

Year 1 PSHE Summer term outline: Health and wellbeing			
Theme	Lesson	Learning outcome	Key questions
Physical health and mental wellbeing	1	<i>To learn what it means to be healthy and why it is important.</i> Including healthy and unhealthy foods, including sugar intake.	What does it mean to be healthy?
	2	<i>To learn ways to take care of themselves on a daily basis.</i> Including basic hygiene routines, e.g. hand washing.	How can we take care of ourselves?
	3	<i>To learn about physical activity and different types of play and how it keeps people healthy.</i> Including balancing indoor, outdoor and screen-based play.	What are the different types of play?
	4	<i>To learn about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors.</i>	Who can help me to stay healthy?
	5	<i>To learn how to keep safe in the sun.</i>	How can we keep safe in the sun?
Growing and changing	6	<i>To recognise what makes them special and unique including their likes, dislikes and what they are good at.</i> Including how they are the same and different to others.	What makes me special?
	7	<i>To learn how to manage and whom to tell when finding things difficult, or when things go wrong.</i>	Who can I go to for help?
	8	<i>To learn about different kinds of feelings, how to recognise feelings in themselves and others and how feelings can affect how people behave.</i>	What are feelings?
Keeping safe	9	<i>To learn about how rules can help to keep us safe.</i>	How do rules keep us safe?
	10	<i>To learn basic rules for keeping safe online.</i>	How can we keep safe online?
	11	<i>To learn about whom to tell if they see something online that makes them feel unhappy, worried, or scared.</i>	Who can I talk to about online worries?

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