.</p> <p>DATE: Harmful aspects of some household products & medicines. Ways of keeping safe</p> <p>ANTI BULLYING: ABCD Curriculum. Recognising bullying and strategies for dealing with it.</p> <p>GLOBAL/CITIZENSHIP: Understanding what money can buy (financial capability.)</p>	<p>SEAL: Important people. Feeling loved/cared for. Understanding / sharing feelings.</p> <p>RSE: NSPCC assembly and workshop – different forms of abuse/ PANTS rule (on a two year cycle).</p> <p>DATE: Using medicines safely. Understanding how Doctors can help us.</p> <p>HEALTHY LIFESTYLES: Water safety.</p> <p>E SAFETY: See Computing planning.</p>	<p>SEAL: Making change happen. Understanding changes. Overcoming obstacles.</p> <p>Focus on: Transition to Y2.</p> <p>Healthy Mind and Body (Wellbeing) Week.</p> <p>WC: 16th July 2018</p>

Please ensure consent/withdrawal forms are sent home for relevant RSE topics.