

## RSHE year by year lesson content – Year 1

YEAR 1		
Autumn Term		Spring Term
<b>Me and My Relationships</b>	<b>Valuing Difference</b>	<b>Keeping Safe</b>
Lesson Plans Why we have classroom rules (Updated 17 Mar 2026) How are you listening? (Updated 16 Mar 2026) Thinking about feelings Our feelings Feelings and bodies Good friends (Updated 15 Mar 2026)	Lesson Plans Same or different? (Updated 16 Mar 2026) Unkindness, teasing or bullying? (Updated 16 Mar 2026) Harold's school rules It's not fair! (Updated 16 Mar 2026) Who are our special people? Our special people balloons	Lesson Plans Super sleep (Updated 03 Mar 2026) Who can help? (1) (Updated 16 Mar 2026) Good or bad touches? (Updated 01 Apr 2026) Sharing pictures (Updated 22 Aug 2025) What could Harold do? Harold loses Geoffrey
Spring Term	Summer Term	
<b>Rights and Respect</b>	<b>Being my Best</b>	<b>Growing and Changing</b>
Lesson Plans Harold has a bad day Around and about the school (Updated 11 Aug 2025) Taking care of something Harold's money (Updated 31 Mar 2026) How should we look after our money? (Updated 07 Apr 2026) Basic first aid	Lesson Plans 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! (Updated 30 Mar 2026) Inside my wonderful body! (OPTIONAL)	Lesson Plans Healthy me (Updated 03 Mar 2026) Then and now Taking care of a baby Who can help? (2) (Updated 17 Mar 2026) Surprises and secrets (Updated 11 Aug 2025) Keeping privates private