



**PSHE/RSE
Curriculum Overview**



		Personal, Social and Emotional Development (Making Relationships)	Personal, Social and Emotional Development (Self-Confidence and Self-Awareness)	Personal, Social and Emotional Development (Managing Feelings and Behaviour)	Physical Development (Health and Self-Care)	Understanding the World (People and Communities)	Understanding the World (The World)
The following skills are prerequisite for EYFS pupils.		<ul style="list-style-type: none"> Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. 	<ul style="list-style-type: none"> Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help 	<ul style="list-style-type: none"> Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride. 	<ul style="list-style-type: none"> Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. 	<ul style="list-style-type: none"> Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions. 	<ul style="list-style-type: none"> Children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur, and talk about changes
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Life to the Full	
EYFS	Jigsaw	<ul style="list-style-type: none"> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities 	<ul style="list-style-type: none"> Identifying Talents Being special Families Where we live Making friends Standing up for yourself 	<ul style="list-style-type: none"> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals 	<ul style="list-style-type: none"> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety 	<ul style="list-style-type: none"> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend 	

Nursery	Life to the Full	EYFS Module 1 Unit 1				EYFS Module 2 Unit 1	EYFS Module 2 Unit 4
		<ul style="list-style-type: none"> Story sessions: Handmade with love 				<ul style="list-style-type: none"> Session 1 Role Model EYFS Module 2 Unit 2 <ul style="list-style-type: none"> Session 1: Who's who? Session 2: You've got a friend in me Session 3: Forever friends EYFS Module 2 Unit 3 <ul style="list-style-type: none"> Session 1: What is the internet Session 2: Playing online 	<ul style="list-style-type: none"> Session 1: Safe inside and out Session 2: My body, my rules Session 3: Feeling poorly Session 4: People who help us EYFS Module 3 Unit 1 <ul style="list-style-type: none"> Session 1: God is love Session 2: Loving God, loving others EYFS Module 3 Unit 2 <ul style="list-style-type: none"> Session 1: Me, you, us
Reception	Life to the Full	EYFS Module 1 Unit 1				EYFS Module 1 Unit 2	EYFS Module 1 Unit 4
		<ul style="list-style-type: none"> Story sessions: Handmade with love 				<ul style="list-style-type: none"> Session 1: I am me Session 2: Heads, shoulders, knees and toes Ready Teddy EYFS Module 1 Unit 3 <ul style="list-style-type: none"> Session 1: I like, you like, we all like! Session 2: All the feelings Session 3: Let's get real 	<ul style="list-style-type: none"> Session 1: Growing up EYFS Module 3 Unit 1 <ul style="list-style-type: none"> Session 1: God is love Session 2: Loving God, loving others EYFS Module 3 Unit 2 <ul style="list-style-type: none"> Session 1: Me, you, us
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Life to the Full	
Year 1	Jigsaw	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships 	

	Life to the Full	<p>KS1 Module 1 Unit 1:</p> <ul style="list-style-type: none"> • Story Sessions: Let the Children Come 				<p>KS1 Module 2 Unit 1</p> <ul style="list-style-type: none"> • Session 1: God loves you <p>KS1 Module 2 Unit 2</p> <ul style="list-style-type: none"> • Session 1: Special people • Session 2: Treat others well... • Session 3: ...and say sorry <p>KS1 Module 2 Unit 3</p> <ul style="list-style-type: none"> • Session 1: Real Life Online • Session 2: Rules to help us 	<p>KS1 Module 2 Unit 4</p> <ul style="list-style-type: none"> • Session 1: Good and bad secrets • Session 2: Physical contact • Session 3: Harmful substances • Session 4: Can you help me? (Part 1) • Session 5: Can you help me? (Part 2) <p>KS1 Module 3 Unit 1:</p> <ul style="list-style-type: none"> • Session 1: Three in One • Session 2: Who is my neighbour? <p>KS1 Module 3 Unit 2:</p> <ul style="list-style-type: none"> • Session 1: The communities we live in
	Science					<ul style="list-style-type: none"> • Animals including Humans 	<ul style="list-style-type: none"> • Animals including Humans
Year 2	Jigsaw	<ul style="list-style-type: none"> • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings 	<ul style="list-style-type: none"> • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Gender diversity • Celebrating difference and remaining friends 	<ul style="list-style-type: none"> • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group co-operation • Contributing to and sharing success 	<ul style="list-style-type: none"> • Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks and sharing food 	<ul style="list-style-type: none"> • Different types of family • Physical contact boundaries • Friendship and conflict • Secrets • Trust and appreciation • Expressing appreciation for special relationships 	
	Life to the Full	<p>KS1 Module 1 Unit 1:</p> <ul style="list-style-type: none"> • Story Sessions: Let the Children Come 				<p>KS1 Module 1 Unit 2:</p> <ul style="list-style-type: none"> • Session 1: I am unique • Session 2: Girls and Boys • Session 3 Clean and Healthy <p>KS1 Module 1 Unit 3:</p> <ul style="list-style-type: none"> • Session 1: Feelings, likes and dislikes • Session 2: Feeling inside out • Session 3: Super Susie gets angry 	<p>KS1 Module 1 Unit 4:</p> <ul style="list-style-type: none"> • Session 1: The cycle of Life • Session 2: Beginnings and endings <p>KS1 Module 3 Unit 1:</p> <ul style="list-style-type: none"> • Session 1: Three in One • Session 2: Who is my neighbour? <p>KS1 Module 3 Unit 2:</p> <ul style="list-style-type: none"> • Session 1: The communities we live in
	Science		<ul style="list-style-type: none"> • Animals including Humans 				<ul style="list-style-type: none"> • Living things and their habitat

