



Year 1 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	Special People (M2/U2/S1): - 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	Real life Online (M2/U3/S1): - The internet connects us to others and helps us in lots of ways - Our feelings matter – both online and offline	Lesson 1	Engage: - Learn what engage means - Learn that the habits we have learnt to help us feel good.
Lesson 2	Meet your brain: - Learn what our brain looks like and how it helps us. - Learn that our brain has three parts	Lesson 2	Appreciate: - Learn what appreciate means - Learn ways to show appreciation - Learn who we are grateful	Lesson 2	Engage: - Learn how we can achieve our goals when we feel good. - Learn how to set goals
Lesson 3	Meet your brain: - 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: - Learn how important showing gratitude is. - Learn how gratitude makes us feel. - Learn how to show appreciation to ourselves.	Lesson 3	Engage: - 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: - Learn what happens when Team H-A-P is happy and sad. - Learn how you can help Team H-A-P.		Appreciate: - Learn about gratitude for experiences - Learn about why gratitude makes us feel good.	Lesson 4	Engage: - Learn everything we have learnt this year. - Learn how to think about how to share our learning with others.
Lesson 5	Meet your brain: - Learn more about Happy Breathing and how it helps us. - Learn that our brain can react differently in different situations.	Lesson 4	God loves you (M2/U1/S1) - We are part of God's family - Saying sorry is important and can mend friendships - Jesus cared for others and had expectations of them and how they should act		
Lesson 6	Meet your brain:				

	Learn that we can use our new knowledge to help us with thinking.		We should love other people in the same way God loves us		
Autumn 2		Spring 2		Summer 2	
Lesson 1	Saying sorry: - 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	Relate: - Learn what relate means - Learn how our character strengths and differences can help us relate	Lesson 1	Good and Bad Secrets (M2/U4/S1): - The difference between 'good' and 'bad' secrets - How to resist pressure when feeling unsafe
Lesson 2	Celebrate: - Learn what character is - Learn how to makes us special	Lesson 2	Relate: - Learn more about how to Relate to people. - Learn all about Active Listening.	Lesson 2	Physical Contact (M2/U4/S2): - To know that they are entitled to bodily privacy - There are different people we can trust for help
Lesson 3	Celebrate: - Learn more about character Strengths. - Learn why it is important to use our strengths	Lesson 3	Relate: - Learn how Relating to other people help use to get along with them. - Learn to think about other people's opinions.		
Lesson 4	Celebrate: - Learn more about the types of character strengths that we use most. - Learn why it is important to use our strengths				
Lesson 5	Celebrate: - Learn how to use our strengths even more. - Learn thinking about which strengths we use the most.			Lesson 3	Harmful Substances (M2/U4/S3): - Medicines are drugs, but not all drugs are good for us - Alcohol and tobacco are harmful substances - Our bodies are created by God, so we should take care of them
					Who will I be? - Different types of jobs in the community - Some of the gifts, skills and strengths needed to do different jobs - All jobs are open to boys and girls - Work is part of our purpose

- PSHE – My Happy Mind
- PSHE – Ten Ten Life to the Full Plus (PSHE)
- RSE – Ten Ten Life to the Full (RSE)