Statutory RSHE | Economic Wellbeing & Careers

Year 1

Autumn 1

Making friends: playing and learning together

This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.

Suggested lessons:

Ground rules, rule! – KS1
L1: Ground rules, rule!

Learning and playing together – KS1
L1: Learning and playing together

Friendship and bullying – KS1
L1: Let's be friends
L2: Let's make up
L3: Let's be kind

Consent – KS1
L1: Asking for permission

Autumn 2

Mental health and wellbeing

This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.

Suggested lessons:

Foundations for Wellbeing – Y1
L1: Noticing feelings
L2: Distraction
L3: Paying attention to pleasant feelings
L4: Helpful and unhelpful thoughts
L5: Reacting

Spring 1

Celebrating me, you and our families

This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other.

Suggested lessons:

Personal identity – KS1
L1: All different, all special

Belonging and community – KS1
L1: Sameness and difference

Families – KS1
L1: What makes a family?
L2: Different families

Alternative / additional lessons:

Curiosity Library (£): Fender finds his bark

Spring 2

Safety at home

This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.

Suggested lessons:

Keeping safe at home – KS1
L1: Keeping safe at home

Drug education – KS1
L1: Keeping safe
L2: Keeping healthy
L3: Medicines and household products

Summer 1

Being healthy

This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.

Suggested lessons:

Keeping safe: Sun safety – KS1
L1: Keeping safe in the sun

The sleep factor – KS1
L1: Ready for sleep

Food for thought – KS1
L1: Keeping healthy with food and drink

Dental health – KS1
L1: Looking after our teeth

The importance of handwashing – KS1
L1: The importance of handwashing

Physical activity – KS1
L1: Moving our bodies

Alternative / additional lessons:

Curiosity Library (£): I really hate spaghetti; There's no need to worry about dentists at all

Summer 2

Showing kindness to ourselves and others

This unit revisits learning about feelings, and explores the importance of kindness.

Suggested lessons:

OHID: Every mind matters – KS1
L1: Emotions
L2: Kindness
L3: Self-care

Croydon Council: Wellbeing way – KS1
L1: 5 a day

Alternative / additional lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 1 lessons.