

Yearly Planner – EYFS

Pre-school & Reception

Term	Module and Unit	Session Title	Session Length
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

Yearly Planner – Key Stage One

Session	Week	Year 1	Year 2
Key Stage 1, Module 1 Unit 1 KS1.1.1 Let the Children Come Unit 2 KS1.1.2.1 I Am Unique (Me) KS1.1.2.2 Girls and Boys (My Body) KS1.1.2.3 Clean and Healthy (My Health) – 2 sessions Unit 3 KS1.1.3.1 Feelings, Likes and Dislikes KS1.1.3.2 Feeling Inside Out KS1.1.3.3 Super Susie Gets Angry Unit 4 KS1.1.4.1 The Cycle of Life			EMUS Lesson 1 Rules Lesson 2 Assessing the situation Lesson 3 Home Alone and Safety in the home Lesson 4 Road, Railway and Water Safety Lesson 5 Medicines and Drugs Lesson 6 Playing safely - outside/on the park, etc. Lesson 7 Lost & Forgotten Lesson 8 Bullying & Avoiding Violent situations Lesson 9 Internet Safety Lesson 10 No One Should Touch You
	Week 1	PSHE Introductory session: Setting rules for PSHE/RSE	PSHE Introductory session: Setting rules for PSHE/RSE Story sessions in class – let the children come
	Week 2	Health and Wellbeing Lesson 1: Understanding my emotions	Health and Wellbeing Module 1, Unit 2, sessions 1 and 2 – I am unique and girls and boys.
	Week 3	Lesson 2: What am I like?	Lesson 1: Experiencing different emotions.
	Week 4	Lesson 3: Ready for bed	Lesson 2: Being active
	Week 5	Lesson 4: Relaxation	Lesson 3: Relaxation, breathing exercises.
Key Stage 1, Module 2 Unit 1 KS1.2.1.1 God Loves You Unit 2 KS1.2.2.1 Special People KS1.2.2.2 Treat Others Well... KS1.2.2.3 ...And Say Sorry	Week 6	Lesson 5: Hand washing and personal hygiene	Lesson 4: Steps to success

Yearly Planner – Key Stage One

<p>Unit 3</p> <p>KS1.2.3.1 Being Safe</p> <p>KS1.2.3.2 Good Secrets and Bad Secrets</p> <p>KS1.2.3.3 Physical Contact</p> <p>KS1.2.3.4 Harmful Substances</p> <p>KS1.2.3.3 Can You Help Me?</p> <p>Key Stage 1, Module 3</p> <p>Unit 1</p> <p>KS1.3.1.1 Three in One</p> <p>KS1.3.1.2 Who Is My Neighbour?</p> <p>Unit 2</p> <p>KS1.3.2.1 The Communities We Live In</p>	Week 7	Lesson 6: Sun safety	Lesson 5: Developing a growth mindset
	Week 8	Lesson 7: Allergies	Lesson 6: Healthy diet
	Week 9	Lesson 8: People who help keep us healthy	Lesson 7: Looking after our teeth
	Week 10	Family and relationships Module 2, unit 1, session 1 –God loves you	Module 1, Unit 2, Sessions 3 and 4 – clean and healthy
	Week 11	Lesson 1: What is family?	Family and relationships Lesson 1: Families offer stability and love
	Week 12	Module 2, Unit 2, Session 1 – Special people	Lesson 2: Families are all different
	Week 13	Lesson 2: What are friendships?	Module 1, Unit 3 Session 1 – Feelings, likes and dislikes
	Week 14	Module 2, Unit 2, Sessions 2 and 3 Treat others well and say sorry	Module 1, Unit 3 Sessions 2 and 3 – Feeling inside out and Super Susie gets angry
	Week 15	Lesson 3: Recognising other people's emotions.	Lesson 3: Other peoples' feelings
	Week 16	Lesson 4: Working with others	Lesson 4: Unhappy friendships
	Week 17	Lesson 5: Friendship problems	Lesson 5: Introduction to manners and courtesy
	Week 18:	Lesson 6: Healthy friendships	Lesson 6: Change and loss Unit

