Year 1 PSHE & RHE Overview

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|  | Learning Intentions |
| **We Eat Elephants**  Programme of intervention that runs throughout the Autumn term and is delivered by Marie who is our Educational Mental Health Practitioner | Understanding your feelings  Using engaging and colourful resources, the programme helps young children understand what they are feeling, why, and how to deal with the effects. With scenarios to talk through, feelings cards to help explain, and other well tested CBT methods, We Eat Elephants is a great way to help children learn to communicate and express their feelings. |
| **Module 1: Unit 1**  **Religious Understanding**  Story Sessions: Let the Children Come | Children will learn that:   * We are created individually by God * God wants us to talk to Him often through the day and treat Him as our best friend * God has created us, His children, to know, love and serve Him * We are created as a unity of body, mind and spirit: who we are matters and what we do matters * We can give thanks to God in different ways |
| **Module 2: Unit 1**  **Religious Understanding**  Session 1: God Loves You | Children will learn that:   * 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 * We should love other people in the same way God loves us |
| **Module 2: Unit 2**  **Personal Relationships**  Session 1: Special People | Children will learn:   * To identify ‘special people’ (their parents, carers, friends, parish priest) and what makes them special * The importance of nuclear and wider family * The importance of being close to and trusting special people and telling them if something is troubling them |
| Session 2: Treat Others Well | Children will learn:   * How their behaviour affects other people, and that there is appropriate and inappropriate behaviour * The characteristics of positive and negative relationships * About different types of teasing, and that all bullying is wrong and unacceptable |
| Session 3: and Say Sorry | Children will learn:   * To recognise when they have been unkind and say sorry * To recognise when people are being unkind to them and others and how to respond * That when we are unkind to others, we hurt God also and should say sorry to Him as well * That we should forgive like Jesus forgives |
| **Module 2: Unit 4**  **Keeping Safe**  Session 1: Good and Bad Secrets | Children will learn:   * The difference between ‘good’ and ‘bad’ secrets and that they can and should be open with ‘special people’ they trust if anything troubles them * How to resist pressure when feeling unsafe |
| Session 2: Physical Contact (can be split into 2x sessions) | Children will learn:   * To know that they are entitled to bodily privacy; * That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest. |
| Session 3: Harmful Substances | Children will learn that:   * 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 and be careful about what we consume. |
| Session 4: Can You Help Me? Pt. 1 | Children will learn:   * About what is and isn’t an emergency * That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade |
| Session 5: Can You Help Me? Pt. 2 | Pupils will learn:   * To call 999 in an emergency and ask for ambulance, police and/or fire brigade * That if they require medical help but it is not an emergency, basic First Aid should be used instead of calling 999 * Some basic principles of First Aid |
| **Module 3: Unit 1**  **Religious Understanding**  Session 1: Three in One | Children will learn that:   * God is love: Father, Son and Holy Spirit * Being made in His image means being called to be loved and to love others |
| Session 2: Who Is My Neighbour | Children will learn:   * To know what a community is, and that God calls us to live in community with one another * A scripture illustrating the importance of living in community as a consequence of this * Jesus’ teaching on neighbours |
| **Module 3: Unit 2**  **Living in the Wider World**  Session 1: The Communities We Live In | Children will learn:   * That they belong to various communities such as home, school, parish, the wider local community, nation and global community * That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc. * That we have a duty of care for others and for the world we live in (charity work, recycling etc.) * About what harms and what improves the world in which we live |
| Session 2: Who Will I Be? | Pupils will learn:   * About some different types of jobs in the community * About some of the gifts, skills and strengths needed to do different jobs and that all jobs are open to boys and girls * Work is a part of our purpose (vocation) * God has given us all strengths, gifts and talents to do His work |
| The aspects of non-statutory PSHE which are not wholly covered by ‘Life to the Full Plus’ are listed below. These will be taught using resources and lesson plans from the PSHE Association Website. | |
| **Citizenship:**  Responsibility | L.1. about what rules are, why they are needed and why different rules are needed for different situations |
| **Economic Wellbeing:**  Money | L.10. what money is; forms that money comes in; that money comes from different sources  L.11. that people make different choices about how to save and spend money |