# PSHE Year One Overview of Dimension Lessons

|  |  |
| --- | --- |
| Happily Ever After | Year 1 Core Theme 2 Unit 2 LESSON 1: Definition - A Bully is… Year 1 Core Theme 2 Unit 2 LESSON 2: Unkindness - Blame Game Year 1 Core Theme 2 Unit 2 LESSON 3: Behaviour - Bullying is...Year 1 Core Theme 2 Unit 2 LESSON 4: Behaviour - + and –Year 2 Core Theme 2 Unit 2 LESSON 5: Behaviour - Help Me! Y2Year 2 Core Theme 2 Unit 3 LESSON 5: Teasing - Cry Baby! Y2 |
| Go Wild | Year 1 Core Theme 1 Unit 1 LESSON 4: Physical Activity - Get Physical! Year 2 Core Theme 1 Unit 3 LESSON 2: The Human Body - Body BitsYear 2 Core Theme 1 Unit 1 LESSON 6: Exercise - Workout! |
| Come Fly With Me - Arctic | Year 1 Core Theme 2 Unit 4 LESSON 2: Friendship - Make Friends Year 1 Core Theme 2 Unit 4 LESSON 1: Friendship - Forever Friends Year 2 Core Theme 2 Unit 4 LESSON 4: Friendship - Share Alike Year 1 Core Theme 1 Unit 1 LESSON 2: Healthy Eating - Meat Eaters Year 2 Core Theme 2 Unit 4 LESSON 3: Friendship - Hola! Bonjour!  |
| Unity in the Community | Year 2 Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals Year 1 Core Theme 1 Unit 5 LESSON 2: Road Safety – Green X Code Year 2 Core Theme 3 Unit 2 LESSON 2: Belonging - I Belong … Year 2 Core Theme 3 Unit 2 LESSON 3: Belonging - Join Our Club!Year 2 Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local Area Year 2 Core Theme 3 Unit 2 LESSON 5: Local Citizenship - Community Care   |

**Core Theme Coverage:**

Core Theme 1 Health and Wellbeing

Core Theme 2 Relationships

Core Theme 3 Living in the Wider World

**Additional Coverage:**

4. Relationships and Sex

5. Extremism and Radicalisation

6. Drugs Ed

© Dimensions Curriculum Ltd.