



Harehills Primary School Personal Social Health Education (PSHE) overview

Year 1		
Autumn 1	Spring 1	Summer 1
MindMate: Feeling Good & Being Me	MindMate: Friends & Family	MindMate: Life Changes
<p style="color: #4a7ebb; font-weight: bold;">Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about what makes themselves and others special about roles and responsibilities at home and school about being co-operative with others <p style="text-align: center; color: #4a7ebb; font-weight: bold;">Online safety</p> <ul style="list-style-type: none"> about how different people enjoy different things online and offline, and identify ways to keep themselves safe online 	<p style="color: #4caf50; font-weight: bold;">Keeping safe and managing risk: Feeling safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> safety in familiar situations about personal safety about people who help keep them safe outside the home 	<p style="color: #9c27b0; font-weight: bold;">Drug, Alcohol and Tobacco Education: What do we put into and onto our bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about what can go <i>into</i> bodies and how it can make people feel about what can go <i>on</i> to bodies and how it can make people feel
Mindfulness	Mindfulness	Mindfulness
Autumn 2	Spring 2	Summer 2
MindMate: Strong Emotions	MindMate: Being the Same & Being Different	MindMate: Solving Problems - Making it Better
	<p style="color: #ff9800; font-weight: bold;">Physical health and wellbeing: Fun times?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about food that is associated with special times, in different cultures about active playground games from around the world about sun-safety 	<p style="color: #795548; font-weight: bold;">Careers, Financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about where money comes from and making choices when spending money about saving money and how to keep it safe about the different jobs people do
Mindfulness	Mindfulness	Mindfulness