



FS1 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	Meet Your Brain – My Happy Mind: Brain sort Handmade with Love: <ul style="list-style-type: none"> • We are created by God as part of His creation plan. • We are all God's children and are special. • Our bodies were created by God and are good. • We can give thanks to God! (Covered in RE)	Lesson 1	Me, You, Us <ul style="list-style-type: none"> • We belong to various communities • We should help at home • We have a duty of care for others and our world • What harms and what improves the world in which we live 	Lesson 1	What is the Internet? <ul style="list-style-type: none"> • The internet connects us to others • The internet helps us in lots of ways • Only Jesus can help us with everything
Lesson 2	Meet Your Brain – My Happy Mind: Let's make a brain Role Model <ul style="list-style-type: none"> • We are part of God's family • Jesus cared for others and wanted them to live good lives like Him • We should love other people in the same way God loves us (Covered in RE)	Lesson 2	Appreciate – My Happy Mind: Thankfulness	Lesson 2	Playing Online <ul style="list-style-type: none"> • Safe and unsafe situations online • They can ask for help from their special people
Lesson 3	Meet Your Brain – My Happy Mind: Happy breathing	Lesson 3	Appreciate – My Happy Mind Appreciation	Lesson 3	Safe Inside and Out <ul style="list-style-type: none"> • Safe and unsafe situations outdoors and indoors • They can ask for help from their special people
Lesson 4	Meet Your Brain – My Happy Mind: Brain hat	Lesson 4	Appreciate – My Happy Mind Gratitude	Lesson 4	People Who Help Us <ul style="list-style-type: none"> • There are lots of people who do jobs to help us
Lesson 5	Meet Your Brain – My Happy Mind: Brain growing moments			Lesson 5	Feeling Poorly

					<ul style="list-style-type: none"> Medicines should only be taken when a parent or doctor gives them to us. Medicines are not sweets We should always try to look after our bodies, because God created them and gifted them to us
Lesson 6	Meet Your Brain – My Happy Mind: Glitter Jar			Lesson 6	My Body, My Rules <ul style="list-style-type: none"> That they are entitled to bodily privacy. That they can and should be open with 'special people' they trust if anything troubles them That there are different people we can trust for help, especially those closest to us who care for us
Autumn 2		Spring 2		Summer 2	
Lesson 1	Celebrate – My happy mind: Understanding character strengths, Recognising character strengths	Lesson 1	Relate – My happy mind; developing good listening skills	Lesson 1	Engage – My happy mind: Setting class goals
Lesson 2	Who's Who? <ul style="list-style-type: none"> To identify special people, eg, parents, friend, and what makes them special The nuclear family and the wider family The importance of being close to and trusting 'special people' and telling them when something is troubling them 	Lesson 2	Relate – My happy mind: Using listening skills	Lesson 2	Engage – My happy mind: Growth goal for me
Lesson 3	Celebrate – My happy mind Strengths sort	Lesson 3	Relate – My happy mind : Taking time to listen	Lesson 3	Engage – My happy mind: Perseverance
Lesson 4	You've got a friend in me <ul style="list-style-type: none"> How their behaviour affects other people and that there is appropriate and inappropriate behaviour The characteristics of positive and negative relationships Different types of teasing and that all bullying is wrong and unacceptable 	Lesson 4	Relate – My happy mind : Name that noise	Lesson 4	Engage – My happy mind: Reviewing goals

Lesson 5	Forever Friends <ul style="list-style-type: none"> To recognise when they have been unkind to others and say sorry That when we are unkind, we hurt God and should say sorry To recognise when people are being unkind to them and others and how to respond That we should forgive like Jesus forgives 	Lesson 5	Relate – My happy mind : Friendship	Lesson 5	God is Love <ul style="list-style-type: none"> God is love: Father, Son and Holy Spirit Being made in His image means being called to be loved and to love others (Covered in RE)
Lesson 6	Celebrate – My happy mind Strengths in stories	Lesson 6	Relate – My happy mind: Following rules	Lesson 6	Loving God, Loving Others <ul style="list-style-type: none"> What community is, and that God calls us to live in community with one another (Covered in RE)

- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**
- **Covered in RE- doesn't need a specific RE lesson**