SCHEME OF WORK OVERVIEW

Scaffolded & editable PSHE Association mapped SOW

RSE & PSHE COMPLETE YEAR 1



SCHEME OF WORK OVERVIEW

Complete Year 1 PSHE + RSE

Our Complete PSHE Package for Year 1 is designed to meet the DfE Statutory Guidance and aligns with the PSHE Association's recommended thematic model, covering Health and Wellbeing, Relationships Education, and Living in the Wider World.

This fully editable scheme follows an adaptive teaching approach, ensuring all learners are appropriately supported and challenged. Lessons are scaffolded, engaging, and creatively designed – making them developmentally appropriate, accessible, and enjoyable to teach and learn.

Rooted in a spiral curriculum, the programme builds progressively on knowledge, vocabulary, and key skills introduced in the Early Years. In Year 1, each lesson begins with a simple "What do you already know?" prompt to encourage discussion, activate prior learning, and help children make connections as they begin to engage with statutory PSHE content in a more structured way.

British values are embedded throughout the programme and are explicitly referenced in lesson content and planning where relevant. While there are no formal assessments in Year 1, the scheme includes clear learning outcomes as well as reflective self-assessment opportunities to support teacher observations and informal tracking of progress.

To support curriculum leadership and accountability, the package includes a statutory content audit and coverage tracker aligned with both DfE requirements and the PSHE Association's thematic model – making it easy to demonstrate progression and coverage across the primary phase.

Our resources are developed by experienced professionals who have created PSHE content for The Bank of England, The Children's Commissioner, the Criminal Cases Review Commission (UK Government), and leading UK charities. By choosing this package, you're investing in high-quality, evidence-informed PSHE provision that's ready to deliver in the classroom or easily adapted to suit your context.

SCHEME OF WORK OVERVIEW

Suggested Lesson Order – Autumn

All of our schemes of work follow the PSHE Association's recommended thematic model: Health and Wellbeing, Relationships Education, and Living in the Wider World. Lessons are sequenced within a spiral curriculum, ensuring progression in vocabulary, knowledge, and key skills across each unit and year group. In Year 1, topics are part of a carefully designed sequence that builds on the Early Years Foundation Stage and introduces children to statutory PSHE content in a developmentally appropriate way. Our lessons often begin with a simple retrieval prompt – such as "What do you already know?" – to encourage discussion and activate prior learning before exploring new ideas.

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

Autumn 2 – Relationships Education

1) Respect
2) Polite Words
3) Sharing and Taking Turns
4) Being Helpful
5) Being Kind
6) Getting Hurt

SCHEME OF WORK OVERVIEW

Suggested Lesson Order – Spring

All of our schemes of work follow the PSHE Association's recommended thematic model: Health and Wellbeing, Relationships Education, and Living in the Wider World. Lessons are sequenced within a spiral curriculum, ensuring progression in vocabulary, knowledge, and key skills across each unit and year group. In Year 1, topics are part of a carefully designed sequence that builds on the Early Years Foundation Stage and introduces children to statutory PSHE content in a developmentally appropriate way. Our lessons often begin with a simple retrieval prompt – such as "What do you already know?" – to encourage discussion and activate prior learning before exploring new ideas.

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

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

SCHEME OF WORK OVERVIEW

Suggested Lesson Order – Summer

All of our schemes of work follow the PSHE Association's recommended thematic model: Health and Wellbeing, Relationships Education, and Living in the Wider World. Lessons are sequenced within a spiral curriculum, ensuring progression in vocabulary, knowledge, and key skills across each unit and year group. In Year 1, topics are part of a carefully designed sequence that builds on the Early Years Foundation Stage and introduces children to statutory PSHE content in a developmentally appropriate way. Our lessons often begin with a simple retrieval prompt – such as "What do you already know?" – to encourage discussion and activate prior learning before exploring new ideas.

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 Permission

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



Complete Primary PSHE Package

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