

# PSHRE (Cycle A) | Years 1 & 2 | 2024-25

## Family and relationships

Introduction

Families offer stability and love

Families are all different

Other peoples' feelings

Unhappy friendships

Introduction to manners and courtesy

Change and loss

Gender stereotypes – Careers and jobs

## Citizenship

Rules beyond school

Our school environment

Our local environment

Job roles in our local community

Similar yet different – my local community

School council

Giving my opinion

## Economic wellbeing

Where does money come from?

Exploring needs

Exploring wants

Bank cards and accounts

My skills and talents

Everyone is welcome

## Health and wellbeing

Experiencing different emotions

Being active

Relaxation: breathing exercises

Steps to success

Developing a growth mindset

Healthy diet

Looking after our teeth

## Safety and the changing body

Introduction to the internet

Communicating online

Secrets and surprises

Appropriate contact: My private parts

Appropriate contact: My private parts are private

Respecting personal boundaries

Road safety

Crossing roads safely

Staying safe with medicine

## Transition

Transitioning to your next year group