**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 OwnershipSafe Zone LESSON 2: Self Image and IdentitySafe Zone LESSON 3: Managing online informationSafe Zone LESSON 4: Privacy and securityCore 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 YouCore Theme 2 Unit 2 LESSON 1: Our School – Common GoalsCore 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 CareCore Theme 3 Unit 3 LESSON 4: Money – Shopping ListCore Theme 3 Unit 3 LESSON 5: Choices – This or That?  |
| Summer 2(7 Weeks) | Core Theme 1 Unit 4 LESSON 3: Three Little WordsCore Theme 3 Unit 3 LESSON 6: Enterprise – Dragon’s DenCore Theme 3 Unit 1 LESSON 6: Caring - Talking to PlantsCore 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