

**Autumn 1 - Family and Relationships**

	Year F	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<p>Who are the members of my family</p> <p>How to be a kind friend – show care for others – turn taking</p> <p>Know when someone is being unkind and how to respond</p> <p>Why we say sorry/showing we are sorry</p>	<ul style="list-style-type: none"> <li>• What is family?</li> <li>• What are friendships?</li> <li>• Recognising other people's emotions</li> <li>• Working with others</li> <li>• Friendship problems</li> <li>• Healthy Friendships</li> </ul>	<ul style="list-style-type: none"> <li>• Families offer stability and love</li> <li>• Families are all different</li> <li>• Managing friendships</li> <li>• Unhappy friendships</li> <li>• Valuing me</li> <li>• Manners &amp; courtesy</li> <li>• Loss and change</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy families</li> <li>• Friendships - conflict</li> <li>• Effective communication</li> <li>• Learning who to trust</li> <li>• Respecting differences</li> <li>• Stereotyping</li> </ul>	<ul style="list-style-type: none"> <li>• Respect &amp; manners</li> <li>• Healthy friendships</li> <li>• My behaviour</li> <li>• Bullying</li> <li>• Stereotypes</li> <li>• Families in the wider world</li> <li>• Loss and change</li> </ul>	<ul style="list-style-type: none"> <li>• Build a friend</li> <li>• Resolving conflict</li> <li>• Respecting myself</li> <li>• Family life</li> <li>• Bullying</li> </ul>	<ul style="list-style-type: none"> <li>• Respect</li> <li>• Developing respectful relationships</li> <li>• Stereotypes</li> <li>• Bullying</li> <li>• Being me</li> <li>• Loss and change</li> </ul>
RHE	<p><b>Module 1: Religious Understanding</b> Handmade with love</p>	<p><b>Module 1: Religious Understanding</b> Let the children come</p>		<p><b>Module 1: Religious Understanding</b> The Sacraments</p>		<p><b>Module 1: Religious Understanding</b> Calming the storms</p>	

**Autumn 2 - Being Safe**

	Year F	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<ul style="list-style-type: none"> <li>•Who keeps me safe in school – responding to adults and following instructions</li> <li>• Asking for help</li> <li>• Road Safety</li> <li>• Know that I am changing and growing</li> <li>• Talk about similarities and differences between myself and others</li> </ul>	<ul style="list-style-type: none"> <li>• Getting lost</li> <li>• Making a call to the emergency services</li> <li>• Asking for help</li> <li>• Appropriate contact</li> <li>• Medication</li> <li>• Safety at home</li> <li>• People who help to keep us safe</li> </ul>	<ul style="list-style-type: none"> <li>• Secrets and surprises</li> <li>• Appropriate contact</li> <li>• Road safety</li> <li>• Drug education</li> </ul>	<ul style="list-style-type: none"> <li>• First aid: Emergencies and calling for help</li> <li>• First aid: bites and stings</li> <li>• Making choices</li> <li>• Influences</li> <li>• Keeping safe out and about</li> </ul>	<ul style="list-style-type: none"> <li>• First aid: Asthma</li> <li>• Privacy and secrecy</li> <li>• Growing up</li> <li>• Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>• First aid: bleeding</li> <li>• Alcohol, drugs and tobacco</li> </ul>	<ul style="list-style-type: none"> <li>• First aid: choking</li> <li>• First aid: Basic life support</li> </ul>
RHE	<p><b>Module 1, Unit 3: Emotional Wellbeing</b></p> <p>Session 1 – I Like, You Like, We All Like!</p> <p>Session 2 – Good Feelings, Bad Feelings</p> <p>Session 3 – Let's Get Real</p>	<p><b>Module 1, Unit 3: Emotional Wellbeing</b></p> <p>Session 1 – Feelings, likes, dislikes</p>	<p><b>Module 1, Unit 3: Emotional Wellbeing</b></p> <p>Session 2 – Feelings inside out</p> <p>Session 3 – Super Susie gets angry</p>	<p><b>Module 1, Unit 3: Emotional Wellbeing</b></p> <p>Session 1 – What am I feeling? <b>(Version 1)</b></p>	<p><b>Module 1, Unit 3: Emotional Wellbeing</b></p> <p>Session 2 – What am I looking at?</p> <p>Session 3 – I am thankful!</p>	<p><b>Module 1, Unit 3: Emotional Wellbeing</b></p> <p>Session 1 – Body image</p> <p>Session 2 – Peculiar feelings</p>	<p><b>Module 1, Unit 3: Emotional Wellbeing</b></p> <p>Session 3 – Emotional Changes</p> <p>Session 4 – Seeing stuff online <b>(school adapted lesson)</b></p>

