

RSHE & PSHE Overview - Autumn

	Journey in Love	Pol Ed- website	PSHE- website	All Are Welcome- packs with books and lessons	RED- Share Point
EYFS	Social & Emotional: recognise the joy of being a special person in my family	Supporting docs & resources available Pol Ed website	Supporting docs & resources available PSHE Association website	The Family Book- Todd Parr Families and people who care for me: I know what a family is/ I know what families can look like/ I know all families are different You Choose! Nick Sharatt & Pippa Go Respectful Relationships: I can make my own decisions/ I can tell you things I like/ I can tell you things I don't like/ I can ask others what they think	CREATION AND COVENANT- the whole of creation shows God love for us. PROPHECY AND PROMISE- The birth of Jesus and the Nativity story
Y1/2	Social & Emotional: recognise signs that I am loved in my family	Relationships: How can I be an ally? How can I make friends? What if my friends are making me feel sad? Wellbeing: How can I share my feelings? What do feelings feel like? Assembly Keeping Safe Key Stage 1& 2 Anti-Bullying Week	Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying. Mental health and wellbeing This unit supports pupils to notice and name different types of feelings and thoughts and learn simple self-regulation strategies to manage them.	Elmer- David McKee Respectful Relationships: I know ways we are different/ I know how to welcome people Bathe the Cat- Alice B McGinty and David Roberts Families and people who care for me: I know all houses get messy/ I know families can work together to clean the house/ I can work as a team and solve a messy problem	CREATION AND COVENANT - Revelation – how do people know about God? PROPHECY AND PROMISE- God showed us the full depth of his love by sending Jesus his Son.
Y3/4	Social & Emotional: describe and give reasons how friendships make us feel happy and safe	Wellbeing: What am I good at? Wellbeing:	Me, my friends and belonging This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included. Mental health and wellbeing	This is Our House- Michael Rosen Caring friendships: I know what discrimination is/ I can recognise discrimination/ I know how to make sure discrimination doesn't happen in my class Shu Lin's Grandpa- Matt Goodfellow and Yu Rong	CREATION AND COVENANT - revisit the story of creation and it happens through the Word and Spirit. God's covenant with Abraham is the foundation of the faith of the people of the Old and New

		How can intense feelings feel? What words can I use to talk about my feelings? Assembly Keeping Safe Key Stage 2 Winter Water Safety Assembly Keeping Safe Key Stage 2 Bonfire Night and Firework Safety Assembly Keeping Safe Key Stage 1& 2 Anti-Bullying Week	Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	Caring friendships: I know we were all new in class once/ I can remember how it feels when you don't know anyone/ I can show empathy	Testaments: Judaism and Christianity. PROPHECY AND PROMISE- The liturgical season of Advent and the infancy of Jesus. How Christians prepare for the coming of Christ during Advent.
Y5	Social & Emotional: show knowledge and understanding of emotional relationship changes as we grow and develop	Relationships: What are my personal boundaries? Wellbeing: How might my activity levels impact the way I feel? Assembly Keeping Safe Key Stage 2 Bonfire Night and Firework Safety	Friendships, stereotypes and bullying- This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views. Mental health and wellbeing- This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	The Girls- Lauren Ace and Jenny Lovlie Caring friendships: I know what a good friend is/ I know how important friendship is/ I know sometimes friendship can go wrong/ I value people around me Milo Imagines the World- Matt de la Pena and Christian Robinson Respectful relationships: I know appearances can deceive/ I know it's hard not to judge someone on their appearance/ I know what non-judgemental means/ I know I can try to remain non-judgemental	CREATION AND COVENANT A covenant is a binding agreement between God and human beings, which makes them his people. PROPHECY AND PROMISE For Christians, Jesus fulfils the promises made to David.

