

St. John's RSE Ten:Ten Programme: 2022/2023

Class: 1

Autumn 1: Being me in my World/ Online Safety

	PSHE/ RSHE Scheme	Unit	Session
Autumn 1 Week 1	General PSHE	School/ Class Rules	
Autumn 1 Week 2	RSHE – Life to the Full	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come.
Autumn 1 Week 3	PSHE Jigsaw	Being Me in My World	2. My Class. I understand the rights and responsibilities as a member of my class.
Autumn 1 Week 4	PSHE Jigsaw	Being Me in My World	3. Rights and Responsibilities. I understand the rights and responsibilities for being a member of my class.
Autumn 1 Week 5	PSHE Jigsaw	Being Me in My World	4. Rewards and Feeling Proud. I know my views are valued and can contribute to the Learning Charter.
Autumn 1 Week 6	Mental Health Day		
Autumn 1 Week 7	PSHE Jigsaw	Being Me in My World	5. Consequences. I can recognise the choices I make and understand the consequences.

Autumn 2: Life to the Full/ Celebrating Differences/ Anti Bullying Week

	PSHE/ RSHE Scheme	Unit	Session
Autumn 2 Week 1	RSHE – Life to the Full	KS1 Module 2, Unit 1.	Session 1: God Loves You.
Autumn 2 Week 2	RSHE – Life to the Full	KS1, Module 2, Unit 2	Session 1: Special People
Autumn 2 Week 3	Anti-Bullying Week		
Autumn 2 Week 4	RSHE – Life to the Full	KS1, Module 2, Unit 2	Session 2: Treat Others Well...
Autumn 2 Week 5	RSHE – Life to the Full	KS1, Module 2, Unit 2	Session 3: ...And Say Sorry

Autumn 2 Week 6	PSHE Jigsaw	Celebrating Differences.	1.The same as... I can identify similarities between people in my class.
Autumn 2 Week 7	PSHE Jigsaw	Celebrating Differences.	2. Different from. I can identify differences between people in my class

Spring 1: Life to the Full/ Celebrating Differences/ Safer Internet Day/ Online Safety/ Children's mental health week

	PSHE/ RSHE Scheme	Unit	Session
Spring 1 Week 1	RSHE- Life to the Full	KS1, Module 3, Unit 1	Session 1: Three in One
Spring 1 Week 2	RSHE- Life to the Full	KS1, Module 3, Unit 1	Session 2: Who Is My Neighbour?
Spring 1 Week 3	RSHE- Life to the Full	KS1, Module 3, Unit 2	Session 3: The Communities We Live in.
Spring 1 Week 4	PSHE Jigsaw	Celebrating Differences.	5. Making new friends. I know how to make new friends
Spring 1 Week 5	PSHE Jigsaw	Celebrating Differences.	6. Celebrating difference; celebrating me. Assessment. I can tell you some ways I am different from my friends
Spring 1 Week 6	Safer Internet Day Children's Mental Health Week (Use two weeks – week earlier or week after)		
Spring 1 Week 7	Children's Mental Health Week 2.		

Spring 2: Life to the Full/ Dreams and Goals/ Healthy Me

	PSHE/ RSHE Scheme	Unit	Session
Spring 2 Week 1	PSHE Jigsaw	Dreams and Goals	1. My Treasure Chest of Success. I can set simple goals
Spring 2 Week 2	PSHE Jigsaw	Dreams and Goals	2. Steps to Goals.

			I can set a goal and work out how to achieve it
Spring 2 Week 3	PSHE Jigsaw	Dreams and Goals	3. Achieving Together. Puzzle outcome: Dream wellies. I understand how to work well with a partner
Spring 2 Week 4	PSHE Jigsaw	Dreams and Goals	4. Stretchy Learning. Puzzle outcome: Stretchy flowers. I can tackle a new challenge and understand this might stretch my learning
Spring 2 Week 5	PSHE Jigsaw	Dreams and Goals	5. Overcoming Obstacles. I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.

Summer 1: Life to the Full/ Dreams and Goals/ Healthy Me

	PSHE/ RSHE Scheme	Unit	Session
Summer 1 Week 1	PSHE Jigsaw	Dreams and Goals	6. Celebrating My Success. Assessment. I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.
Summer 1 Week 2	RSHE - Life to the Full	KS1, Module 2, Unit 3	Session 1: Being Safe
Summer 1 Week 3	RSHE - Life to the Full	KS1, Module 2, Unit 3	Session 2: Good Secrets and Bad Secrets

Summer 1 Week 4	RSHE - Life to the Full	KS1, Module 2, Unit 3	Session 3: Physical Contact
Summer 1 Week 5	RSHE - Life to the Full	KS1, Module 2, Unit 3	Session 4: Harmful Substances
Summer 1 Week 6	RSHE- Life to the Full	KS1, Module 2, Unit 3	Session 5: Can You Help Me?

Summer 2: Life to the Full/ Dreams and Goals/ Healthy Me

	PSHE/ RSHE Scheme	Unit	Session
Summer 2 Week 1	PSHE Jigsaw	Healthy Me	1. Being Healthy. I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.
Summer 2 Week 2	PSHE Jigsaw	Healthy Me	2. Healthy Choices. I know how to make healthy lifestyle choices.
Summer 2 Week 3	PSHE Jigsaw	Healthy Me	3. Clean and Healthy. I know how to keep myself clean and healthy, and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly.
Summer 2 Week 4	PSHE Jigsaw	Healthy Me	4. Medicine Safety. I understand that medicines can help me if I feel poorly and I know how to use them safely.
Summer 2 Week 5	PSHE Jigsaw	Healthy Me	5. Road Safety. I know how to keep safe when crossing the road, and about

			people who can help me to stay safe.
Summer 2 Week 6	PSHE Jigsaw	Healthy Me	6. Happy, Healthy Me. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.
Summer 2 Week 7	Transition.		