**Year 1 – PSHE**

**Red Links to SCARF**

**Blue Islington on Teacher Secure.**

**Autumn 1 - Physical Health & Well Being**

Being Safe – Looking after yourself and others. Healthy Me. Super sleep.

Healthy bodies – Eat well, I can eat a rainbow. Inside my wonderful body.

Staying active – Lessons around physical exercise, keeping fit and why this is good for physical and mental health. Harold learns to ride his bike.

**Autumn 2 - Keeping safe and managing risk**

Respectful and caring relationships - That families are important for children growing up because they can give love, security and stability. Our Special People balloons. Good friends.

Keeping Safe. Our Feelings, Thinking about feelings, Feelings and bodies.

Staying safe online and the wider world – Who can help(trusted adults) , (Parents to be informed) Good or bad touches, The PANTS lesson, Surprises and Secrets. Sharing pictures

Spring 1 - **Healthy relationships**

* All about me – can recognise some of the things that make them special, can describe ways they are similar and different to others Me and Others,

Being co-operative with others.Pupils learn about roles and responsibilities at home and school.

Being cooperative with others.

Caring friendships- Good Friends. Same or different. Unkind. Tease or bully.

Spring 2 - **Keeping our bodies safe**

Personal hygiene – Keeping our bodies safe, clean and healthy. Harold’s wash and brush up. Catch it, bin it, kill it.

Indoor and outdoor safety – Road Safety, Sun safety, Harold learns how to ride his bike.

Keeping safe – Basic first aid and accidents, LESSON THREE,Pupils learn about people who help keep them safe outside the home.

Summer 1 –

Caring relationships at home and at school. Who are our special people?

Respecting everyone. **LESSON THREE** **Pupils learn about being co-operative with others**

**How are you listening?**

Summer 2 - **Mental Health & Emotional Well Being**

Transition into year 2.

5 ways to Emotional wellbeing.

How to recognise and talk about their feelings, including having a varied vocabulary of words to use when talking about their own and others’ feelings.