		Assembly Keeping Safe Key Stage 2 Winter Water Safety Assembly Keeping Safe Key Stage 1& 2 Anti-Bullying Week			
Y6	Social & Emotional: develop a secure understanding of what stable, caring relationships, which may be of different types, are at the heart of happy families	Wellbeing: How can I manage moving to high school positively? How can I seek support for my mental health? Assembly Keeping Safe Key Stage 2 Winter Water Safety Assembly Keeping Safe Key Stage 2 Bonfire Night and Firework Safety Assembly Keeping Safe Key Stage 1& 2 Anti-Bullying Week	Mental health and wellbeing This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school. Managing money and online spending- This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.	The Proudest Blue- Ibtihaj Muhammed and S.K Ali Caring friendships: I know how people in my community are different/ I can show respect to people different to me The Island- Armin Greder Respectful relationships: I know what prejudice is/ I can recognise prejudice/ I know what can happen if prejudice is not challenged/ I know ways I can challenge prejudice You Need to Chill- Juno Dawson Caring friendships: I know we are all different/ I know what judgement is/ I can choose to respond in a judgemental or non- judgemental way	Come & See Loving Expectations

RSHE Overview - Spring

	Journey in Love	Pol Ed- website	PSHE- website	All Are Welcome- packs with books and lessons	RED- Share Point
EYFS	Spiritual: celebrate the joy of being a special person in God's family	Supporting docs & resources available Pol Ed website	Supporting docs & resources available PSHE Association website	Super Duper You- Sophie Henn Respectful Relationships: I know there are lots of things about me/ I know my feelings can change/ I know I am growing up and I can change Red Rockets and Rainbow Jelly- Sue Heap & Nick Sharatt Respectful Relationships: I know my friends can like different things to me/ I know we can still be friends	GALILEE TO JERUSALEM – Wise men visiting Jesus DESERT TO GARDEN – Looking forward to Easter
Y1/2	Spiritual: celebrate ways that God loves and cares for us	Wellbeing: What makes me special? Keeping safe: How can I use things at home safely?	Celebrating me, you and our families This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families and how family members can show care and love for each other. Safety at home This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.	I Love Me- Marvyn Harrison and Diane Ewen Respectful Relationships: I know I am different/ I can tell you how I am different/ I can tell you what is great about me Going to the Volcano- Andy Stanton Caring Friendships: I know how it feels to join in/ I know how it feels to be left out/ I can let people join my games	GALILEE TO JERUSALEM – Jesus showing love and kindness to those on the edges of society, especially little children. DESERT TO GARDEN – Lent as a time for preparing for Easter
Y3/4	Physical: describe and give reasons why friendships breakdown; how they can be repaired and strengthened	Wellbeing How does school help me? Assembly Keeping Safe Key Stage 2 Keeping Safe Online	Building healthy habits- This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity. Making choices online- This unit explores how to protect information online and	The Truth About Old People- Elina Ellis Respectful relationships: I know what a stereotype is/ I can recognise a stereotype/ I can challenge stereotypes We're All Wonders- RJ Palacio Respectful relationships: I know we are all different/ I know sometimes people try to fit in/ I know why people sometimes try to fit in/ I can recognise my differences/ I am proud of my differences	GALILEE TO JERUSALEM – The Kingdom of God through parables and miracles How Catholics experience God's forgiveness in the Sacrament of Reconciliation and through it are reconciled with their community and

			make choices about online content, including understanding age ratings.		how the Anointing of the Sick brings God's strength to help those who are sick. DESERT TO GARDEN – Eucharist at the Last Supper The events of Holy week and the virtues of faith, hope, and love.
Y5	Spiritual: celebrate the joy of growing physically and spiritually	Keeping Safe How can we use our phones sensibly? Relationships What are my personal boundaries? Assembly Keeping Safe Key Stage 2 Keeping Safe Online	Positively engaging with our world- This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing. Respecting boundaries- This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	My Shadow is Pink- Scott Stuart Respectful relationships: I know we are all different/ I know some people hide who they really are/ I know what self-acceptance is/ I know how to help someone be proud of who they are The Boys- Lauren Ace and Jenny Lovlie Caring friendships: I know how to work as a team/ I know how mental health can be affected by friendship/ I know how to make someone feel valued	GALILEE TO JERUSALEM The Beatitudes describe how faithful Christians should aim to live their lives. DESERT TO GARDEN Ash Wednesday marks the beginning of the season of Lent and is the first of the forty days of Lent leading up to Easter.
Y6	Spiritual: show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-	Understanding the Law What does the law say about legal drugs? Assembly Keeping Safe Key Stage 2 Keeping Safe Online	Changes in puberty (and sex education*)- This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns. Drug education: assessing risk and managing influences- This unit covers legal and illegal drugs, and the risks and	Introducing Teddy- Jessica Walton Respectful relationships: I know we all change as we grow older/ I know sometimes people can hide the person they really are/ I know how to make sure my friends trust me Saving the Butterfly- Helen Cooper and Gill Smith Respectful relationships: I know people have different experiences that can affect their behaviour/ I know how to give someone space when they need it/ I know sometimes people need time to be okay/ I	Come & See Unity Death & New Life