Yearly Planner – Key Stage One

		Module 1, Unit 4 Session 2 – A time for everything (Available from Jan 23)
Week 19	Lesson 7: Gender stereotypes	Lesson 7: Gender stereotypes: Careers and jobs.
Week 20	Safety and the changing body Module 2, Unit 3, Session 1 – Being safe	Safety and the changing body Lesson 1: Introduction to the Internet
Week 21	Lesson 1: Adults in school	Lesson 2: Communicating online
Week 22	Lesson 2: Adults outside school	Lesson 3: Secrets and surprises
Week 23	Lesson 3: Getting lost	Module 1, Unit 4, Session 1, The cycle of life
Forest School	Lesson 4: Making an emergency phone call Module 2, Unit 3, Sessions 5 and 6 – Can you help me?	Lesson 4: Appropriate contact: My private parts Lesson 5: My private parts are private
Week 24	Module 2, Unit 3, Session 2 – Good and bad secrets	Lesson 6: Road Safety Lesson 7: Crossing roads safely
Week 26	Lesson 5: Appropriate contact Module 2, Unit 3, Session 3 – Physical Contact	Lesson 8: Staying safe with medicine
Week 27	Lesson 6: Safety with substances Module 2, Unit 3, Session 4 – Harmful substances	Citizenship Lesson 1: Rules beyond school
Week 28	Lesson 7: Safety at home	Lesson 2: Our school environment

Yearly Planner – Key Stage One

	Week 29	Lesson 8: People who help keep us safe.	Lesson 3: Our local environment
	Week 30	Citizenship Module 3 unit 1 sessions 1 and 2 – Three in one and who is my neighbour?	Lesson 4: Job roles in our local community
	Week 31	Module 3, unit 2, Session 1 – The communities we live in	Lesson 5: Similar yet different – my local community
	Week 32	Lesson 1: Rules	Lesson 6: School Council
	Week 33	Lesson 2: Caring for others: animals	Lesson 7: Giving my opinion
	Week 34	Lesson 3: The needs of others	Economic wellbeing Lesson 1: Where money comes from
	Week 35	Lesson 4 and 5: Similar, yet different and belonging	Lesson 2 and 3: Needs and wants/ wants and needs
	Week 36	Lesson 6: Democratic decisions	Lesson 4: Looking after money
	Week 37	Economic Wellbeing: Lesson 1 and 2 introduction to money and looking after money	Lesson 5: Jobs
	Week 38	Lesson 3 and 4: Banks and building societies and saving and spending	Transition lesson: change
	Week 39	Transition lesson	

Yearly Planner – Lower Key Stage Two

Session	Week	Year 3	Year 4
	1	Setting ground rules for PSHE/ RSE	Setting ground rules for PSHE/ RSE
Lower Key Stage 2, Module 1 Unit 1 LKS2.1.1 Get Up LKS2.1.1.1 The Sacraments Unit 2 LKS2.1.2.1 We Don't Have To Be The Same LKS2.1.2.2 Respecting Our Bodies LKS2.1.2.3 What is Puberty? Year 5 LKS2.1.2.4 Changing Bodies Year 5 LKS2.1.2.5 Boy/Girl Discussion Groups Year 5 Unit 3 LKS2.1.3.1 What Am I Feeling? LKS2.1.3.2 What Am I Looking At? LKS2.1.3.3 I Am Thankful! Unit 4 LKS2.1.4.1 Life Cycles	2	Health and well being Lesson 1: My healthy diary	Health and wellbeing Story sessions in class time – Get up! Module 1, Unit 2, Session 1 – We don't have to be the same
	3	Lesson 2: Relaxation	Module 1, Unit 2, Session 2 – Respecting our bodies
	4	Lesson 3: Wonderful me	Lesson 1: Looking after our teeth
	5	Lesson 4: My superpowers	Lesson 2: Relaxation:Visulaisation
	6	Lesson 5: Resilience breaking down barriers	Lesson 3: Celebrating mistakes
	7	Lesson 6: Diet and dental health	Lesson 4: Meaning and purpose: My role
	8	Family and relationships Story sessions in class time – Get up! Module 1, Unit 1, session 2 The Sacraments	Lesson 5: My happiness
	9	Lesson 1: Healthy families	Lesson 6: Emotions
	10	Story session in class time – Jesus, my friend Module 2, Unit 2, Session 1 – Friends family and others	
Lower Key Stage 2, Module 2 Unit 1 LKS2.2.1 Jesus My Friend Unit 2 LKS2.2.2.1 Family, Friends and Others			

