

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	Establish class rules with children
Week 2 Zones of Regulation	To know the zones and how to use them in the classroom – Worry monsters and	Zones of Regulation Role play zones Recognise the different feelings
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	What I want my teacher to know box
Black History Month	See focus for the month this year	See resources in PSHE folder for this year.
Black History Month	See focus for the month this year	See resources in PSHE folder for this year
Week 6: Internet Safety	To know how to stay safe on the internet	From computing scheme

Autumn 2

Topic	Learning Objective	Useful links
Week 1 Anti-Bullying Week	See year's focus	See PSHE resources
Week 2 Road Safety Week	See year's focus	See PSHE resources
Week 3 Road Safety Week activities	See year's focus	See PSHE resources
Week 4: Story sessions	Let the children come Jesus never leaves us out	Ten ten resources Module 1 Unit 1
Week5: Story sessions	Let the children come	Ten ten resources Module 1 Unit 1
Week 6: 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 7: Wellbeing	Well being activity	

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 Treat Others Well	Circle time – to share how it might feel not to be treated well.	Circle time resources
Week 4: And Say Sorry	Session 3: To recognise when they have been unkind and say sorry.	Ten ten resources Module 2 Unit 2
Week 5: And Say Sorry	Circle time; role play saying sorry and recognising when and why it is important to say "Sorry".	Circle Time resources
Week 5: Money	Money doesn't grow on trees	EYFS Module 3 Unit 2 Session 3
Week 6: Internet Safety	I know how to keep my information safe online	From computing programme

Spring 2

Topic	Learning Objective	Useful links
Week 1: Children's Mental Health	Focus for the year	PSHE folder
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 4
Week 4: Physical contact	Session 3: To know that they are entitled to bodily privacy.	Ten ten resources Module 2 Unit 4
Week 5: 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 4
Week 6: Harmful Substances	Session 4: Medicines are drugs, but not all drugs are good for us.	Ten ten resources Module 2 Unit 4

Summer 1

Topic	Learning objective	Useful links
Week 1: 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 4
Week 7: Can you help me?	First Aid	Ten ten resources Module 2 Unit 4
Week 2: 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	See also anti-bullying information – PSHE
Week 4: Healthy relationships	To listen to other people and play and work cooperatively (strategies for resolving simple arguments through negotiation)	See resources
Week 5: Internet Safety	To know that not all the information seen online is true	See computing programme

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 Diversity Week The communities we live in	Focus on diversity materials	Ten 10 Module 3 Unit 2 PSHE subject folders
Week 3: Who will I be	Classroom shorts: If I could be anything	Ten 10 Module 3 Unit 2
Week 4: Who will I be	Classroom shorts Apply yourself	Ten 10 Module 3 Unit 2
Week 5: Who will I be	Classroom shorts – How will I be today?	Ten 10 Module 3 Unit 2
Week 6: Healthy lifestyles	To explore change and loss and the associated (moving home, moving class, losing toys, pets or friends)	

Useful links and passwords:

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

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