

## PSHE Overview

### Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Linden Learners	Family and Relationships	Health and Well-Being	Economic Well-being	Citizenship	Safety and the Changing Body
<b>Well-being</b>	Discover: Making mistakes		Take notice: Sound	Connect: Understanding others	Give: Sharing	Move: Gardening
<b>Lesson 1</b>	What are our Linden Rules and Linden values?	What is family?	Understanding my emotions	What is money?	Rules	Adults in school
<b>Lesson 2</b>	How can we use talk successfully in the classroom?	What are friendships	Ready for bed?	What is a bank?	Caring for animals	Adults outside school
<b>Lesson 3</b>	How can we regulate our emotions?	Friendship problems	Hand washing and personal hygiene	Saving and spending	Similar, yet different	Appropriate contact
<b>Lesson 4</b>	<b>Kapow Well-Being Y1</b> Lesson 1 Discover: Making mistakes	Gender stereotypes	Sun safety			Making an emergency phone call
<b>Lesson 5</b>			Allergies			Safety with substances
<b>Lesson 6</b>						