



## Year One PSHE/RSE Overview for the Year

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Term 1</b>	<p>Being me in my World</p> <p><b>Lesson 1: Special and Safe</b></p> <p><b>LO:</b> To know how to use my Jigsaw Journal</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (wellbeing)</b></p>	<p>Being me in my World</p> <p><b>Lesson 2: My Class</b></p> <p><b>LO:</b> To understand the rights and responsibilities as a member of my class</p> <p><b>Big Idea (Aspect):</b> <b>Place (Place in the world)</b></p>	<p>Being me in my World</p> <p><b>Lesson 3: Rights and Responsibilities</b></p> <p><b>LO:</b> To understand the rights and responsibilities for being a member of my class</p> <p><b>Big Idea (Aspect):</b> <b>:Significance (Relationships)</b></p>	<p>Being me in my World</p> <p><b>Lesson 4: Rewards and Feeling Proud</b></p> <p><b>LO:</b> To know my views are valued and can contribute to the Learning Charter</p> <p><b>Big Idea (Aspect):</b> <b>Investigation (Issues, evidence, ideas)</b></p>	<p>Being me in my World</p> <p><b>Lesson 5: Consequences</b></p> <p><b>LO:</b> To recognise the choices I make and understand the consequences</p> <p><b>Big Idea (Aspect):</b> <b>Investigation (Issues, evidence, ideas)</b></p>	<p>Being me in my World</p> <p><b>Lesson 6: Owing our Learning Charter</b></p> <p><b>LO:</b> To understand my rights and responsibilities within our Learning Charter</p> <p><b>Big Idea (Aspect):</b> <b>Nature (Rights of others)</b></p>
<b>Term 2</b>	<p>Celebrating Difference</p> <p><b>Lesson 1: The same as...</b></p> <p><b>LO:</b> To identify similarities between people in my class</p> <p><b>Big Idea (Aspect):</b> <b>Place (Diversity)</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 2: Different from...</b></p> <p><b>LO:</b> To identify differences between people in my class</p> <p><b>Big Idea (Aspect):</b> <b>Place (Diversity)</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 3: What is 'bullying'?</b></p> <p><b>LO:</b> To tell you what bullying is</p> <p><b>Big Idea (Aspect):</b> <b>Nature (Rights of others)</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 4: What do I do about bullying?</b></p> <p><b>LO:</b> To know some people who I could talk to if I was feeling unhappy or being bullied</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Unacceptable behaviour)</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 5: Making new friends</b></p> <p><b>LO:</b> To know how to make new friends</p> <p><b>Big Idea (Aspect):</b> <b>Significance (Relationships)</b></p>	<p>Celebrating Difference</p> <p><b>Lesson 6: Celebrating difference; celebrating me</b></p> <p><b>LO:</b> To tell you some ways I am different from my friends</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening, Sharing)</b></p>



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				Comparison (Compare and contrast)		
<b>Term 3</b>	<p>Dreams &amp; Goals</p> <p><b>Lesson 1: My Treasure Chest of Success</b></p> <p><b>LO:</b> To set simple goals</p> <p><b>Big Idea (Aspect):</b> Creativity (ocabulary) Humankind (Setting goals)</p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 2: Steps to Goals</b></p> <p><b>LO:</b> To set a goal and work out how to achieve it</p> <p><b>Big Idea (Aspect):</b> Creativity (Vocabulary)</p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 3: Achieving Together</b></p> <p><b>LO:</b> To understand how to work well with a partner</p> <p><b>Big Idea (Aspect):</b> Creativity (Speaking and Listening) Humankind (Wellbeing)</p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 4: Stretchy Learning</b></p> <p><b>LO:</b> To tackle a new challenge and understand this might stretch my learning</p> <p><b>Big Idea (Aspect):</b> Humankind (Setting goals)</p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 5: Overcoming Obstacles</b></p> <p><b>LO:</b> To tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them</p> <p><b>Big Idea (Aspect):</b> Humankind (Setting goals)</p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 6: Celebrating My Success</b></p> <p><b>LO:</b> To tell you how I felt when I succeeded in a new challenge and how I celebrated it</p> <p><b>Big Idea (Aspect):</b> Humankind (Setting goals)</p>
<b>Term 4</b>	<p>Healthy Me</p> <p><b>Lesson 1: Being Healthy</b></p> <p><b>LO:</b> To understand the difference between being healthy and unhealthy,</p>	<p>Healthy Me</p> <p><b>Lesson 2: Healthy Choices</b></p> <p><b>LO:</b> To know how to make healthy lifestyle choices</p>	<p>Healthy Me</p> <p><b>Lesson 3: Clean and Healthy</b></p> <p><b>LO:</b> To know how to keep myself clean and healthy,</p>	<p>Healthy Me</p> <p><b>Lesson 4: Medicine Safety</b></p> <p><b>LO:</b> To understand that medicines can help me if I</p>	<p>Healthy Me</p> <p><b>Lesson 5: Road Safety</b></p> <p><b>LO:</b> To know how to keep safe when crossing the road, and about people</p>	<p>Healthy Me</p> <p><b>Lesson 6: Happy, Healthy Me</b></p> <p><b>LO:</b> To tell you why I think my body is amazing and</p>



