**Year 1 PSHE 2025-2026**

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| Autumn 1  (7 Weeks)  First week Transition | Core Theme 3 Unit 1 LESSON 3: Taking Turns – It’s Your Turn!  Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel  Core Theme 2 Unit 1 LESSON 2: Responses - You and Me  Core Theme 1 Unit 2 LESSON 4: Washing Hands - Meet Grub!  Core Theme 1 Unit 1 LESSON 1: Healthy Eating - Vote Green!  Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same |
| Autumn 2  (7 Weeks) | Safe Zone LESSON 1: Copy right and Ownership  Safe Zone LESSON 2: Self Image and Identity  Safe Zone LESSON 3: Managing online information  Safe Zone LESSON 4: Privacy and security  Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise  Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help |
| Spring 1  (6 Weeks) | Core Theme 5 Lesson 1(KS1) Extremism and Radicalisation: I can run faster  **Discrete lesson on Consent (Material Provided)**  Core Theme 2 Unit 3 LESSON 6: Kindness - Give a Little  Core Theme 2 Unit 4 LESSON 5: Family - My Family  Core Theme 2 Unit 4 LESSON 6: Family - Special People |
| Spring 2  (5 Weeks) | Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers  Core Theme 2 Unit 5 LESSON 7: Staying Safe – I Don’t Know You  Core Theme 2 Unit 2 LESSON 1: Our School – Common Goals  Core Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up! |
| Summer 1  (6 Weeks) | Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright White  Core Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top Teeth  Core Theme 3 Unit 2 LESSON 5: Local Citizenship – Community Care  Core Theme 3 Unit 3 LESSON 4: Money – Shopping List  Core Theme 3 Unit 3 LESSON 5: Choices – This or That? |
| Summer 2  (7 Weeks) | Core Theme 1 Unit 4 LESSON 3: Three Little Words  Core Theme 3 Unit 3 LESSON 6: Enterprise – Dragon’s Den  Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants  Core Theme 3 Unit 3 LESSON 1: Money - Grows on Trees?  Core Theme 3 Unit 3 LESSON 2: Money - Coining it in!  Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe |

**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