Yearly Planner – Lower Key Stage Two

LKS2.2.2.2 When Things Feel Bad Unit 3 LKS2.2.3.1 Sharing Online LKS2.2.3.2 Chatting Online LKS2.2.3.3 Physical Contact LKS2.2.3.4 Drugs, Alcohol and Tobacco LKS2.2.3.5 First Aid Heroes Lower Key Stage 2, Module 3 Unit1 LKS2.3.1.1 A Community of Love LKS2.3.1.2 What is the Church? Unit 2 LKS2.3.2.1 How Do I Love Others?	11	Lesson 2: Friendship conflict	Lesson 7: Mental Health
	12	Lesson 3: Friendship conflict versus bullying Module 2, Unit 2, Session 2 – When things feel bad	Module 1, Unit 3, Session 1 – What am I feeling?
	13	Lesson 4: Effective communication	Module 1, Unit 3, Session 2 – What am I looking at?
	14	Lesson 5: Learning who to trust	Module 1, Unit 3, Session 3 – I am thankful
	15	Lesson 6: Respecting differences in others	Family and relationships Lesson 1: Respect and manners
	16	Lesson 7: Stereotyping gender	Lesson 2: Healthy friendships
	17	Lesson 8: Stereotyping age	Lesson 3: How my behaviour affects others
	Forest School	Safety and the changing body Lesson 1: First Aid: Emergencies and Calling for help Lesson 2: First Aid: Bites and stings Module 2, Unit 3, Session 5 – First Aid Heroes	Lesson 3: First Aid Asthma
	18	Lesson 3: Be kind online Module 2, Unit 3, Session 1 - Sharing online	Lesson 4: Bullying
	19	Lesson 4: Cyberbullying	Lesson 5: Stereotypes Gender

Yearly Planner – Lower Key Stage Two

		Module 2, Unit 3, Session 2 – Chatting online	
	20	Lesson 5: Fake emails	Lesson 6: Stereotypes: Disability
	21	Lesson 6: Making choices	Lesson 7: Families in the wider world
	22	Lesson 7: Influences	Lesson 8: change and loss
	23	Module 2, Unit 3, Session 3 – Safe in my body	Safety and the changing body Lesson 1: Internet Safety: Age restrictions
	24	Module 2, Unit 3, Session 4 – Drugs, Alcohol and Tobacco	Lesson 2: Share Aware
	25	Lesson 8: Keeping safe out and about	Lesson 4: Privacy and Secrecy
	26	Citizenship Lesson 1: Rights of the child	Lesson 5: Consuming information online
	27	Lesson 2: Rights and responsibilities	Lesson 6: Growing Up
	28	Lesson 3: Recycling	Lesson 8: Tobacco
	29	Lesson 4: Local community groups	Citizenship Module 3, Unit 1, Session 1 and 2 – A community of love What is the church?
	30	Lesson 5: charity	Module 3, Unit 2, Session 1 – How do I love others?
	31	Lesson 6: Local democracy	Lesson 1: What are human rights?

