

# SCHEME OF WORK OVERVIEW

Differentiated & editable PSHE Association mapped SOW

## RSE & PSHE COMPLETE YEAR 1

**EC Primary**  
**This Is Me!**

- Whole lesson
- Fully differentiated
- Fully editable

Red Amber Green  
Health & Wellbeing

This lesson card features a cartoon character holding a globe and a checklist, with butterflies and snowflakes as decorative elements.

**EC Primary**  
**Eating Well**

- Whole lesson
- Fully differentiated
- Fully editable

Red Amber Green  
Health & Wellbeing

This lesson card includes illustrations of various fruits and vegetables, along with a small calendar or checklist.

**EC Primary**  
**All About Bodies**

- Whole lesson
- Fully differentiated
- Fully editable

Red Amber Green  
Relationships

This lesson card shows illustrations of a woman and a child, with a focus on body parts and health.

**Online World**

This lesson card features a wolf illustration and a checklist, focusing on digital safety and online interactions.

**Getting Hurt**

This lesson card includes illustrations of a bee and a person being hurt, with a focus on safety and first aid.

**Family and Me**

This lesson card shows a family celebrating a birthday, with a focus on family relationships and social skills.



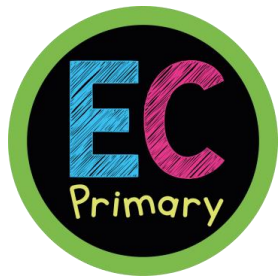


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## Complete Year 1 PSHE + RSE

Our Complete PSHE Package for Year 1 follows the new DfE Statutory Guidance and the PSHE Association's suggested themed approach for Health and Wellbeing, Relationships Education, and Living in the Wider World. The lessons are editable, three-way differentiated, fun and creative as well as very easy to follow. EC Publishing have created PSHE resources for The Bank of England, The Children's Commissioner, the Criminal Cases Review Commission (UK Government) and many other UK charities and institutions, so you will be purchasing safe in the knowledge you will receive a high quality PSHE Package.

Also includes an audit / tracker for the new PSHE 2020 statutory content so you can keep track of your coverage against the new DfE and PSHE Association guidelines, as well as detailed schemes of work for each half-term.



# SCHEME OF WORK OVERVIEW

## Suggested Lesson Order - Autumn

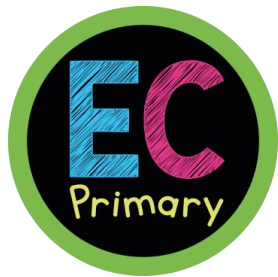
All of our schemes of work follow the PSHE Association's suggested themed approach for Health and Wellbeing, Relationships Education and Living in the Wider World. Whilst a suggested lesson order is provided below, all of our lesson packs are designed to be taught independently, as such, you may choose to deviate from the order shown here.

### Autumn 1 - Health and Wellbeing

- 1) This is me (identity)
- 2) How we grow
- 3) What are feelings?
- 4) Feelings and loss
- 5) How we play and learn
- 6) Staying safe
- 7) Optional assessment

### Autumn 2 - Relationships Education

- 1) Respect
- 2) Polite words
- 3) Sharing and taking turns
- 4) Being helpful
- 5) Being kind
- 6) Getting hurt
- 7) Optional assessment



# SCHEME OF WORK OVERVIEW

## Suggested Lesson Order - Spring

All of our schemes of work follow the PSHE Association's suggested themed approach for Health and Wellbeing, Relationships Education and Living in the Wider World. Whilst a suggested lesson order is provided below, all of our lesson packs are designed to be taught independently, as such, you may choose to deviate from the order shown here.

### Spring 1 - Living in the Wider World

- 1) All about rules
- 2) Online world
- 3) Online safety
- 4) Strengths and interests
- 5) Jobs and skills
- 6) Welcoming everyone
- 7) Optional assessment

### Spring 2 - Health and Wellbeing

- 1) Keeping clean
- 2) Healthy teeth
- 3) Fun in the sun
- 4) Healthy food
- 5) Eating well
- 6) Keeping fit and healthy
- 7) Optional assessment



# SCHEME OF WORK OVERVIEW

## Suggested Lesson Order - Summer

All of our schemes of work follow the PSHE Association's suggested themed approach for Health and Wellbeing, Relationships Education and Living in the Wider World. Whilst a suggested lesson order is provided below, all of our lesson packs are designed to be taught independently, as such, you may choose to deviate from the order shown here.

### Summer 1 - Relationships Education

- 1) People who care for me
- 2) What is a family?
- 3) Family and me
- 4) All about bodies
- 5) My body belongs to me
- 6) Asking for permission
- 7) Optional assessment

### Summer 2 - Living in the Wider World

- 1) Caring for living things
- 2) Recycling
- 3) Plastic and pollution
- 4) Global warming
- 5) My classroom community
- 6) Community helpers
- 7) Optional assessment

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**Relationships**



**Wider World**



**Health & Wellbeing**

[Complete Primary PSHE Package](#)

**Website:**

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