

PSHE/RSE Long Term Planning

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

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

Year 3	PSHE Matters	PSHE Matters	PSHE Matters	PSHE Matters	PSHE Matters	PSHE Matters
rear 5	Being Healthy	Bullying Matters	Exploring	Relationships	Being Responsible	Difference and
First Aid to be			Emotions			Diversity
covered in Forest	Mental health day	Anti-Bullying		<mark>Fairtrade</mark>	Earth Day	
School. Life to the		<mark>week</mark>	Children's mental	<mark>fortnight</mark>		
Full - Unit 3 –			<mark>health week.</mark>			
People who help			Safer Internet			
us.			Day.			
PSHE Matters –						
Being Safe.						
Curriculum						
Theme link –						
Cultural						
Similarities and						
Differences						
	Life to the Full		Life to the Full		Life to the Full	Module 3
Year 4	Module 1 – Created	d and loved by God	Module 1 – Created and loved by God Unit 3 – Life cycles		Module 2-	Created to live in
	Unit 1 – Me, my bo	•			Created to love	community
Curriculum	Unit 2- Emotional w		(See RSHE Policy –some of the puberty			Unit 1: Religious
Theme link –			lessons from this unit will be covered		Unit 3 – keeping	Understanding
Movement of				ne lessons that state	safe	Unit 2: Living in
People	Supplement with a	ctivities from PSHE	y4+ on planning.)			the wider world.
	Matters Growing U					
			Module 2- Created	I to love others	Supplement with	
	Mental health day		Unit 1 – religious u	inderstanding	activities from	Supplement with
	Anti-Bullying week		Unit 2 – personal r	elationships	PSHE Matters	PSHE Matters
					Being Me.	Money Matters
			Supplement with a	ctivities from PSHE		
			Matters Being Safe	e and Drug Ed.	Earth Day	
			First Aid to be cove	ered in Forest		
			School Unit 3 – Ped	ople who help us.		
			PSHE Matters – Be	ing Safe.		

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

			PSHE Matters –	Being Me and
		Children's mental	Being Safe	Money Matters.
		health week.		
Anti-B	<mark>ullying</mark>	Safer Internet		
<mark>week</mark>		Day.	Supplement with	
		<mark>Fairtrade</mark>	activities from	
		<mark>fortnight</mark>	PSHE Matters	
			Being Safe	
			Earth Day	

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.)
	EYFS, Module 1, Unit 1	Story Sessions: Handmade With Love	5 x 15-minute sessions over 5 days
Autumn		Session 1: I Am Me	15 minutes
II .	EYFS, Module 1, Unit 2	Session 2: <u>Heads, Shoulders, Knees and Toes</u>	15 minutes
		Session 3: Ready Teddy?	15 minutes
		Session 1: I Like, You Like, We All Like!	15 minutes
Spring I	EYFS, Module 1, Unit 3	Session 2: Good Feelings, Bad Feelings	15 minutes
Spring i		Session 3: Let's Get Real	15 minutes
	EYFS, Module 1, Unit 4	Session 1: Growing Up	15 minutes
	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
Spring II		Session 2: You've Got a Friend in Me	15 minutes
and		Session 3: Forever Friends	15 minutes
Summer	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
	EVEC Madula 2 Heit 4	Session 1: God is Love	15 minutes
Summer	EYFS, Module 3, Unit 1	Session 2: Loving God, Loving Others	15 minutes
"	EYFS, Module 3, Unit 2	Session 1: Me, You, Us	15 minutes

Programme Pathway #3 1-year cycle over 3 terms

YEAR 1 & 2



Term	Module and Unit	Session Title	Session Length (approx.)
	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come	5 x 10-minute sessions over 5 days
Autumn		Session 1: Lam Unique	30 minutes
ll ll	KS1, Module 1, Unit 2	Session 2: Girls and Boys	30-40 minutes
		Session 3 & 4: Clean & Healthy	40 minutes (2 sessions)
		Session 1: Feelings, Likes and Dislikes	40 minutes
Coring I	KS1 Module 1, Unit 3	Session 2: Feeling Inside Out	30 minutes
Spring I		Session 3: Super Susie Gets Angry	40 minutes
	KS1 Module 1 Unit 4	Session 1: The Cycle of Life	30 minutes
	KS1, Module 2, Unit 1	Session 1: God Loves You	40 minutes
Coring II	KS1, Module 2, Unit 2	Session 1: Special People	30 minutes
Spring II		Session 2: Treat Others Well	35 minutes
		Session 3:And Say Sorry	30 minutes
		Session 1: Being Safe	35 minutes
		Session 2: Good Secrets and Bad Secrets	35 minutes
Summer	KS1, Module 2, Unit 3	Session 3: Physical Contact	45 minutes (or 2 x 25 minutes)
l '		Session 4: Harmful Substances	30 minutes
		Session 5: Can You Help Me?	40 minutes (can be split into 2 sessions)
	I/C4 Madula 2 Unit 4	Session 1: Three in One	25 minutes
Summer	KS1, Module 3, Unit 1	Session 2: Who Is My Neighbour?	30 minutes
"	KS1, Module 3, Unit 2	Session 1: The Communities We Live In	35 minutes

Programme Pathways 1-year cycle over 3 terms

YEAR 3 & 4



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



Week	Module and Unit	Session Title	Session Length (approx.)
	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm	5 x 15-minute sessions over 5 days
		Session 1: Gifts and Talents	45-60 minutes
Autumn II	UKS2 Module 1, Unit 2	Session 2: Girls' Bodies	45-60 minutes
	OK32 Wodule 1, Offit 2	Session 3: Boys' Bodies	45-60 minutes
		Session 4: Spots and Sleep	45-60 minutes
		Session 1: Body Image	45-60 minutes
	UKS2 Module 1, Unit 3	Session 2: Funny Feelings	45-60 minutes
	OK32 Wodule 1, Offic 3	Session 3: Emotional Changes	45-60 minutes
Spring I		Session 4: Seeing Stuff Online	45-60 minutes
		Session 1: Making Babies (Part 1)	45-60 minutes
	UKS2 Module 1, Unit 4	Session 2: Making Babies (Part 2) May be omitted.	45-60 minutes
		Session 3: Menstruation	45-60 minutes
	UKS2 Module 2, Unit 1	Session 1: Is God Calling You?	45-60 minutes
Coring II		Session 1: <u>Under Pressure</u>	45-60 minutes
Spring II	UKS2 Module 2, Unit 2	Session 2: Do You Want a Piece of Cake?	45-60 minutes
		Session 3: Self-Talk	45-60 minutes
		Session 1: Sharing Isn't Always Caring	45-60 minutes
Summer I	UKS2 Module 2, Unit 3	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
Summer II	UNSZ WODUJE S, UNIT 1	Session 2: Catholic Social Teaching	45-60 minutes
	UKS2 Module 3, Unit 2	Session 1: Reaching Out	45-60 minutes