



PSHE/RSE Long Term Planning

Year Group	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
EYFS Curriculum Theme link – Keeping Safe and Healthy	Life to the Full Module 1 – Created and loved by God Unit 1 – Me, my body and my health Unit 2- Emotional well being Unit 3 – Life cycles Supplement with activities from PSHE Matters- Being healthy and Exploring Emotions Mental health day Anti-Bullying week – supplement with PSHE Matters –Bullying Matters		Life to the Full Module 1 Unit 3 – Life cycles Module 2- Created to love others Unit 1 – religious understanding Unit 2 – personal relationships Supplement with activities from PSHE Matters – Relationships and Being Safe. First Aid to be covered in Forest School Life to the Full - Unit 3 – People who help us. PSHE Matters – Being Safe. Children’s mental health week. Safer Internet Day. Fairtrade fortnight		Life to the Full Module 2 created to love others unit 3 – keeping safe Module 3 Created to live in community Unit 1: Religious Understanding Unit 2: Living in the wider world. Supplement with PSHE Matters – Difference and Diversity. Earth Day	Module 3 Created to live in community Unit 1: Religious Understanding Unit 2: Living in the wider world. Supplement with PSHE Matters – Being responsible

<p>Year 1</p> <p>First Aid to be covered in Forest School Unit 3 – People who help us. PSHE Matters – Being Safe.</p> <p>Curriculum Theme Link - Community</p>	<p>PSHE Matters Being Healthy</p> <p>Mental health day</p>	<p>PSHE Matters Bullying Matters</p> <p>Anti-Bullying week</p>	<p>PSHE Matters Exploring Emotions</p> <p>Children’s mental health week. Safer Internet Day.</p>	<p>PSHE Matters Relationships</p> <p>Fairtrade fortnight</p>	<p>PSHE Matters Being Responsible</p> <p>Earth Day</p>	<p>PSHE Matters Difference and Diversity</p>
<p>Year 2</p> <p>EMUS - formerly CASE – To be delivered by Mrs Butkevicius over a 10 week programme.</p> <p>Curriculum Theme Link – Farming</p>	<p>Life to the Full Module 1 – Created and loved by God Unit 1 – Me, my body and my health Unit 2- Emotional well being</p> <p>Supplement with activities from PSHE Matters Growing Up and Changes.</p> <p>Mental health day Anti-Bullying week</p>	<p>Life to the Full Module 1 Created and loved by God Unit 3 – Life cycles</p> <p>Module 2- Created to love others Unit 1 – religious understanding Unit 2 – personal relationships</p> <p>Supplement with activities from PSHE Matters Being Safe and Drug Ed.</p> <p>First Aid to be covered in Forest School. Life to the Full -Unit 3 – People who help us. PSHE Matters – Being Safe.</p> <p>Children’s mental health week. Safer Internet Day. Fairtrade fortnight</p>	<p>Life to the Full Module 2- Created to love others Unit 3 – keeping safe</p> <p>Supplement with activities from PSHE Matters Being Me.</p> <p>Earth Day</p>	<p>Module 3 Created to live in community Unit 1: Religious Understanding Unit 2: Living in the wider world.</p> <p>Supplement with PSHE Matters Money Matters</p>		

<p>Year 3</p> <p>First Aid to be covered in Forest School. Life to the Full - Unit 3 – People who help us. PSHE Matters – Being Safe.</p> <p>Curriculum Theme link – Cultural Similarities and Differences</p>	<p>PSHE Matters Being Healthy</p> <p>Mental health day</p>	<p>PSHE Matters Bullying Matters</p> <p>Anti-Bullying week</p>	<p>PSHE Matters Exploring Emotions</p> <p>Children’s mental health week. Safer Internet Day.</p>	<p>PSHE Matters Relationships</p> <p>Fairtrade fortnight</p>	<p>PSHE Matters Being Responsible</p> <p>Earth Day</p>	<p>PSHE Matters Difference and Diversity</p>
<p>Year 4</p> <p>Curriculum Theme link – Movement of People</p>	<p>Life to the Full Module 1 – Created and loved by God Unit 1 – Me, my body and my health Unit 2- Emotional well being</p> <p>Supplement with activities from PSHE Matters Growing Up and Changes.</p> <p>Mental health day Anti-Bullying week</p>	<p>Life to the Full Module 1 – Created and loved by God Unit 3 – Life cycles (See RSHE Policy –some of the puberty lessons from this unit will be covered in Y5. These are the lessons that state y4+ on planning.)</p> <p>Module 2- Created to love others Unit 1 – religious understanding Unit 2 – personal relationships</p> <p>Supplement with activities from PSHE Matters Being Safe and Drug Ed.</p> <p>First Aid to be covered in Forest School Unit 3 – People who help us. PSHE Matters – Being Safe.</p>	<p>Life to the Full Module 2- Created to love others Unit 3 – keeping safe</p> <p>Supplement with activities from PSHE Matters Being Me.</p> <p>Earth Day</p>	<p>Module 3 Created to live in community Unit 1: Religious Understanding Unit 2: Living in the wider world.</p> <p>Supplement with PSHE Matters Money Matters</p>		