Year 3	Jigsaw	<ul style="list-style-type: none"> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives 	<ul style="list-style-type: none"> Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments 	<ul style="list-style-type: none"> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting 	<ul style="list-style-type: none"> Exercise challenges Fitness Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices 	<ul style="list-style-type: none"> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends 	
	Life to the Full	<p>LKS2 Module 1 Unit 1</p> <ul style="list-style-type: none"> Story sessions: Get up! 				<p>LKS2 Module 2 Unit 1</p> <ul style="list-style-type: none"> Story sessions: Jesus is my friend <p>LKS2 Module 2 Unit 2</p> <ul style="list-style-type: none"> Session 1: Family, friends and others... Session 2: When things feel bad <p>LKS2 Module 2 Unit 3</p> <ul style="list-style-type: none"> Session 1: Sharing online Session 2: Chatting online 	<p>LKS2 Module 2 Unit 4</p> <ul style="list-style-type: none"> Session 1: Safe in my body Session 2: Drugs Alcohol and Tobacco Session 3: First aid heroes <p>LKS2 Module 3 Unit 1</p> <ul style="list-style-type: none"> Session 1: A community of love Session 2: What is the church? <p>LKS2 Module 3 Unit 2</p> <ul style="list-style-type: none"> Session 1: How do I love others?
	Science						
Year 4	Jigsaw	<ul style="list-style-type: none"> Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour 	<ul style="list-style-type: none"> Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions 	<ul style="list-style-type: none"> Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes 	<ul style="list-style-type: none"> Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength 	<ul style="list-style-type: none"> Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals 	
	Life to the Full	<p>LKS2 Module 1 Unit 1</p> <ul style="list-style-type: none"> Story sessions: Get up! 				<p>LKS2 Module 1 Unit 2</p> <ul style="list-style-type: none"> Session 2: The Sacraments <p>LKS2 Module 1 Unit 2</p> <ul style="list-style-type: none"> Session 1: We don't have to be the same 	<p>LKS2 Module 1 Unit 3</p> <ul style="list-style-type: none"> Session 1: What am I feeling? Session 2: What am I looking at?

