



St Cuthbert's Catholic Primary School

PSHE Overview 2026 - 2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Whole School Focus	British Values - Zones of Regulation - Transition Activities - E- Safety - Growth Mindset - McMillan Coffee Morning - International Day of Peace - International Day of Democracy - World Mental Health Day	British Values - Democracy - Zones of Regulation - E- Safety - UK Parliament Week - Antibullying week - Black History Month - Children in Nee - International Day of Tolerance - Remembrance Sunday - Road Safety Week 8 - Christmas Jumper Day	British Values – Tolerance - Zones of Regulation - E- Safety - Children's Mental Health Week - Safer Internet Day - Random Acts of Kindness Day - Sign Language Week. - Lenten Alms	British Values – Respect - Zones of Regulation - E- Safety - Comic Relief	British Values – Liberty - Zones of Regulation - E- Safety - Children's Mental Health - Earth Day - Fairtrade Day - World Hunger Day	British Values – Rule of Law - Zones of Regulation - E- Safety - Day of Welcome/World Refugee Day - Careers Week - World Environment Day - Transition Activities
R	Module 1 Created and Loved By God Unit 1- Religious Understanding Unit 2 –I am Me, Heads Shoulders Knees and Toes.	Module 1 Created and Loved By God Unit 2 – Ready Teddy Unit 3- I like, you like, We all Like! All the Feelings! Let's Get Real! Unit 4- Growing up	Module 1 Created and Loved By God Unit 4- New People, New Places. Module 2 Created to Love Others Unit 1- Role Model. Unit 2- Who's Who? You've Got a Friend in me.	Module 2 Created to Love Others Unit 2- Forever Friends Unit 3- What is the Internet? Playing Online	Module 2 Created to Love Others Unit 4- Safe Inside and Out, My Body, My Rules, Feeling Poorly, People Who Help Us. Module 3 Created to Live in the Community Unit 1- God is Love	Module 3 Created to Live in the Community Unit 1- Loving God, Loveing Others Unit 2- Me, you us, When I grow Up..., Money doesn't grow on Trees.
1	Module 1 Created and Loved By God Unit 1- Religious Understanding Unit 2 –I am Unique, Girls and Boys, Clean and Healthy.	Module 1 Created and Loved By God Unit 3- Feelings, Likes and Dislikes, Feeling Inside Out, Super Susie Gets Angry. Unit 4- The Cycle of Life, Beginnings and Endings, Change is all around.	Module 2 Created to Love Others Unit 1- God Loves You. Unit 2- Special People, Treat Others Well..., and Say Sorry.	Module 2 Created to Love Others Unit 3- Real Life Online, Rules to Help us. Unit 4- Good and Bad Secrets.	Module 2 Created to Love Others Unit 4- Physical Contact, Harmful Substances, Can you Help me Part 1 and Part 2. Module 3 Created to Live in Community Unit 1- Three in One	Module 3 Created to Live in Community Unit 1- Who is my Neighbour? Unit 2- The Communities we live in, Who will I be?, Needs and Wants



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3	Module 1 Created and Loved By God Unit 1- Get Up!, Sacraments. Unit 2 – We don't have to be the Same, Respecting Our Bodies.	Module 1 Created and Loved By God Unit 3- What am I feeling?, What am I looking at?, I am Thankful Unit 4- A Time for Everything, Big Changes, Little, Changes.	Module 2 Created to Love Others Unit 1- Jesus my Friend. Unit 2- Friends, Families and Others, When Things Feel Bad, Balancing Needs	Module 2 Created to Love Others Unit 3- Sharing Online, Chatting Online	Module 2 Created to Love Others Unit 4- Safe in My Body, Recognising Risk, Drugs, Alcohol and Tobacco, First Aid Heroes, Rights and Responsibilities. Module 3 Created to Live in Community Unit 1- A Community of Love	Module 3 Created to Live in Community Unit 1- What is the Church. Unit 2 – How do I love Others?, Working Together, Money Matters
4	Module 1 Created and Loved By God Unit 1- Get Up!, Sacraments. Unit 2 – We don't have to be the Same, Respecting Our Bodies.	Module 1 Created and Loved By God Unit 3- What am I feeling?, What am I looking at?, I am Thankful Unit 4- A Time for Everything, Big Changes, Little, Changes.	Module 2 Created to Love Others Unit 1- Jesus my Friend. Unit 2- Friends, Families and Others, When Things Feel Bad, Balancing Needs	Module 2 Created to Love Others Unit 3- Sharing Online, Chatting Online	Module 2 Created to Love Others Unit 4- Safe in My Body, Recognising Risk, Drugs, Alcohol and Tobacco, First Aid Heroes, Rights and Responsibilities. Module 3 Created to Live in Community Unit 1- A Community of Love	Module 3 Created to Live in Community Unit 1- What is the Church. Unit 2 – How do I love Others?, Working Together, Money Matters



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5	Module 1 Created and Loved By God Unit 1- Calming the Storm Unit 2 –Gifts and Talents, Girls Bodies, Boys Bodies, Spots and Sleep.	Module 1 Created and Loved By God Unit 3- Body Image, Peculiar Feelings, Emotional Changes, Seeing Stuff Online. Unit 4- Making Babies (Pt1),	Module 1 Created and Loved By God Unit 4- Hope Beyond Death, Coping with Change Module 2 Created to Love Others Unit 1- God is Calling you?	Module 2 Created to Love Others Unit 2- Under pressure, Do you want a piece of cake?, Self- Talk , Confidence vs Control?	Module 2 Created to Love Others Unit 2- Build Others Up. Unit 3- Sharing isn't always caring? Cyberbullying. Unit 4- Types of Abuse, Impacted Lifestyles, Making Good Choices, Giving Assistance	Module 3 Created to Live in Community Unit 1- The Holy Trinity, Catholic Social Teaching. Unit 2- Reaching Out, The World of Work, Money and Me.
6	Module 1 Created and Loved By God Unit 1- Calming the Storm Unit 2 –Gifts and Talents, Girls Bodies, Boys Bodies, Spots and Sleep.	Module 1 Created and Loved By God Unit 3- Body Image, Peculiar Feelings, Emotional Changes, Seeing Stuff Online. Unit 4- Making Babies (Pt1),	Module 1 Created and Loved By God Unit 4- Menstruation, Hope Beyond Death, Coping with Change Module 2 Created to Love Others Unit 1- God is Calling you?	Module 2 Created to Love Others Unit 2- Under pressure, Do you want a piece of cake?, Self- Talk , Confidence vs Control?	Module 2 Created to Love Others Unit 2- Build Others Up. Unit 3- Sharing isn't always caring? Cyberbullying. Unit 4- Types of Abuse, Impacted Lifestyles, Making Good Choices, Giving Assistance	Module 3 Created to Live in Community Unit 1- The Holy Trinity, Catholic Social Teaching. Unit 2- Reaching Out, The World of Work, Money and Me.