

#  PSHE Year One Friday Overview 2024 – 2025

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| Autumn 1(7 Weeks) | Core Theme 3 Unit 1 LESSON 1: Rules/Expectations – We Expect…Core Theme 3 Unit 1 LESSON 2: Rules/Expectations – Class CharterCore Theme 3 Unit 1 LESSON 3: Taking Turns – It’s Your Turn!Core Theme 1 Unit 5 LESSON 6: Internet Safety – E-SafetyCore Theme 2 Unit 1 LESSON 1: Feelings - How I Feel Core Theme 2 Unit 1 LESSON 2: Responses - You and Me  |
| Autumn 2(7 Weeks) | 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!Core Theme 1 Unit 2 LESSON 4: Washing Hands - Meet Grub! Core Theme 1 Unit 1 LESSON 1: Healthy Eating - Vote Green!  |
| Spring 1(6 Weeks) | Core Theme 2 Unit 3 LESSON 2: Comparisons - All the SameSafe 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 security |
| Spring 2(6 Weeks) | Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting HelpCore 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  |
| Summer 1(5 Weeks) | Core Theme 2 Unit 4 LESSON 5: Family - My Family Core Theme 2 Unit 4 LESSON 6: Family - Special PeopleCore Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers Core Theme 3 Unit 1 LESSON 5: Share the Booty! |
| Summer 2(8 Weeks) | Core Theme 3 Unit 1 LESSON 6: Caring - Talking to PlantsCore 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