



Year 1

PSHE (Personal, Social, Health and Economic Education) is taught weekly at Wellesbourne, statutory changes have been made to our PSHE curriculum to include Sex, Relationships and Health Education. We have outlined the main focuses for each year group.

Autumn Term

- ◇ **FAMILIES AND FRIENDSHIPS**—Roles of different people; all types of families, feeling cared for
- ◇ **SAFE RELATIONSHIPS**—Recognising privacy; staying safe; seeking permission
- ◇ **RESPECTING OURSELVES AND OTHERS**—How behaviour affects others; being polite and respectful

Spring Term

- ◇ **BELONGING TO A COMMUNITY**- What rules are; caring for others' needs; looking after the environment
- ◇ **MEDIA LITERACY AND DIGITAL RESILIENCE**- Using the internet and digital devices; communicating online
- ◇ **MONEY AND WORK** Strengths and interests; jobs in the community

Summer Term

- ◇ **PHYSICAL HEALTH AND MENTAL WELLBEING**—Keeping healthy; food and exercise, hygiene routines; sun safety
- ◇ **GROWING AND CHANGING**—Recognising what makes them unique and special, naming body parts; feelings; managing when things go wrong
- ◇ **KEEPING SAFE**- How rules and age restrictions help us; keeping safe online

For a more detailed break down of lessons being taught throughout the year please see the curriculum page on our school website <https://wellesbourneschool.co.uk/learning/curriculum/pshe/>