Pilgrim Federation Key Stage 1 RSHE (including PSHE) Overview
These are taught on a two-year rolling programme

Sept '26	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Y1 Oak Academy Emotions: Our emotions	Y1 Oak Academy Emotions: Describing our feelings	Y1 Oak Academy Emotions: Knowing how I feel	Y1 Oak Academy Emotions: Managing our feelings	Y1 Oak Academy Community: We are all unique	Y1 Oak Academy Community: We are all equal
Autumn 2	Y1 Oak Academy Community: Respecting each other at school	Y1 Oak Academy Community: Feeling safe at school	Y1 Pol-Ed Relationships: Why are safe hands important?	Y1 Pol-Ed Relationships: What is bullying?	Y1 Pol-Ed Relationships: How can I be an ally?	Y1 Pol-Ed Relationships: How can I make friends?
Spring 1	Y1 Pol-Ed Relationships: Why is name calling unkind?	Y1 Pol-Ed Relationships: What if my friends are making me feel sad?	Y1 Pol-Ed Keeping Safe: How can I use things at home safely?	Y1 Pol-Ed Keeping Safe: What is private information?	Y1 Pol-Ed Keeping Safe: Who are my trusted adults?	Y1 Pol-Ed Keeping Safe: How can I keep safe in new places?
Spring 2	Y1 Pol-Ed Keeping Safe: How can I speak up?	Y1 Pol-Ed Keeping Safe: What is 999?	Y1 Pol-Ed Keeping Understanding the Law: How can I be responsible?	Y1 Pol-Ed Keeping Understanding the Law: What can happen when rules are broken?	Y1 Pol-Ed Keeping Understanding the Law: What do the police do?	Y1 Pol-Ed Keeping Understanding the Law: Why have different rules in different places?
Summer 1	Y1 Pol-Ed Well-being: How can I be an empathy expert?	Y1 Pol-Ed Well-being: How can I share my feelings?	Y1 Pol-Ed Well-being: What do feelings feel like?	Y1 Pol-Ed Well-being: What makes me special?	Y1 Oak Academy Physical Health: Why exercise is important	Y1 Oak Academy Physical Health: Sleep is important
Summer 2	Y1 Oak Academy Physical Health: My body is important	Y1 Oak Academy Physical Health: Having a healthy week	Y1 Oak Academy Staying Safe & Healthy: Dangers in the home	Y1 Oak Academy Staying Safe & Healthy: Dangers outside the home	Y1 Oak Academy Staying Safe & Healthy: Road Safety	Y1 Oak Academy Staying Safe & Healthy: Sun Safety

Pol-Ed Passports: What are Emotions?, What is Empathy?, What is Respect?, What is Self-Worth?, What is Resilience?

- Where weeks are shorter or longer in a half term, teachers will carry on with the lessons.

Sept '27	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Y2 Oak Academy Emotions: Our emotions toolkit: different feelings	Y2 Oak Academy Emotions: Things that affect how we feel	Y2 Oak Academy Emotions: Managing a range of emotions	Y2 Oak Academy Emotions: Managing change	Y2 Oak Academy Community: The things we need to feel safe and happy	Y2 Oak Academy Community: Helping others feel welcome at school
Autumn 2	Y2 Oak Academy Community: The people in our school community	Y2 Oak Academy Community: The people in our Wider Community	Y2 Oak Academy Community: Celebrating Difference	Y2 Oak Academy Community: Me and the People around me	Y2 Pol-Ed Relationships: How are we the same/different?	Y2 Pol-Ed Relationships: How can I work with different people?
Spring 1	Y2 Pol-Ed Relationships: What is a family?	Y2 Pol-Ed Relationships How do I share family worries?	Y2 Pol-Ed Relationships: Why are relationships important?	Y2 Pol-Ed Keeping Safe: What are different types of meetings?	Y2 Pol-Ed Keeping Safe: What are medicines?	Y2 Pol-Ed Keeping Safe: What are private body parts?
Spring 2	Y2 Pol-Ed Keeping Safe: What is fire safety?	Y2 Pol-Ed Understanding the Law: What are needs and wants?	Y2 Pol-Ed Understanding the Law: What is a job?	Y2 Pol-Ed Understanding the Law: What is money?	Y2 Pol-Ed Understanding the Law: What is the Internet?	Y2 Pol-Ed Keeping Safe: How can I keep safe online?
Summer 1	Y2 Pol-Ed Well-being: Why does age matter?	Y2 Pol-Ed Understanding the Law: What are the risks for video gaming?	Y2 Pol-Ed Well-being: How can I deal with change?	Y2 Pol-Ed Well-being: How can I look after my body?	Y2 Pol-Ed Well-being: What does it mean to be healthy?	Y2 Pol-Ed Well-being: When do I need to take a break?
Summer 2	Y2 Pol-Ed Well-being: Why is sleep important?	Y2 Oak Academy Physical Health: My favourite foods	Y2 Oak Academy Physical Health: Food is important	Y2 Oak Academy Physical Health: Keeping clean and healthy	Y2 Oak Academy Staying Safe & Healthy: Emergencies	Y2 Oak Academy Staying Safe & Healthy: Finding help

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