




PHSEE - Year 1

Concepts		 Relationships	 Keeping Safe	 Identity
Term	Theme	Unit Overview		
Autumn 1	Healthy minds and healthy bodies Awareness of feelings Keeping well and clean		<ol style="list-style-type: none"> 1. Hand washing 2. Brushing our teeth 3. Relaxation techniques 1 4. Relaxation techniques 2 5. Helpful and unhelpful thoughts 1 6. Helpful and unhelpful thoughts 2 	
Autumn 2	Anti-bullying Positive friendships Being yourself Celebrating difference		<ol style="list-style-type: none"> 1. What makes a good friend 2. Sharing and being kind to friends 3. Being ourselves 4. It's okay to be different 	
Spring 1	Living and growing Parts of the body Growing and changing		<ol style="list-style-type: none"> 1. Choices 2. Growing and changing 1 3. Growing and changing 2 4. Body parts 	
Spring 2	Managing change, coping with loss Awareness of feelings Managing change-losing and finding		<ol style="list-style-type: none"> 1. Feelings- identifying a range of feelings 2. Feelings- exploring how changes affect our feelings 3. Feelings- when someone we love goes away 	
Summer 1	Safety Growing up How trusted adults help us		<ol style="list-style-type: none"> 1. Our senses help us to keep safe 2. Keeping ourselves safe at home 1 3. Keeping ourselves safe at home 2 4. Keeping our bodies safe 5. Keeping ourselves safe when we play outside 6. Keeping ourselves safe when crossing roads 	
Summer 2	Safety Growing up How trusted adults help us		<ol style="list-style-type: none"> 1. To understand that trusted adults meet our basic needs 	