



Our PSHE lessons this half term in Year 1

This half term, our classes will all be learning about the topic **Being my Best** and **Growing and Changing** in PSHE. The majority of the content in these lessons is **statutory for all pupils** in line with the DfE Relationships Education and Health Education statutory requirements.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	I can eat a rainbow	<ul style="list-style-type: none">● Recognise the importance of fruit and vegetables in their daily diet;● Know that eating at least five portions of vegetables and fruit a day helps to maintain health.
1 Part 2	Catch it! Bin it! Kill it!	<ul style="list-style-type: none">● Understand how diseases can spread;● Recognise and use simple strategies for preventing the spread of diseases.
3	Harold learns to ride his bike	<ul style="list-style-type: none">● Recognise that learning a new skill requires practice and the opportunity to fail, safely;● Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges.
4	Pass on the praise!	<ul style="list-style-type: none">● Demonstrate attentive listening skills;● Suggest simple strategies for resolving conflict situations;● Give and receive positive feedback, and experience how this makes them feel.
5	Then and now	<ul style="list-style-type: none">● Identify things they could do as a baby, a toddler and can do now;● Identify the people who help/helped them at those different stages.
6	Community Focus	<ul style="list-style-type: none">● Loss and Bereavement Pt 2

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