



RSHE – Year 1

At Abbey Lane, we follow the Sheffield Schools Relationships and Health Education scheme, which is based on the National Curriculum for RSHE.

Autumn	Spring	Summer
Community- Online Safety	Relationships- Family and Friends	Health & Wellbeing- Physical Health and Growing Up - Staying Healthy & Growing
Pupils will discuss: Screen time Personal information Online strangers Fake news	Pupils will discuss: Who's in my family? Do families always stay the same? How should families treat each other? Who is my friend? What makes a good friend?	Pupils will discuss: How do I help my body stay healthy? How do I decide what to eat? How do we stop getting ill? How can I stay safe?