

Year 1 RHSE overview 2025-26

	Me and My Relationships
	<ul style="list-style-type: none">• Why we have classroom rules• How are you listening?• Thinking about feelings• Our feelings• Feelings and bodies• Good friends

	Valuing Difference
	<ul style="list-style-type: none">• Same or different?• Unkind, tease or bully?• Harold's school rules• It's not fair!• Who are our special people?• Our special people balloons

	Keeping Safe
	<ul style="list-style-type: none">• Super sleep• Who can help? (1)• Good or bad touches?• Sharing pictures• What could Harold do?• Harold loses Geoffrey

	Rights and Respect
	<ul style="list-style-type: none">• Harold has a bad day• Around and about the school• Taking care of something• Harold's money• How should we look after our money?

	<ul style="list-style-type: none"> • Basic first aid
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Summer 1	Being my Best
	<ul style="list-style-type: none"> • I can eat a rainbow • Eat well • Harold's wash and brush up • Catch it! Bin it! Kill it! • Harold learns to ride his bike • Pass on the praise! • Inside my wonderful body! (OPTIONAL)

Summer 2	Growing and Changing
	<ul style="list-style-type: none"> • Healthy me • Then and now • Taking care of a baby • Who can help? (2) • Surprises and secrets • Keeping privates private