



Year 1 Lesson Directory

This directory provides an overview of the Year 1 Muse Wellbeing lessons, including lessons that support statutory Relationships Education, statutory Health Education, wider PSHE and pupil wellbeing.

Year 1 introduces pupils to the foundations of personal wellbeing, positive relationships, safety, community and personal growth. Lessons are designed to be age-appropriate, practical and discussion-based, helping children begin to recognise feelings, care for their bodies, build friendships, stay safe and understand the world around them.

The lessons are grouped into three areas of learning:

Health and Wellbeing: Pupils explore emotions, healthy living, hygiene, safety and personal change.

Understanding Relationships: Pupils learn about families, friendship, kindness, bullying, online behaviour, privacy and asking for help.

The World Around Us: Pupils begin to explore goals, responsibility, community, money, beliefs and problem-solving.

Teachers can use this directory to quickly understand the sequence of learning across the year, identify lesson themes and support medium-term planning. PSHE leads and senior leaders may also use it as a simple overview of curriculum coverage for Year 1.

Together, these lessons help pupils build early knowledge, vocabulary and confidence as they begin their wider PSHE and wellbeing journey with Muse Wellbeing.

		Main Learning Objective	Sub Learning Objective
1	How Do You Feel Today?	To understand how to identify emotions by how they may present physically	To identify simple emotions and use a range of vocabulary to share feelings
2	Everyday Emotions	To understand how people can feel differently about different situations	To know that it is normal to feel a range of emotions in our daily life (sad, happy, anxious, excited)
3	BIG Feelings!	To learn simple strategies to manage feelings such as anger or frustration	To seek support when feeling worried or concerned and know when and how to do this
4	Healthy Living	To understand ways we can be more physically healthy (including rest and sleep)	To discuss how exercise and movement can help our bodies stay healthy
5	We Are What We Eat	To understand what makes a healthy diet and how this can affect our overall physical health and mental wellbeing	
6	Keeping Clean	To describe ways to clean ourselves and wash our bodies as well as understand how germs can spread	
7	Safety First	To recognise risk in everyday situations and ways to stay safe	To recognise potential risks at home and at school such as electrical appliances
8	It's an Emergency	To know what to do if someone has an accident	To know how to make a phone call to the emergency services and when they should do this
9	All Change	To identify ways they have changed since they were babies	To explore strategies for coping with change
10	We Are Wonderful	To celebrate what makes them unique and special	To consider and identify ways in which people can look similar and different
11	Keeping It Private	To understand that some information is private both online and in the real world	To understand the online world is similar but different to the real world
12	Safe Digital Citizens	To identify and share simple internet safety strategies	To know when to speak to an adult when they see something online they do not like or that scares them

Year 1 Lesson Directory: Understanding Relationships

Main Learning Objective		Sub Learning Objective	
13	Different Types of Families	To know that there are many types of families and that they may be different from their own	To know who to speak to within school if they are worried about something in their family
14	Fantastic Families	To understand that families can provide care, support and love	To recognise common aspects of family life
15	A Great Friend	To know and describe the characteristics of a good friend	
16	Kind or Unkind	To identify actions that are both kind and unkind	
17	We're All Different!	To understand some children have different needs and feelings	
18	Meeting New People	To know how to act and behave when meeting someone they don't know (including children, adults and strangers)	
19	Super Group Worker	To work, play and collaborate with others in a range of situations	
20	Say No to Bullying	To recognise when a person is being bullied and understand sensible actions to challenge this behaviour (including finding an adult)	To understand that speaking negatively to a person can impact on their overall wellbeing and health
21	Be Kind Online	To understand that people may bully or tease others online (just like in the real world)	To identify positive ways to communicate online
22	Tech Time Out	To understand when to stop using technology and interact with people around them in their world	
23	Secrets or Surprises	To understand that sometimes secrets should not be kept private to safeguard and support other people	To know how to ask for advice or help for themselves or others within the school community
24	Understanding Peer Pressure	To identify when they feel pressured to do something they don't want to do (and how to act)	To know how to report concerns and who they must speak to at school

Year 1 Lesson Directory: The World Around Us

		Main Learning Objective	Sub Learning Objective
25	Shoot for Goals	To set targets and goals and track their progress	To identify areas they can improve on and set targets based on this
26	Sharing My Opinions	To describe and share what they like and dislike; rights and wrongs; and things they find fair and unfair	To explain and describe their opinions with reason
27	Respectful and Responsible	To listen to other people with respect, even when their ideas differ to their own	To accept responsibility for the actions they take and the consequences of these actions
28	Home and Away	To identify similarities and differences between their communities and other places around the world	To understand the features of the local area where they live
29	Active Change	To identify and develop ways to improve their school and classroom	
30	Walk for Wellbeing	To play an active part in the life of their school and classroom	To understand ways we can be more physically healthy (including rest and sleep)
31	My Communities	To know that they belong to groups and communities (families, schools)	
32	Jobs, Jobs, Jobs	To identify a range of jobs and their benefits to themselves and their communities	
33	Shopping Essentials	To understand that money has value and should be thought about carefully	
34	Global Faiths and Religions	To share and discuss their beliefs (religious or otherwise) and listen with respect to others	To be open minded and accepting of all people within their local communities
35	Problem? No Problem!	To think creatively to solve problems for themselves and others	To work collaboratively and support their group in learning and shared activities
36	Keep Growing!	To reflect on personal growth and learning and consider steps to continuing development	