

# 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 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  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 Same  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 |
| 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 Help  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 |
| Summer 1  (5 Weeks) | 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! |
| Summer 2  (8 Weeks) | Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants  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