Yearly Planner – Lower Key Stage Two

	32	Lesson 7: rules	Lesson 2: Caring for the environment
	33	Economic wellbeing Lesson 1: ways of paying	Lesson 3: Community and Lesson 4: contributing
	34	Lesson 2: Budgeting	Lesson 5: Diverse communities
	35	Lesson 3: How spending affects others Lesson 4: How spending affects others	Lesson 6: Local councillors
	36	Lesson 5: Jobs and careers	Economic wellbeing Lesson 1: Spending choices
	37	Lesson 6: Gender and careers	Lesson 2 and 3: Keeping track of money and looking after money
	38	Transition lesson: Coping strategies	Lesson 4 and 5: Influences on career choice and changing job
	39		Transition: Setting goals

Yearly Planner – Upper Key Stage Two

Session	Week	Year 5	Year 6
			DAaRT Lesson 1: Introduction to Life skills and facts about alcohol Lesson 2: Dealing with stressful situations Lesson 3: Peer pressure and facts about alcohol and cannabis Lesson 4: Balancing risks and consequences Lesson 5: Just different – characteristics of bullying and hate crime/ incidents. Protected characteristics Lesson 6: The importance of effective communication Lesson 7: Knife crime and resistance strategies Lesson 8: Non-verbal communication and effective listening techniques Lesson 9: Becoming a good citizen and facts about solvents and psychoactive substances Lesson 10: DAaRT report and my support network
Upper Key Stage 2, Module 1 - Unit 1 UKS2.1.1 Calming the Storm Unit 2 UKS2.1.2.1 Gifts and Talents UKS2.1.2.2 Girls' Bodies UKS2.1.2.3 Boys' Bodies UKS2.1.2.4 Spots and Sleep Unit 3 UKS2.1.3.1 Body Image UKS2.1.3.2 Funny Feelings	1	Introduction: Setting ground rules for PSHE/RSE	Introduction: Setting rules and signposting
	2	Health and Wellbeing Lesson 1: Relaxation: Yoga	DAaRT
	3	Lesson 2: The importance of rest	DAaRT
	4	Lesson 3: Embracing failure	DAaRT
	5	Lesson 4: Going for goals	DAaRT
	6	Lesson 5: Taking responsibility for my feelings	DAaRT
	7	Lesson 6: Healthy meals	DAaRT
	8	Lesson 7: Sun safety	DAaRT
	9	Family and relationships	DAaRT

Yearly Planner – Upper Key Stage Two

<p>UKS2.1.3.3 Emotional Changes UKS2.1.3.4 Seeing Stuff Online</p> <p>Unit 4</p> <p>UKS2.1.4.1 Making Babies (Part 1) UKS2.1.4.2 Making Babies (Part 2) May be omitted UKS2.1.4.3 Menstruation</p> <p>Upper Key Stage 2, Module 2 - Unit 1 UKS2.2.1.1 Is God Calling You?</p> <p>Unit 2</p> <p>UKS2.2.2.1 Under Pressure UKS2.2.2.2 Do You Want a Piece of Cake? UKS2.2.2.3 Self-Talk</p> <p>Unit 3</p> <p>UKS2.2.3.1 Sharing Isn't Always Caring UKS2.2.3.2 Cyberbullying UKS2.2.3.3 Types of Abuse UKS2.2.3.4 Impacted Lifestyles UKS2.2.3.5 Making Good Choices UKS2.2.3.6 Giving Assistance</p> <p>Upper Key Stage 2, Module 3 - Unit 1 UKS2.3.1.1 Trinity House</p>		Story time in class – calming the storm Module 2, Unit 2, Session 1 – Under pressure	
	10	Module 2, Unit 2, Session 2 – Do you want a piece of cake?	DAaRT
	11	Module 2, Unit 2, Session 3 – Self-Talk	Family and relationships Lesson 1 and 2 Respect and respectful relationships
	12	Lesson 1 and 2: Build a friend and friendship skills	Lesson 3 and 4: Stereotypes: Attitudes and challenging stereotypes
	13	Lesson 3: Marriage	Lesson 5: Resolving Conflict – covered in DAaRT Lesson 6: Change and loss
	14	Lesson 4: Respecting myself	Health and Wellbeing Lesson 1: What can I be?
	15	Lesson 5: Family life	Lesson 2: Relaxation: Mindfulness
	16	Lesson 6: Bullying	Lesson 3 and 4: Taking responsibility for my health and the impact of technology on health
	17	Lesson 7 and 8: Stereotypes: gender and race and religion	Lesson 5: Resilience toolbox
	18	Safety and the changing body	Lesson 6: Immunisation

