

PSHE in Year 1 at Plymouth Grove

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers.

Our curriculum is split into the three key themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

| Health and Wellbeing | Relationships | Living in the Wider World |
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| What does it mean to be healthy? How can we stay healthy? How can medicines help us? Why is hygiene important? How can we take care of ourselves? How can I keep my body private? How can we help protect our mental health? How can we help protect our mental health? How can we manage change? Which people keep us safe? Who can help us if we have a problem? What should we do around strangers? What can we do if we are worried about ourselves or other people? How do we get help if there is an accident? | What makes me special? How am I similar or different to other people? How does our behaviour affect others? Which groups do I belong to? Who are my family? What are different families like? What are different families like? What do families do together? Who should I tell if I don't feel safe or happy? | What rights do we have and how are they protected? How can we help people at school and home? What can harm the environment around us? How can we look after older people? What is money? How do people get money? What choices can people make about money? What are wants and needs? |

We are happy to further discuss the PSHE curriculum - please see your child's teacher for more details.