

# PSHE Year One Friday Overview 2023

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| Autumn 1 | Core Theme 3 Unit 1 LESSON 1: Rules/Expectations – We Expect…  Core Theme 3 Unit 1 LESSON 2: Rules/Expectations – Class Charter  Core Theme 3 Unit 1 LESSON 3: Taking Turns – It’s Your Turn!  Core Theme 1 Unit 5 LESSON 6: Internet Safety – E-Safety  Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel |
| Autumn 2 | Core Theme 2 Unit 1 LESSON 2: Responses - You and Me  Core Theme 2 Unit 1 LESSON 3: Opinions - I Think…  Core Theme 2 Unit 1 LESSON 7: Good Manners - How Rude!  Core Theme 1 Unit 4 LESSON 1: Happiness - Smile!  Core Theme 1 Unit 4 LESSON 2: Anger - Grrr! |
| Spring 1 | 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  Safe Zone LESSON 1: Copy right and Ownership  Safe Zone LESSON 2: Self Image and Identity |
| Spring 2 | 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  Core Theme 5 Lesson 1(KS1) Extremism and Radicalisation: I can run faster  **Discrete lesson on Consent (Material Provided)** |
| Summer 1 | 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  Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers  Core Theme 3 Unit 1 LESSON 5: Share the Booty!  Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants |
| Summer 2 | Core Theme 1 Unit 5 LESSON 1: Sun Safety – It’s a Cover Up!  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