

YEAR 1 - PSHE/RSHE - CLASS PLAN

AUTUMN

A WORLD WITHOUT JUDGEMENT UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Democracy**

OPTIONAL RESOURCES

Democracy Extension
Respectful, kind relationships - Simply RSHE

FEELINGS AND EMOTIONS UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Jealousy**

OPTIONAL RESOURCES

Jealousy Extension
General wellbeing - Simply RSHE

BEING RESPONSIBLE UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Water Spillage**

OPTIONAL RESOURCES

Water Spillage Extension
Personal Safety - Simply RSHE

SPRING

KEEPING/STAYING HEALTHY UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Washing Hands**

OPTIONAL RESOURCES

Washing Hands Extension
Healthy protection and prevention - Simply RSHE

COMPUTER SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Online Bullying**

OPTIONAL RESOURCES

Online Bullying Extension
Wellbeing online - Simply RSHE

RELATIONSHIPS UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Friendship**

OPTIONAL RESOURCES

Friendship Extension
Caring friendships - Simply RSHE

SUMMER

KEEPING/STAYING SAFE UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Road Safety**

OPTIONAL RESOURCES

Road Safety Extension
Personal Safety - Simply RSHE

OUR WORLD UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Growing In Our World**

OPTIONAL RESOURCES

Growing In Our World Extension
Developing bodies - Simply RSHE

FIRE SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**What I Know Now
Hoax Calling**

OPTIONAL RESOURCES

Hoax Calling Extension
Basic first aid - Simply RSHE