



Ready,  
Respectful, Safe

# CATHCART STREET PRIMARY SCHOOL

## PSHE & RSE

### YEAR 1

Autumn	1	1	<ul style="list-style-type: none"> <li>Being Me in My World - Feeling special and safe</li> <li><b>Lesson 1: Special and Safe</b></li> </ul>	PSHE	Jigsaw(BM)
		2	<ul style="list-style-type: none"> <li>Being Me in My World - Being part of a class</li> <li><b>Lesson 2: My Class</b></li> </ul>		Jigsaw
		3	<ul style="list-style-type: none"> <li>Being Me in My World – -Rights and responsibilities</li> <li><b>Lesson 3: Rights and Responsibilities</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>Being Me in My World – Rewards &amp; Feeling Proud</li> <li><b>Lesson 4: Rewards and Feeling Proud</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>Being Me in My World – Consequences</li> <li><b>Lesson 5: Consequences</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>Being Me in My World - Owing the Learning Charter</li> <li><b>Owing Our Learning Charter</b></li> </ul>		Jigsaw
	2	1	<ul style="list-style-type: none"> <li>Medicines and People who Help Us</li> <li><b>Staying Healthy</b></li> </ul>	PSHE	CW
		2	<ul style="list-style-type: none"> <li>Medicines and People who Help Us</li> <li><b>Medicines</b></li> </ul>		CW
		3	<ul style="list-style-type: none"> <li>Medicines and People who Help Us</li> <li><b>Who gives us medicines?</b></li> </ul>		CW
		4	<ul style="list-style-type: none"> <li>Medicine safety/safety with household items</li> <li><b>Lesson 4: Medicine Safety</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>Healthy Me - Keeping myself healthy -</li> <li><b>Lesson 1: Being Healthy</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>Healthy Me</li> <li><b>Lesson 3 – Clean and Healthy</b></li> </ul>		Jigsaw
		7	<ul style="list-style-type: none"> <li>Yasmin and Tom</li> <li><b>Keeping clean and taking care of myself</b></li> </ul>		Y&T
Spring	1	1	<ul style="list-style-type: none"> <li>Families and Friendships (Relationships)</li> <li><b>Lesson 1 – Families</b></li> </ul>	PSHE	Jigsaw
		2	<ul style="list-style-type: none"> <li>Yasmin and Tom</li> <li><b>Friendships and Feelings</b></li> </ul>		Y&T
		3	<ul style="list-style-type: none"> <li>Families and Friendships (Relationships)</li> <li><b>Lesson 2 – Making Friends</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>Safe Relationships – (Relationships)</li> <li><b>Lesson 3 - Greetings</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>NSPCC</li> <li><b>PANTS Rule</b></li> </ul>		NSPCC
		6	<ul style="list-style-type: none"> <li>Safe Relationships (Relationships)</li> <li><b>Lesson 4 – People Who Help Us</b></li> </ul>		Jigsaw
	2	1	<ul style="list-style-type: none"> <li>Changing Me</li> <li><b>Lesson 1 - Lifecycles</b></li> </ul>	RSE	Jigsaw
		2	<ul style="list-style-type: none"> <li>Changing Me</li> <li><b>Lesson 2 – Changing Me</b></li> </ul>		Jigsaw
		3	<ul style="list-style-type: none"> <li>Changing Me</li> <li><b>Lesson 3 – My Changing Body</b></li> </ul>		Jigsaw

		4	<ul style="list-style-type: none"> <li>Yasmin and Tom</li> <li><b>My Brilliant Body</b></li> </ul>		Y&T
Summer	1	1	<ul style="list-style-type: none"> <li>Celebrating Differences</li> <li><b>Lesson 1 – The same as..</b></li> </ul>	PSHE	Jigsaw
		2	<ul style="list-style-type: none"> <li>Celebrating Differences</li> <li><b>Lesson 2 – Different from...</b></li> </ul>		Jigsaw
		3	<ul style="list-style-type: none"> <li>Celebrating Differences</li> <li><b>Lesson 3 – What is bullying? (Understanding bullying)</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>Celebrating Differences</li> <li><b>Lesson 4 – What do I do about bullying?</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>Celebrating Differences</li> <li><b>Lesson 5 – Making new friends</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>Celebrating Differences</li> <li><b>Lesson 6 – Celebrating Difference</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>Expect Respect</li> <li><b>Friends, secrets and people who can help us.</b></li> </ul>		ExRes
		7	<ul style="list-style-type: none"> <li>Out and About – Road Safety</li> <li><b>Jigsaw Healthy me – Lesson 5</b></li> </ul>		Jigsaw
	2	1	<ul style="list-style-type: none"> <li>Young Citizens Developing Positive Communities –</li> <li><b>Exploring our Community</b></li> </ul>	PSHE	YCit
		2	<ul style="list-style-type: none"> <li>Dreams &amp; Goals</li> <li><b>Lesson 1 – My Treasure Chest of Success</b></li> </ul>		Jigsaw
		3	<ul style="list-style-type: none"> <li>Dreams &amp; Goals</li> <li><b>Lesson 2 – Steps to Goals</b></li> </ul>		Jigsaw
		4	<ul style="list-style-type: none"> <li>Dreams and Goals</li> <li><b>Lesson 3 – Achieving Goals</b></li> </ul>		Jigsaw
		5	<ul style="list-style-type: none"> <li>Dreams &amp; Goals</li> <li><b>Lesson 4 – Learning with Others</b></li> </ul>		Jigsaw
		6	<ul style="list-style-type: none"> <li>Dreams &amp; Goals - Perseverance</li> <li><b>Lesson 5 - Overcoming Obstacles</b></li> </ul>		Jigsaw
7		<ul style="list-style-type: none"> <li>Dreams &amp; Goals – Celebrating Success</li> <li><b>Lesson 6 – Celebrating my Success</b></li> </ul>	Jigsaw		