



Year 1 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	Saying sorry: <ul style="list-style-type: none"> To recognise when they have been unkind and say sorry To recognise when people are unkind to them and others and how to respond That we should forgive like Jesus forgives 	Lesson 1	Appreciate: <ul style="list-style-type: none"> Learn what appreciate means Learn ways to show appreciation Learn who we are grateful 	Lesson 1	Engage: <ul style="list-style-type: none"> Learn what engage means Learn that the habits we have learnt to help us feel good.
Lesson 2	Meet your brain: <ul style="list-style-type: none"> Learn what our brain looks like and how it helps us. Learn that our brain has three parts 	Lesson 2	Appreciate: <ul style="list-style-type: none"> Learn how important showing gratitude is. Learn how gratitude makes us feel. Learn how to show appreciation to ourselves. 	Lesson 2	Engage: <ul style="list-style-type: none"> Learn how we can achieve our goals when we feel good. Learn how to set goals
Lesson 3	Meet your brain: <ul style="list-style-type: none"> Learn about how our brains help us. Learn about what neuroplasticity is. Learn how Team H-A-P Help use be our best self. 	Lesson 3	Appreciate: <ul style="list-style-type: none"> Learn about gratitude for experiences Learn about why gratitude makes us feel good. 	Lesson 3	Engage: <ul style="list-style-type: none"> Learn how to stay focused when things get tough and don't go as planned. Learn about the importance of believing in ourselves and how this helps us to be our best self.
Lesson 4	Meet your brain: <ul style="list-style-type: none"> Learn what happens when Team H-A-P is happy and sad. Learn how you can help Team H-A-P. 	Lesson 4	Harmful Substances: <p>Medicines are drugs, but not all drugs are good for us</p> <ul style="list-style-type: none"> Alcohol and tobacco are harmful substances Our bodies are created by God, so we should take care of them 	Lesson 4	Engage: <ul style="list-style-type: none"> Learn everything we have learnt this year. Learn how to think about how to share our learning with others.

Lesson 5	Meet your brain: <ul style="list-style-type: none"> Learn more about Happy Breathing and how it helps us. Learn that our brain can react differently in different situations. 	Lesson 5	Who is my Neighbour? <ul style="list-style-type: none"> To know what a community is and that we are called to live in community with one another Jesus' teaching on neighbours 		
Lesson 6	Meet your brain: <ul style="list-style-type: none"> Learn that we can use our new knowledge to help us with thinking. 				
Autumn 2		Spring 2		Summer 2	
Lesson 1	Special People: <ul style="list-style-type: none"> To identify 'special people' and what makes them special The importance of family The importance of being close to and trusting special people and telling them if something is troubling them 	Lesson 1	The Communities we live in: <ul style="list-style-type: none"> We belong to various communities We have a duty of care for others and for the world we live in What harms and improves the world we live in 	Lesson 1	Good and Bad Secrets: <ul style="list-style-type: none"> The difference between 'good' and 'bad' secrets How to resist pressure when feeling unsafe
Lesson 2	Celebrate: <ul style="list-style-type: none"> Learn what character is Learn how to makes us special 	Lesson 2	Relate: <ul style="list-style-type: none"> Learn what relate means Learn how our character strengths and differences can help us relate 	Lesson 2	Physical Contact: <ul style="list-style-type: none"> To know that they are entitled to bodily privacy There are different people we can trust for help
Lesson 3	Celebrate: <ul style="list-style-type: none"> Learn more about character Strengths. Learn why it is important to use our strengths 	Lesson 3	Relate: <ul style="list-style-type: none"> Learn more about how to Relate to people. Learn all about Active Listening. 		
Lesson 4	Celebrate: <ul style="list-style-type: none"> Learn more about the types of character strengths that we use most. Learn why it is important to use our strengths 	Lesson 4	Relate: <ul style="list-style-type: none"> Learn how Relating to other people help use to get along with them. Learn to think about other people's opinions. 		
Lesson 5	Celebrate: <ul style="list-style-type: none"> Learn how to use our strengths even more. 				

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| | <ul style="list-style-type: none">• Learn thinking about which strengths we use the most. | | | | |
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- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**