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	<p>and know some ways to keep myself healthy</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Healthy lifestyles)</b></p>	<p><b>Big Idea (Aspect):</b> <b>Humankind (Healthy lifestyles)</b></p>	<p>and understand how germs cause disease/illness</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Healthy lifestyles)</b></p>	<p>feel poorly and I know how to use them safely</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Staying safe)</b></p>	<p>who can help me to stay safe</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Staying safe)</b></p>	<p>can identify some ways to keep it safe and healthy</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Staying safe)</b></p>
<p><b>Term 5</b></p>	<p>Relationships</p> <p><b>Lesson 1: Families</b></p> <p><b>LO:</b> To identify the members of my family and understand that there are lots of different types of families</p> <p><b>Big Idea (Aspect):</b> <b>Place (Place in world)</b></p>	<p>Relationships</p> <p><b>Lesson 2: Making Friends</b></p> <p><b>LO:</b> To identify what being a good friend means to me</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Vocabulary)</b></p>	<p>Relationships</p> <p><b>Lesson 3: Greetings</b></p> <p><b>LO:</b> To know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p><b>Big Idea (Aspect):</b> <b>Humankind (Wellbeing)</b></p>	<p>Relationships</p> <p><b>Lesson 4: People Who Help Us</b></p> <p><b>LO:</b> To know who can help me in my school community</p> <p><b>Big Idea (Aspect):</b> <b>Significance (Significant people)</b></p>	<p>Relationships</p> <p><b>Lesson 5: Being My Own Best Friend</b></p> <p><b>LO:</b> To recognise my qualities as a person and a friend</p> <p><b>Big Idea (Aspect):</b> <b>Place (Diversity)</b></p>	<p>Relationships</p> <p><b>Lesson 6: Celebrating My Special Relationships</b></p> <p><b>LO:</b> To tell you why I appreciate someone who is special to me</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening, sharing)</b></p>
<p><b>Term 6</b></p>	<p>Changing Me</p> <p><b>Lesson 1: Life cycles</b></p> <p><b>LO:</b> To start to understand the life cycles of animals and humans</p>	<p>Changing Me</p> <p><b>Lesson 2: Changing Me</b></p> <p><b>LO:</b> To tell you some things about me that have changed and some things</p>	<p>Changing Me</p> <p><b>Lesson 3: My Changing Body</b></p>	<p>Changing Me</p> <p><b>Lesson 4: Boys' and Girls' Bodies</b></p> <p><b>LO:</b> To identify the parts of the body that make boys</p>	<p>Changing Me</p> <p><b>Lesson 5: Learning and Growing</b></p> <p><b>LO:</b> To understand that every time I learn</p>	<p>Changing Me</p> <p><b>Lesson 6: Coping with Changes</b></p>



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	<p><b>Big Idea (Aspect):</b> <b>Change (Life Changes)</b> <b>Change (Physical Development)</b></p>	<p>about me that have stayed the same</p> <p><b>Big Idea (Aspect):</b> <b>Change (Life Changes)</b></p>	<p><b>LO:</b> To tell you how my body has changed since I was a baby</p> <p><b>Big Idea (Aspect):</b> <b>Change (Physical Development)</b></p>	<p>different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</p> <p><b>Big Idea (Aspect):</b> <b>Change (Physical Development)</b></p>	<p>something new I change a little bit</p> <p><b>Big Idea (Aspect):</b> <b>Change (Life Changes)</b></p>	<p><b>LO:</b> To tell you about changes that have happened in my life</p> <p><b>Big Idea (Aspect):</b> <b>Change (Life Changes)</b></p>
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