

Year 1 PSHE Overview

Autumn 1

Topic	Learning objectives	Useful links
Week 1: Rights and responsibilities	To understand that a classroom has rules and reflect upon the importance of rules and how they keep me safe	Scarf: Rights and responsibilities Why we have classroom rules
Week 2: Rights and responsibilities	To know that I belong to a variety of groups and communities such as family, school, home and parish	Scarf: Me and my relationships Our special people balloons
Week 3: Rights and responsibilities	To know who cares for them, their family network and who to go to if they are worried, how to attract attention	Scarf: Keeping myself Safe Who can help?
Week 4: Rights and responsibilities	To know that people are unique in some ways and the same in other ways To identify similarities and differences between people	Scarf: Valuing difference Same or different
Week 5: Rights and responsibilities	To recognise who cares for and looks after the school environment To recognise that they share a responsibility for keeping themselves and others safe	Scarf: Rights and responsibilities Around and about our school
Week 6: Internet Safety	To know how to stay safe on the internet	

Autumn 2

Topic	Learning Objective	Useful links
Week 1: Story sessions	We are created equally by God God wants us to talk to him through the day	Ten ten resources Module 1 Unit 1
Week 2: Story sessions	We are created equally by God God wants us to talk to him through the day	Ten ten resources Module 1 Unit 1
Week 3: God loves you session 1	We are all part of God's family Saying sorry is important	Ten ten resources Module 2 Unit 1
Week 4: Money	To know where money comes from	Scarf Rights and responsibilities Harold's money
Week 5: Money	To understand the role money plays in my life	Scarf Rights and responsibilities Harold's money
Week 6: Road Safety Week	To know how act appropriately and safely on the road	

Spring 1

Topic	Learning objective	Useful links
Week 1: Special people	Session 1: To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special.	Ten ten resources Module 2 Unit 2
Week 2: Treat Others Well	Session 2: To know How their behaviour affects other people, and that there is appropriate and inappropriate behaviour.	Ten ten resources Module 2 Unit 2
Week 3: And Say Sorry	Session 3: To recognise when they have been unkind and say sorry.	Ten ten resources Module 2 Unit 2
Week 4: Money	To understand how to use money effectively- introduction to concepts of spending and saving	Scarf Rights and responsibilities How we should look after our money
Week 5: Money	To know and understand how to manage my money- how to keep it safe	Scarf Rights and responsibilities How should we look after our money
Week 6: Internet Safety	I know how to keep my information safe online	

Spring 2

Topic	Learning Objective	Useful links
Week 1: Being safe	Session 1: To understand safe and unsafe situations, including online.	Ten ten resources Module 2 Unit 3
Week 2: Good secrets and bad secrets	Session 2: The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them.	Ten ten resources Module 2 Unit 3
Week 3: Physical contact	Session 3: To know that they are entitled to bodily privacy.	Ten ten resources Module 2 Unit 3
Week 4: Physical contact	Session 3: That there are different people we can trust for help, especially those closest to us who care for us.	Ten ten resources Module 2 Unit 3
Week 5: Harmful Substances	Session 4: Medicines are drugs, but not all drugs are good for us.	Ten ten resources Module 2 Unit 3
Week 6: Can you help me?	Session 5: They should call 999 in an emergency and ask for ambulance, police and/or fire brigade	Ten ten resources Module 2 Unit 3

Summer 1

Topic	Learning objective	Useful links
Week 1: Three in One	Session 1: That God is love: Father, Son and Holy Spirit.	Ten ten resources Module 3 Unit 1
Week 2: Who is My Neighbour?	Session 2: To know what a community is, and that God calls us to live in community with one another.	Ten ten resources Module 3 Unit 1
Week 3: Healthy relationships	To explain the difference between unkindness, teasing and bullying	Scarf Valuing Difference Unkind, tease or bully?
Week 4: Healthy relationships	To listen to other people and play and work cooperatively (strategies for resolving simple arguments through negotiation)	Scarf Me and my relationships How are you listening?
Week 5: Internet Safety	To know that not all the information seen online is true	

Summer 2

Topic	Learning Objective	Useful links
Week 1: The communities we live in	Session 1: That they belong to various communities such as home, school, parish, the wider local community, nation and global community.	Ten ten resources Module 3 Unit 2
Week 2: Feeling and emotions	To recognise how my behaviour affects other people.	Scarf Me and my relationships Feelings and bodies
Week 3: Healthy relationships	To explain strategies for resisting teasing or bullying, if I experience or witness it, and whom to go to and get help	Scarf Me and my relationships Who can help?
Week 4: Healthy relationships	To understand and learn the PANTS rules	Scarf Me and my relationships Good and bad touches
Week 5: Healthy relationships	To explain the difference between appropriate and inappropriate touch	Scarf Me and my relationships Good and bad touches
Week 6: Healthy lifestyles	To explore change and loss and the associated (moving home, losing toys, pets or friends)	Scarf Me and my relationships Our feelings

Useful links and passwords:

<https://www.tentenresources.co.uk/relationship-education-subscribers/>

Lnolan@cardinalnewmanschool.co.uk password: 11Milltown.

<https://www.coramlifeeducation.org.uk/scarf/sign-in/> password: Cardinal1

PSHE in Cardinal Newman and our wider Community

- All children learn about Rail Safety as our school is located near Hershams station
- All children learn about Water Safety as we are located near reservoirs, rivers and streams
- Children take part in Road Safety week when they visit local roads and learn how to ensure they are safe when walking/cycling on nearby roads
- World Faith Week gives children the opportunity to learn about different faiths around the world
- Celebrating difference day gives children the opportunity to learn about our wider world and what makes us all different and unique
- Children also learn how to live a healthy lifestyle through different aspects of PSHE and the ways in which we can keep our bodies fit and healthy
- Children learn about how to stay safe online termly
- Links with local community include; visits/cards/letters to the elderly
- Involving members of the parish in hearing children read
- Local authorities where appropriate invite speakers e.g. fire service/police/nurses