Yearly Planner – Upper Key Stage Two

UKS2.3.1.2 Catholic Social Teaching Unit 2 UKS2.3.2.1 Reaching Out		Lesson 1: Online friendships	
	19	Module 2, Unit 3, Session 1 – Sharing isn't always caring	Lesson 7 and 8: Good and bad habits and physical health concerns
	20	Lesson 2: Staying safe online	Safety and the changing body Lesson 1: Alcohol (Retrieval – covered in DAaRT) Lesson 2: critical digital consumers
	21	Module 2, Unit 3, Session 2 - Cyberbullying	Lesson 3: Social Media Module 1, Unit 3, Session 4 – Seeing stuff online – inform parents about the content of the lesson.
	22	Module 2, Unit 3, Session 3 – Types of abuse	Module 1, Unit 2, Session 1 Gifts and Talents
	23	Module 2, Unit 3, Session 4 Impacted Lifestyles	Lesson 4: physical and emotional changes of puberty Module 1, Unit 2, Session 2 Girls' Bodies Module 1, Unit 4, Session 3 - Menstruation
	24	Module 2, Unit 3, Session 5 – Making good choices	Lesson 4: physical and emotional changes of puberty Module 1, Unit 2, Session 3 Boys' bodies

Yearly Planner – Upper Key Stage Two

	25	Y4 Lesson 7: Introducing Puberty Lesson 3: Puberty Y4 Module 1, Unit 2, Session 3 – What is puberty	Module 1, Unit 2, Session 4 – Spots and sleep
	26	Lesson 4 and 5: menstruation and emotional changes in puberty Y4 Module 1, Unit 2, Session 4 – Changing bodies	Module 1, Unit 4, Session 1 – Making babies – part 1 – ALL pupils
	Forest School	Lesson 6: First Aid: Bleeding Module 2, Unit 3 Session 6 – Giving Assistance	Lesson 7: First Aid: Choking Lesson 8: First Aid: Basic life support
	27	Lesson 7: Alcohol, drugs and tobacco: making decisions	Module 1, Unit 4, session 2 – making babies – part 2 – may be omitted or set as homework task with parents Lesson 5 and 6: conception and pregnancy and birth – can be omitted / parents have the right to withdraw
	28	Citizenship Module 3, Unit 1, Session 1 – The Trinity	Citizenship Lesson 1: Human Rights
	29	Module 3, Unit 1, Session 2 – Catholic Social Teaching	Lesson 2: Food choices and the environment

Yearly Planner – Upper Key Stage Two

	30	Module 3, Unit 2, Session 1 – Reaching out	Lesson 3: Caring for others
	31	Lesson 1: Breaking the law	Lesson 4 and 5: Prejudice and Discrimination/ Valuing diversity Covered in DAaRT
	32	Lesson 2: Rights and responsibilities	Lesson 6: National democracy
	33	Lesson 3: Protecting the planet	Economic Wellbeing Lesson 1 and 2: Attitudes to money and keeping money safe
	34	Lesson 4: contributing to the community	Lesson 3: Gambling
	35	Lesson 5: pressure groups	Lesson 4 and 5: What jobs are available and career routes
	36	Lesson 6: Parliament	Identity Lesson 1: What is identity
	37	Economic wellbeing Lesson 1: Borrowing	Lesson 2: Identity and body image Module 1, unit 3 session 2 body image
	38	Lesson 2: Expenditure	Module 1, unit 3, session 2 and 3 – peculiar feelings and emotional changes
	39	Lesson 3 and 4: Risks with money and prioritising spending	Transition: Dealing with change

Yearly Planner – Upper Key Stage Two

		Lesson 5: Stereotypes in the workplace	
		Transition: Roles and responsibilities	