			Children's mental health week. Safer Internet Day. Fairtrade fortnight			
<p>Year 5</p> <p>First Aid to be covered in Forest School Unit 3 – People who help us.</p> <p>PSHE Matters – Being Safe.</p> <p>Curriculum Theme Link – Conservation</p>	<p>PSHE Matters Being Healthy</p> <p>Life to the Full Module 1 Unit 3 – Life cycles</p> <p>(See RSHE Policy – puberty lessons covered in Y5 – Y4+ lessons from Y4 module 1)</p> <p>Mental health day</p>	<p>PSHE Matters Bullying Matters</p> <p>Anti-Bullying week</p>	<p>PSHE Matters Exploring Emotions</p> <p>Children's mental health week. Safer Internet Day.</p>	<p>PSHE Matters Relationships</p> <p>Fairtrade fortnight</p>	<p>PSHE Matters Being Responsible</p> <p>Earth Day</p>	<p>PSHE Matters Difference and Diversity</p>
<p>Year 6</p> <p>Curriculum Theme Link – Social Justice</p>	<p>DART (Formerly DARE)</p> <p>Supplement with PSHE Matters Drug Ed</p> <p>Mental health day Anti-Bullying week</p>	<p>DART (Formerly DARE)</p> <p>Life to the Full Module 1 – Created and loved by God Unit 1 – Me, my body and my health Unit 2- Emotional well being</p>	<p>Life to the Full Module 1 – Unit 3 – Life cycles Unit 4</p> <p>Supplement with activities from PSHE Matters Growing Up and Changes.</p>	<p>Life to the Full Module 2- Created to love others Unit 1 – religious understanding Unit 2 – personal relationships</p>	<p>Life to the Full Module 2- Created to love others Unit 3 – keeping safe</p> <p>First Aid to be covered in Forest School Unit 3 – Giving Assistance.</p>	<p>Life to the Full Module 3 Created to live in community Unit 1: Religious Understanding Unit 2: Living in the wider world.</p> <p>Supplement with activities from PSHE Matters</p>

		Anti-Bullying week	Children's mental health week. Safer Internet Day. Fairtrade fortnight		PSHE Matters – Being Safe Supplement with activities from <u>PSHE Matters</u> Being Safe Earth Day	Being Me and Money Matters.
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Life to the Full Programme Pathway for EYFS, Y2, Y4 and Y6.

'Y4 only' lessons to be covered in Year 5 Advent Term.

Week	Module and Unit	Session Title	Session Length (approx.)
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: Handmade With Love	5 x 15-minute sessions over 5 days
	EYFS, Module 1, Unit 2	Session 1: I Am Me	15 minutes
		Session 2: Heads, Shoulders, Knees and Toes	15 minutes
		Session 3: Ready Teddy?	15 minutes
Spring I	EYFS, Module 1, Unit 3	Session 1: I Like, You Like, We All Like!	15 minutes
		Session 2: Good Feelings, Bad Feelings	15 minutes
		Session 3: Let's Get Real	15 minutes
	EYFS, Module 1, Unit 4	Session 1: Growing Up	15 minutes
Spring II and Summer I	EYFS, Module 2, Unit 1	Session 1: Role Model	2 x 15-minute sessions
	EYFS, Module 2, Unit 2	Session 1: Who's Who?	15 minutes
		Session 2: You've Got a Friend in Me	15 minutes
		Session 3: Forever Friends	15 minutes
	EYFS, Module 2, Unit 3	Session 1: Safe Inside and Out	15 minutes
		Session 2: My Body, My Rules	15 minutes
		Session 3: Feeling Poorly	15 minutes
Session 4: People Who Help Us		15 minutes	
Summer II	EYFS, Module 3, Unit 1	Session 1: God is Love	15 minutes
		Session 2: Loving God, Loving Others	15 minutes
	EYFS, Module 3, Unit 2	Session 1: Me, You, Us	15 minutes

