



# Year 1 PSHE, RSE and British Values

## **PSHE and RSE: Family and Relationships British Values: Democracy**

<b>Autumn 1</b>	Week 1: 5 <sup>th</sup> Sept	Transition, School Values and Expectations
	Week 2: 11 <sup>th</sup> Sept	British Values: Democracy – Vote for the Go-Givers (Young Citizens)
	Week 3: 18 <sup>th</sup> Sept	Assessment: Family and Relationships Lesson 1: What is family?
	Week 4: 25 <sup>th</sup> Sept	Lesson 2: What are friendships?
	Week 5: 2 <sup>nd</sup> Oct	Lesson 3: Recognising other people's emotions Lesson 4: Working with others
	Week 6: 9 <sup>th</sup> Oct	Lesson 5: Friendship problems
	Week 7: 16 <sup>th</sup> Oct	Lesson 6: Healthy friendships
	Week 8: 23 <sup>rd</sup> Oct	Lesson 7: Gender stereotypes Assessment: Family and Relationships

## **PSHE and RSE: Health and Wellbeing British Values: Rule of Law**

<b>Autumn 2</b>	Week 1: 6 <sup>th</sup> Nov	British Values: Rule of Law – Our Laws ( Young Citizens)
	Week 2: 13 <sup>th</sup> Nov	Assessment: Health and Wellbeing Lesson 1: Understanding my emotions
	Week 3: 20 <sup>th</sup> Nov	Lesson 2: What am I like?
	Week 4: 27 <sup>th</sup> Nov	Lesson 3: Ready for bed
	Week 5: 4 <sup>th</sup> Dec	Lesson 4: Relaxation
	Week 6: 11 <sup>th</sup> Dec	Lesson 5: Hand washing and personal hygiene
	Week 7: 18 <sup>th</sup> Dec	Lesson 6: Sun safety

## **PSHE and RSE: Health and Wellbeing Safety and the Changing Body British Values: Individual Liberty**

<b>Spring 1</b>	Week 1: 8 <sup>th</sup> Jan	Lesson 7: Allergies
	Week 2: 15 <sup>th</sup> Jan	Lesson 8: People who help us keep healthy Assessment: Health and Wellbeing
	Week 3: 22 <sup>nd</sup> Jan	British Values: Individual Liberty – Difficult Decisions (Young Citizens)
	Week 4: 29 <sup>th</sup> Jan	Assessment: Safety and the changing body Lesson 1: Adults in school
	Week 5: 5 <sup>th</sup> Feb	Lesson 2: Adults outside school

## PSHE and RSE: Safety and the Changing Body

<b>Spring 2</b>	Week 1: 19 <sup>th</sup> Feb	Lesson 3: Getting lost
	Week 2: 26 <sup>th</sup> Feb	Lesson 4: Making an emergency phone call
	Week 3: 4 <sup>th</sup> Mar	Lesson 5: Appropriate contact
	Week 4: 11 <sup>th</sup> Mar	Lesson 6: Safety with substances
	Week 5: 18 <sup>th</sup> Mar	Lesson 7: Safety at home

## PSHE and RSE: Safety and the Changing Body

### Citizenship

### British Values: Tolerance of those with different faiths and beliefs

<b>Summer 1</b>	Week 1: 8 <sup>th</sup> Apr	Lesson 8: People who help to keep us safe Assessment: Safety and the changing body
	Week 2: 15 <sup>th</sup> Apr	British Values: Tolerance of those with different faiths and beliefs – People who are special to me (Young Citizens)
	Week 3: 22 <sup>nd</sup> Apr	Assessment: Citizenship Lesson 1: Rules
	Week 4: 29 <sup>th</sup> Apr	Lesson 2: Caring for others: Animals
	Week 5: 6 <sup>th</sup> May	Lesson 3: The needs of others
	Week 6: 13 <sup>th</sup> May	Lesson 4: Similar, yet different
	Week 7: 20 <sup>th</sup> May	Lesson 5: Belonging

## PSHE and RSE: Citizenship

### Economic Wellbeing

### British Values: Mutual Respect

<b>Summer 2</b>	Week 1: 3 <sup>rd</sup> June	Lesson 6: Democratic decisions Assessment: Citizenship
	Week 2: 10 <sup>th</sup> June	British Values: Mutual Respect – Looking Out for Others (Young Citizens)
	Week 3: 17 <sup>th</sup> June	Assessment: Economic Wellbeing Lesson 1: Introduction to money
	Week 4: 24 <sup>th</sup> June	Lesson 2: Looking after money
	Week 5: 1 <sup>st</sup> July	Lesson 3: Banks and building societies
	Week 6: 8 <sup>th</sup> July	Lesson 4: Saving and spending
	Week 7: 15 <sup>th</sup> July	Lesson 5: Jobs in school Assessment: Economic Wellbeing