**Spring 1 – Health and Wellbeing**

	Year F	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<ul style="list-style-type: none"> <li>• Understanding my feelings and the feelings of others</li> <li>• Say how I feel at different times</li> <li>• My likes and dislikes</li> <li>• Confident to try new activities – building independence and perseverance</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding my emotions</li> <li>• What am I like?</li> <li>• Ready for bed</li> <li>• Relaxation</li> </ul>	<ul style="list-style-type: none"> <li>• Experiencing different emotions</li> <li>• Being active</li> <li>• Relaxation: breathing exercises</li> <li>• Steps to success</li> </ul>	<ul style="list-style-type: none"> <li>• My healthy diary</li> <li>• Relaxation: stretches</li> <li>• Wonderful me</li> </ul>	<ul style="list-style-type: none"> <li>• Looking after our teeth</li> <li>• Relaxation: visualisation</li> <li>• Celebrating Mistakes</li> <li>• Meaning and purpose: my role</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxation: yoga</li> <li>• The importance of rest</li> <li>• Embracing failure</li> <li>• Going for goals</li> </ul>	<ul style="list-style-type: none"> <li>• What can I be?</li> <li>• Relaxation: Mindfulness</li> <li>• Taking responsibility for my health</li> <li>• The impact of technology on health</li> </ul>
RHE	<p><b>Module 2, Unit 1: Religious Understanding</b></p> <p>Role Model</p>	<p><b>Module 2, Unit 1: Religious Understanding</b></p> <p>God Loves You</p>		<p><b>Module 2, Unit 1: Religious Understanding</b></p> <p>Jesus, My Friend</p>		<p><b>Module 2, Unit 1: Religious Understanding</b></p> <p>Is God Calling You?</p>	

**Spring 2 – Health and Wellbeing**

	Year F	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<ul style="list-style-type: none"> <li>• Manage own basic hygiene – toilet/dressing/ hand washing</li> <li>• Know healthy and unhealthy foods</li> <li>• Know how to keep our teeth clean</li> <li>• Appropriate clothing for different weather</li> </ul>	<ul style="list-style-type: none"> <li>• Hand washing &amp; personal hygiene</li> <li>• Sun safety</li> <li>• Allergies</li> <li>• People who help us stay healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Developing a growth mindset</li> <li>• Healthy diet</li> <li>• Looking after our teeth</li> </ul>	<ul style="list-style-type: none"> <li>• My superpowers</li> <li>• Resilience: breaking down barriers</li> <li>• Diet and dental health</li> </ul>	<ul style="list-style-type: none"> <li>• My happiness</li> <li>• Emotions</li> <li>• Mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Taking responsibility for my feelings</li> <li>• Healthy meals</li> <li>• Sun safety</li> </ul>	<ul style="list-style-type: none"> <li>• Resilience toolbox</li> <li>• Immunisation</li> <li>• Good and bad habits</li> <li>• Physical health concerns</li> </ul>
RHE	<p><b>Module 1, Unit 2: Me, My body, My health</b></p> <p>Session 1 – I am me</p> <p>Session 2 – Heads shoulders, knees and toes</p>	<p><b>Module 1, Unit 2: Me, My body, My health</b></p> <p>Session 1 – I am unique</p> <p>Session 2 – Girls and boys</p>	<p><b>Module 1, Unit 2: Me, My body, My health</b></p> <p>Session 3 – Clean and healthy</p>	<p><b>Module 1, Unit 2: Me, My body, My health</b></p> <p>Session 1 – We don't have to be the same</p> <p>Session 2 – Respecting our bodies</p>	<p><b>Module 1, Unit 2: Me, My body, My health</b></p> <p>Session 3 – What is Puberty?</p> <p>(What 'puberty' means. When they can</p>	<p><b>Module 1, Unit 2: Me, My body, My health</b></p> <p>Session 1 – Gifts and talents</p> <p>Session 4 – Spots and Sleep</p>	<p><b>Module 1, Unit 2: Me, My body, My health</b></p> <p>Girls' &amp; Boys' Bodies – <b>school adapted lesson</b></p> <p>(boundaries and respecting our bodies)</p>

PSHE: KAPOW

RSE: Ten:Ten

	Session 3 – Ready Teddy				expect puberty to take place. Understand that puberty is part of God’s plan for our bodies.)		
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Summer 1 – Citizenship