						<ul style="list-style-type: none"> • Session 2: Respecting our bodies • Session 3: What is puberty? • Session 4: Changing Bodies • Session 5: Male/Female discussion groups (Optional) 	<ul style="list-style-type: none"> • Session 3: I am thankful <p>LKS2 Module 1 Unit 4</p> <ul style="list-style-type: none"> • Session 1: Life Cycles • Session 2: A time for everything <p>LKS2 Module 3 Unit 1</p> <ul style="list-style-type: none"> • Session 1: A community of love • Session 2: What is the church? <p>LKS2 Module 3 Unit 2</p> <ul style="list-style-type: none"> • Session 1: How do I love others
	Science	<ul style="list-style-type: none"> • Living things and their habitat 	<ul style="list-style-type: none"> • Animals including humans 				
Year 5	Jigsaw	<ul style="list-style-type: none"> • Planning the forthcoming year • Being a citizen • Rights and responsibilities • Rewards and consequences • How behaviour affects groups • Democracy, having a voice, participating 	<ul style="list-style-type: none"> • Cultural differences and how they can cause conflict • Racism • Rumours and name-calling • Types of bullying • Material wealth and happiness • Enjoying and respecting other cultures 	<ul style="list-style-type: none"> • Future dreams • The importance of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Supporting others (charity) • Motivation 	<ul style="list-style-type: none"> • Smoking, including vaping • Alcohol • Alcohol and anti-social behaviour • Emergency aid • Body image • Relationships with food • Healthy choices • Motivation and behaviour 	<ul style="list-style-type: none"> • Self-recognition and self-worth • Building self-esteem • Safer online communities • Rights and responsibilities online • Online gaming and gambling • Reducing screen time • Dangers of online grooming • SMARRT internet safety rules 	
	Life to the Full	<p>UKS2 Module 1 Unit 1</p> <ul style="list-style-type: none"> • Story sessions: Calming the storm 				<p>UKS2 Module 2 Unit 1</p> <ul style="list-style-type: none"> • Session 1: God is calling you <p>UKS2 Module 2 Unit 2</p> <ul style="list-style-type: none"> • Session 1: Under pressure • Session 2: Do you want a piece of cake • Session 3: Self-talk <p>UKS2 Module 2 Unit 3</p> <ul style="list-style-type: none"> • Session 1: Sharing isn't always caring • Session 2: Cyber bullying 	<p>UKS2 Module 2 Unit 4</p> <ul style="list-style-type: none"> • Session 1: Types of abuse • Session 2: Impacted lifestyles • Session 3: Making good choices • Session 4: giving assistance <p>UKS2 Module 3 Unit 1</p> <ul style="list-style-type: none"> • Session 1: The Holy Trinity • Session 2: Catholic Social Teaching <p>UKS2 Module 3 Unit 2</p> <ul style="list-style-type: none"> • Session 1: Reaching out
	Science	<ul style="list-style-type: none"> • Living things and their habitats 					
Year 6	Jigsaw	<ul style="list-style-type: none"> • Identifying goals for the year • Global citizenship • Children's universal rights • Feeling welcome and valued • Choices, consequences and rewards 	<ul style="list-style-type: none"> • Perceptions of normality • Understanding disability • Power struggles • Understanding bullying • Inclusion/exclusion 	<ul style="list-style-type: none"> • Personal learning goals, in and out of school • Success criteria • Emotions in success • Making a difference in the world • Motivation 	<ul style="list-style-type: none"> • Taking personal responsibility • How substances affect the body • Exploitation, including 'county lines' and gang culture 	<ul style="list-style-type: none"> • Mental health • Identifying mental health worries and sources of support • Love and loss • Managing feelings • Power and control • Assertiveness Technology 	

		<ul style="list-style-type: none"> Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 	<ul style="list-style-type: none"> Differences as conflict, difference as celebration Empathy 	<ul style="list-style-type: none"> Recognising achievements Compliments 	<ul style="list-style-type: none"> Emotional and mental health Managing stress 	<ul style="list-style-type: none"> safety Take responsibility with technology use 	
	Life to the Full	<p>UKS2 Module 1 Unit 1</p> <ul style="list-style-type: none"> Story sessions: Calming the storm 				<p>UKS2 Module 1 Unit 2</p> <ul style="list-style-type: none"> Session 1: Gifts and talents Session 2: Girls' bodies Session 3: Boy's bodies Session 4: spots and sleep <p>UKS2 Module 1 Unit 3</p> <ul style="list-style-type: none"> Session 1: Body image Session 2: Peculiar feelings Session 3: Emotional changes Session 4: seeing stuff online 	<p>UKS2 Module 1 Unit 4</p> <ul style="list-style-type: none"> Session 1: Making babies (part 1) Session 2: Making babies (part 2) <i>May be omitted or set as a homework task with parents</i> Session 3: Menstruation <p>UKS2 Module 1 Unit 4</p> <ul style="list-style-type: none"> Session 1: Hope beyond death <p>UKS2 Module 2 Unit 2</p> <ul style="list-style-type: none"> Session 4: Build others up <p>UKS2 Module 3 Unit 1</p> <ul style="list-style-type: none"> Session 1: The Holy Trinity Session 2: Catholic Social Teaching <p>UKS2 Module 3 Unit 2</p> <ul style="list-style-type: none"> Session 1: Reaching out
	Science	<ul style="list-style-type: none"> Living things and their habitat 	<ul style="list-style-type: none"> Animals including humans 	<ul style="list-style-type: none"> Evolution and inheritance 			
Focus Days/Weeks		<ul style="list-style-type: none"> Black History Month World Mental Health Day Team Challenge Adventures 	<ul style="list-style-type: none"> Remembrance Day Anti-bullying week Children in Need Reception Class 'Brush Up' dentist visit 	<ul style="list-style-type: none"> Safer internet day Children's Mental Health Week 	<ul style="list-style-type: none"> British Science Week 	<ul style="list-style-type: none"> History Day Safetyworks 	<ul style="list-style-type: none"> French Day Sports Week