



## Brindle St Joseph's Catholic Primary School – PHSE Units

Relationships	Health and Wellbeing	Living in the Wider World
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### Lesson Overviews 2024-2025

#### PSHE Key Questions

EYFS/Year 1	
Health and Wellbeing	
Lesson 1 How can I be healthy?	H1, H2, H5, H6, H10
Lesson 2 How can I be healthy?	H3, H4, H5
Lesson 3 What are feelings?	H11, H12, H13, H14, H15, H16
Lesson 4 How can I feel better?	H17, H18, H19
Lesson 5 What makes me special?	H21, H22, H23, H24
Lesson 6 How do I stay safe?	H28, H 29, H30, H32, H36

EYFS/Year 1	
Living in the Wider World	
Lesson 1 Where do I belong?	L1, L4, L5, L6
Lesson 2 How can I use the internet?	H9, H34, L7, L8, L9
Lesson 3 What is money?	L10, L11, L12, L13
Lesson 4 What are my aspirations?	L14, L15, L16, L17

Year 2/3/4	
Health and Wellbeing	
Lesson 1 How can I be healthy?	H1, H2, H3, H5, H7, H8
Lesson 2 How can I be healthy?	H9, H11, H14
Lesson 3 How can I help my mental health?	H15, H16
Lesson 4 How can I feel better?	H17, H18, H20
Lesson 5 What makes me special?	H25, H27, H28, H29
Lesson 6 How do I stay safe?	H37, H40, H41, H42, H43, H44

Year 2/3/4	
Living in the Wider World	
Lesson 1 What are my rights?	L1, L2, L4, L5
Lesson 2 Where do I belong?	L6 RE?
Lesson 2 How can I use the internet?	L11, L12, H13
Lesson 3 What is money?	L17, L21, L22
Lesson 4 What are my aspirations?	L25, L26, L30, L31



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Year 5/6	
Health and Wellbeing	
Lesson 1 How can I be healthy?	H4, H6, H10, H14
Lesson 2 How can I help my mental health?	H15, H16, H22
Lesson 3 How can I feel better?	H19, H20, H21, H24
Lesson 4 What makes me special?	H28, H29, H35, H36
Lesson 5 How do I stay safe?	H37, H38, H39, H40, H41, H43, H44
Lesson 6 How do I know what substances are safe?	H46, H47, H48, H49

Year 5/6	
Living in the Wider World	
Lesson 1 What are my rights?	L3, L4, L5
Lesson 2 Where do I belong?	L7, L8, L10
Lesson 2 How can I use the internet?	L14, L15, L16, H13
Lesson 3 What is money?	L18, L19, L20, L21, L22
Lesson 4 What are my aspirations?	L25, L26, L28, L29, L31, L32