	Year F	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>• Explain reasons for rules</li> <li>• Know right and wrong choices and try to make good choices</li> <li>• Sensitive to others needs and emotions</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Know some people who help us</li> </ul> <p><b>Democracy</b></p>	<p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>• Rules</li> <li>• Caring for others: Animals</li> <li>• The needs of others</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Similar, yet different</li> <li>• Belonging</li> </ul> <p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>• Democratic decisions</li> </ul>	<p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>• Rules beyond school</li> <li>• Our school environment</li> <li>• Our local environment</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Job roles in our local community</li> <li>• Similar yet different: My local community</li> </ul> <p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>• School Council</li> <li>• Giving my opinion</li> </ul>	<p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>• Rights of the child</li> <li>• Rights and responsibilities</li> <li>• Recycling</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Local community groups</li> <li>• Charity</li> </ul> <p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>• Local democracy</li> <li>• Rules</li> </ul>	<p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>• What are human rights?</li> <li>• Caring for the environment</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Community groups</li> <li>• Contributing</li> <li>• Diverse communities</li> </ul> <p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>• Local councillors</li> </ul>	<p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>• Breaking the law</li> <li>• Rights and responsibilities</li> <li>• Protecting the planet</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Contributing to the community</li> <li>• Pressure groups</li> </ul> <p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>• Parliament</li> </ul>	<p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>• Human rights</li> <li>• Food choices and the environment</li> <li>• Caring for others</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Prejudice and discrimination</li> <li>• Valuing diversity</li> </ul> <p><b>Democracy</b></p> <ul style="list-style-type: none"> <li>• National democracy</li> </ul>

PSHE: KAPOW

RSE: Ten:Ten

	• Set and work towards simple goals						
RHE	<p><b>Module 3 Living in the wider world, Unit 1: Religious Understanding</b></p> <p>Session 1: God is Love</p> <p>Session 2: Loving God, Loving Others</p>	<p><b>Module 3 Living in the wider world, Unit 1: Religious Understanding</b></p> <p>Session 1: Three In One</p>	<p><b>Module 3 Living in the wider world, Unit 1: Religious Understanding</b></p> <p>Session 2: Who is My Neighbour?</p>	<p><b>Module 3 Living in the wider world, Unit 1: Religious Understanding</b></p> <p>Session 1: A Community of Love</p>	<p><b>Module 3 Living in the wider world, Unit 1: Religious Understanding</b></p> <p>Session 2: What is the Church?</p>	<p><b>Module 3 Living in the wider world, Unit 1: Religious Understanding</b></p> <p>Session 1: The Holy Trinity</p>	<p><b>Module 1, Unit 4: Life Cycles</b></p> <p>Babies - school created session focused on how a baby grows and the impact that a new baby has on a family</p>

**Summer 2 – Economic Wellbeing**

	Year F	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PSHE	<p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Talk about money in everyday language</li> <li>• Saving money</li> </ul>	<p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Introduction to money</li> <li>• Looking after money</li> <li>• Banks and building</li> </ul>	<p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Where money comes from</li> <li>• Needs and wants</li> <li>• Wants and needs</li> <li>• Looking after money</li> </ul>	<p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Ways of paying</li> <li>• Budgeting</li> <li>• How spending affects others</li> <li>• Impact of spending</li> </ul>	<p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Spending choices</li> <li>• Keeping track of money</li> <li>• Looking after money</li> </ul>	<p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Borrowing</li> <li>• Income and expenditure</li> <li>• Risks with money</li> <li>• Prioritising spending</li> </ul>	<p><b>Money</b></p> <ul style="list-style-type: none"> <li>• Attitudes to money</li> <li>• Keeping money safe</li> <li>• Gambling</li> </ul>

PSHE: KAPOW

RSE: Ten:Ten

	<p><b>Career and aspirations</b> Talk about different jobs people do and wonder what they might like to be when they are older</p>	<p>societies • Saving and spending</p> <p><b>Career and aspirations</b> • Jobs in school</p>	<p><b>Career and aspirations</b> • Jobs</p>	<p><b>Career and aspirations</b> • Jobs and careers • Gender and careers</p>	<p><b>Career and aspirations</b> • Influences on career choices • Changing jobs</p>	<p><b>Career and aspirations</b> • Stereotypes in the workplace</p>	<p><b>Career and aspirations</b> • What jobs are available • Career routes</p>
RHE	<p><b>Module 3 Living in the wider world Unit 2</b></p> <p>Session 1 – Me, you, us</p>	<p><b>Module 3 Living in the wider world Unit 2</b></p> <p>Session 1 – The communities we live in</p>	<p><b>Module 3 Living in the wider world Unit 2</b></p> <p>Session 1 – The communities we live in</p>	<p><b>Module 3 Living in the wider world Unit 2</b></p> <p>Session 1 – How do I love others?</p>	<p><b>Module 3 Living in the wider world Unit 2</b></p> <p>Session 1 – How do I love others?</p>	<p><b>Module 3 Living in the wider world Unit 2</b></p> <p>Session 1 – Reaching out</p>	<p><b>Module 3 Living in the wider world, Unit 1: Religious Understanding</b></p> <p>Session 2: Catholic Social Teaching</p>