3D PSHE & Citizenship
Dimensions Curriculum

Year 1/2 Cycle A

Half term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Autumn 1	Year 2 **Rules and Expectations 1 – Class Charter**	Year 2 **Rules and Expectations 2 – Who's At Fault?**	Year 1 **Friendship 1 – Friends Together**	Year 1 **Family 1 – My Family**	Year 2 **Safe Zone 1 – Self-Image and Identity**
Autumn 2	Year 2 **Sadness – How To Cope**	Year 1 **Opinions – I Think**	Year 1 **Co-operation 1 – I Want To Play**	Year 1 **Setting Goals – When I Grow Up…**	
Spring 1	Year 2 **Physical Activity 1 – Workout!**	Year 2 **Sleep – Nighty Night**	Year 1 **Healthy Eating 2 – Meat Eaters**	Year 1 **Physical Activity 3 – Get Physical**	Year 2 **Safe Zone 2 – Online Relationships**
Spring 2	Year 2 **Teasing – That's Mean**	Year 1 **Behaviour 1 – In My Shoes**	Year 2 **Behaviour 2 – Help Me!**	Year 1 **Our School – Common Goals**	Year 2 **Staying Safe 2 – I Don't Know You**
Summer 1	Year 1 **Caring – Talking To Plants**	Year 1 **Family 2 – Special People**	Year 1 **Staying Safe 1 – Secret Surprise**	Year 2 (Spring 1) **Safe Zone 3 – Online Reputation**	
Summer 2	Year 2 **Money 4 – Shopping List**	Year 2 **Enterprise – Dragon's Den**	Year 1 **Keeping Clean 2 – Bath Time!**	Year 1 **Similarities and Differences – Boys v Girls**	

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Year 1/2 Cycle B

Half term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Autumn 1	Year 2 **Friendship 2 – Hola! Bonjour!**	Year 2 **Good Manners – How Rude!**	Year 2 **Friendship 3 – Share Alike**	Year 2 **Co-operation 2 – Let's Debate**	
Autumn 2	Year 2 **Lending / Borrowing – The Borrowers**	Year 2 **Fire Safety – Escape Plan**	Year 2 **Aspirations – It's A Goal!**	Year 2 **Right and Wrong – In The Right**	Year 2 (Spring 2) **Online Bullying – (Safe Zone 4)**
Spring 1	Year 2 **Drug Safety – Magic Medicine**	Year 2 **Healthy Eating 3 – What A Load Of Junk!**	Year 2 **Healthy Eating 4 – Party Time!**	Year 2 **Keeping Healthy – Give It A Boost**	
Spring 2	Year 2 **Dental Hygiene 3 – Top Teeth**	Year 2 **Keeping Clean 1 – Meet Grub**	Year 1 **Changing Needs – I Need**	Year 2 **Safe Zone 5 – Managing Information Online**	
Summer 1	Year 2 **Emotions – Mood Swings**	Year 2 **Local Citizenship 1 – Our Local Area**	Year 2 **Local Citizenship 2 – Community Care**	Year 2 **Safe Zone 6 – Copyright and Ownership**	
Summer 2	Year 2 **Choices – This Or That**	Year 2 **Human Body – Body Bits**	Year 2 **Emergency Calls – 999**	Year 2 **Privacy and Security – (Safe Zone 7)**	