



PSHE/RSHE Lesson Coverage: Year 1



Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
<p><u>Lesson 1</u> - LO: To feel special and safe in my class.</p> <p><u>Lesson 2</u> - LO: I know that I belong to my class.</p> <p><u>Lesson 3</u> - LO: To know how to make my class a safe place for everybody to learn.</p> <p><u>Lesson 4</u> - LO: To recognise the choices I make and understand the consequences.</p>	<p><u>Lesson 1</u> - LO: To identify similarities between people in my class.</p> <p><u>Lesson 2</u> - LO: To identify differences between people in my Class.</p> <p><u>Lesson 3</u> - LO: To understand what bullying is.</p> <p><u>Lesson 4</u> - LO: To know how to make new friends.</p>	<p><u>Lesson 1</u> - LO: To set simple goals and work out how to achieve them.</p> <p><u>Lesson 2</u> - LO: To understand how to work well with a partner.</p> <p><u>Lesson 3</u> - LO: To tackle a new challenge and understand this might stretch my learning.</p> <p><u>Lesson 4</u> - LO: To identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them.</p>	<p><u>Lesson 1</u> - LO: To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p><u>Lesson 2</u> - LO: To know how to keep myself clean and healthy, and understand how germs cause disease/illness.</p> <p><u>Lesson 3</u> - LO: To understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p><u>Lesson 4</u> - LO: To know how to keep safe when crossing the road, and about people who can help me to stay safe.</p>	<p><u>Lesson 1</u> - LO: Identify the members of my family and understand that there are lots of different types of families.</p> <p><u>Lesson 2</u> - LO: Identify what being a good friend means to me.</p> <p><u>Lesson 3</u> - LO: Know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p><u>Lesson 4</u> - LO: Know who can help me in my school community.</p>	<p><u>Lesson 1</u> - LO: Start to understand the life cycles of animals and humans.</p> <p><u>Lesson 2</u> - LO: Recognise some things about me that have changed and some things about me that have stayed the same.</p> <p><u>Lesson 3</u> - LO: Understand that every time I learn something new I change a little bit.</p> <p><u>Lesson 4</u> - LO: Know some ways to cope with changes.</p>