

RSHE- Year 1 Overview



Autumn 1- Me and my relationships • Why we have classroom rules • How are you listening? • Thinking about feelings • Our feelings • Feelings and bodies • Good friends	Spring 1- Keeping safe • Super sleep • Who can help? • Good or bad touches? • Sharing pictures • What could Harold do? • <i>Harold loses Geoffrey*</i>	Summer 1- Being my best • I can eat a rainbow • Eat well • Harold's wash up and brush up • Catch it! Bin it! Kill it! • Harold learns to ride his bike • Pass on the praise! • Inside my wonderful body
Autumn 2- Valuing difference • Same or different? • Unkind, tease or bully? • Harold's school rules • It's not fair! • Who are our special people? • Our special people balloons	Spring 2- Rights and Respect • Harold has a bad day • Around and about the school • Taking care of something • Harold's money • How should we look after our money? • Basic first aid	Summer 2- Growing and changing • Healthy me • Then and now • Taking care of a baby • Who can help? • Surprises and secrets • <i>Keeping privates private (linked to NSPCC's 'Let's Talk Pants')</i>

**If a lesson is marked with a purple asterisk, this is a session where adaptations have been made by the Subject Leader after consultation with Governors and Parents.*