



FS1 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	I am me Handmade with Love: - 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!	Lesson 1	Me, You, Us - 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? - 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: Brain sort Role Model: - 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	Lesson 2	Appreciate – My Happy Mind: Thankfulness	Lesson 2	Playing Online - Safe and unsafe situations online - They can ask for help from their special people
Lesson 3	Meet Your Brain – My Happy Mind: Let's make a brain				
Lesson 4	Meet Your Brain – My Happy Mind: Happy breathing	Lesson 3	Appreciate – My Happy Mind: Appreciation	Lesson 3	Safe Inside and Out - Safe and unsafe situations outdoors and indoors - They can ask for help from their special people
Lesson 5	Meet Your Brain – My Happy Mind: Brain hat	Lesson 4	Appreciate – My Happy Mind: Gratitude	Lesson 4	People Who Help Us There are lots of people who do jobs to help us

Lesson 6	Meet Your Brain – My Happy Mind: Brain growing moments			Lesson 5	Feeling Poorly - 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	My Body, My Rules - 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? - 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 - How their behaviour affects other people and that there is appropriate and inappropriate behaviour - The characteristics of positive and negative relationships	Lesson 4	Relate – My happy mind: Name that noise	Lesson 4	Engage – My happy mind: Reviewing goals

	Different types of teasing and that all bullying is wrong and unacceptable				
Lesson 5	Forever Friends - 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 - God is love: Father, Son and Holy Spirit - Being made in His image means being called to be loved and to love others
Lesson 6	Celebrate – My happy mind Strengths in stories	Lesson 6	Relate – My happy mind: Following rules	Lesson 6	Loving God, Loving Others What community is, and that God calls us to live in community with one another

- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**
- **Covered in RE**