Term	Module and Unit	Session Title	Session Length (approx.)
Autumn II	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come	5 x 10-minute sessions over 5 days
	KS1, Module 1, Unit 2	Session 1: I am Unique	30 minutes
		Session 2: Girls and Boys	30-40 minutes
		Session 3 & 4: Clean & Healthy	40 minutes (2 sessions)
Spring I	KS1 Module 1, Unit 3	Session 1: Feelings, Likes and Dislikes	40 minutes
		Session 2: Feeling Inside Out	30 minutes
		Session 3: Super Susie Gets Angry	40 minutes
	KS1 Module 1 Unit 4	Session 1: The Cycle of Life	30 minutes
Spring II	KS1, Module 2, Unit 1	Session 1: God Loves You	40 minutes
	KS1, Module 2, Unit 2	Session 1: Special People	30 minutes
		Session 2: Treat Others Well...	35 minutes
		Session 3: ...And Say Sorry	30 minutes
Summer I	KS1, Module 2, Unit 3	Session 1: Being Safe	35 minutes
		Session 2: Good Secrets and Bad Secrets	35 minutes
		Session 3: Physical Contact	45 minutes (or 2 x 25 minutes)
		Session 4: Harmful Substances	30 minutes
		Session 5: Can You Help Me?	40 minutes (can be split into 2 sessions)
Summer II	KS1, Module 3, Unit 1	Session 1: Three in One	25 minutes
		Session 2: Who Is My Neighbour?	30 minutes
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In	35 minutes

Term	Module and Unit	Session Title	Session Length (approx.)
Autumn II	LKS2 Module 1, Unit 1	Session 1: Get Up!	5 x 15-minute sessions over 5 days
		Session 2: The Sacraments	45 minutes
	LKS2 Module 1, Unit 2	Session 1: We Don't Have To Be The Same	45 minutes
		Session 2: Respecting Our Bodies	45 minutes
		Session 3: What is Puberty? Year 4 only	45 minutes
		Session 4: Changing Bodies Year 4 only	45 minutes
Session 5: Boy/Girl Discussion Groups Year 4 only	45 minutes		
Spring I	LKS2 Module 1, Unit 3	Session 1: What Am I Feeling?	45 minutes
		Session 2: What Am I Looking At?	45 minutes
		Session 3: I Am Thankful!	45 minutes
	LKS2 Module 1, Unit 4	Session 1: Life Cycles	45 minutes
Spring II	LKS2 Module 2, Unit 1	Story Sessions: Jesus, My Friend	5 x 15-minute sessions over 5 days
	LKS2 Module 2, Unit 2	Session 1: Friends, Family and Others	45 minutes
		Session 2: When Things Feel Bad	45 minutes
Summer I	LKS2 Module 2, Unit 3	Session 1: Sharing Online	45 minutes
		Session 2: Chatting Online	45 minutes
		Session 3: Safe in My Body	45 minutes
		Session 4: Drugs, Alcohol and Tobacco	45 minutes
		Session 5: First Aid Heroes	45 minutes
Summer II	LKS2 Module 3, Unit 1	Session 1: A Community of Love	30 minutes
		Session 2: What is the Church?	45 minutes
	LKS2 Module 3, Unit 2	Session 1: How Do I Love Others?	50 minutes

Programme Pathways
1-year cycle over 3 terms

YEAR 5 & 6

Ten:Ten
Resources



Week	Module and Unit	Session Title	Session Length (approx.)
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm	5 x 15-minute sessions over 5 days
	UKS2 Module 1, Unit 2	Session 1: Gifts and Talents	45-60 minutes
		Session 2: Girls' Bodies	45-60 minutes
		Session 3: Boys' Bodies	45-60 minutes
		Session 4: Spots and Sleep	45-60 minutes
Spring I	UKS2 Module 1, Unit 3	Session 1: Body Image	45-60 minutes
		Session 2: Funny Feelings	45-60 minutes
		Session 3: Emotional Changes	45-60 minutes
		Session 4: Seeing Stuff Online	45-60 minutes
	UKS2 Module 1, Unit 4	Session 1: Making Babies (Part 1)	45-60 minutes
		Session 2: Making Babies (Part 2) <small>May be omitted.</small>	45-60 minutes
		Session 3: Menstruation	45-60 minutes
Spring II	UKS2 Module 2, Unit 1	Session 1: Is God Calling You?	45-60 minutes
	UKS2 Module 2, Unit 2	Session 1: Under Pressure	45-60 minutes
		Session 2: Do You Want a Piece of Cake?	45-60 minutes
		Session 3: Self-Talk	45-60 minutes
Summer I	UKS2 Module 2, Unit 3	Session 1: Sharing Isn't Always Caring	45-60 minutes
		Session 2: Cyberbullying	45-60 minutes
		Session 3: Types of Abuse	45-60 minutes
		Session 4: Impacted Lifestyles	45-60 minutes
		Session 5: Making Good Choices	45-60 minutes
		Session 6: Giving Assistance	45-60 minutes
Summer II	UKS2 Module 3, Unit 1	Session 1: The Trinity	45-60 minutes
		Session 2: Catholic Social Teaching	45-60 minutes
	UKS2 Module 3, Unit 2	Session 1: Reaching Out	45-60 minutes