	long relationships		effects of legal and illegal drug use.	can give someone space and time if they need it	
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RSHE Overview - Summer

	Journey in Love	Pol Ed- website	PSHE- website	All Are Welcome- packs with books and lessons	RED- Share Point
EYFS	Physical: recognise we are all different and unique	Supporting docs & resources available Pol Ed website	Supporting docs & resources available PSHE Association website	Hello hello- Brendan Wenzel Caring friendships: I know in my class we are not all the same/ I know we are all different/ I know I can make friends with different people/ I know how to make friends Blue Chameleon- Emily Gravett Caring friendships: I know everyone is different in my class/ I can make friends with anyone	TO THE ENDS OF THE EARTH– the story of Pentecost and the coming of the Holy Spirit. DIALOGUE AND ENCOUNTER- Friends of Jesus: Hear a simple life of St Peter and St Paul, friends of Jesus and people’s spiritual and cultural traditions.
Y1/ 2	Physical: recognise how I am cared for and kept safe in my family	Wellbeing How can I share my feelings? Keeping Safe Who are my trusted adults? Assembly Keeping Safe Key Stage 1 & 2 Railway Safety Assembly Keeping Safe Key Stage 1 & 2 Summer Water Safety	Being healthy- This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety. Showing kindness to ourselves and others- This unit revisits learning about feelings, and explores the importance of kindness.	Errol’s Garden- Gillian Hibbs Respectful Relationships: I know I can ask for help if I need it/ I know how to ask for help/ I know how to respond if someone asks for help The Boy Who Loved Everyone- Jane Porter and Maisie Paradise Shearring Respectful Relationships: I know we all have feelings/ I can choose when to share my feelings/ I can choose how to share my feelings	TO THE ENDS OF THE EARTH- The Church celebrates the Ascension and Pentecost on special days of celebration. DIALOGUE AND ENCOUNTER- Aspects of modern Jewish life in Britain.
Y3/ 4	Spiritual: celebrate the joy and happiness of living in friendship with God and others	Assembly Keeping Safe Key Stage 1 & 2 Railway Safety Assembly Keeping Safe	Keeping safe out and about- This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water. Looking out for each other-	Aalfred and Aalbert- Morag Hood Respectful relationships: I know there are more things that we have in common than divide us I Am Nefertiti- Annemarie Anang and Natelle Quek	TO THE ENDS OF THE EARTH- The disciples recognised Jesus when he breaks the bread. At Mass, what we eat looks like bread, but it is Jesus who

		Key Stage 1 & 2 Summer Water Safety	This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.	Respectful relationships: I know everyone has a name/ I know why names are important/ I know why I don't get to decide what to call you	comes, the living God. The bread is the Body of Christ. The Apostles' Creed and the work of the church. DIALOGUE AND ENCOUNTER- Some simple facts about how the Jewish festival of the Passover is celebrated by Jews in Britain today. Recognise links and simple connections between some Islamic religious laws, beliefs, worship, and life. There are different traditions in the Liturgy of the Church. Know some facts about the five pillars of Islam
Y5	Physical: show knowledge and understanding of the physical changes in puberty	Keeping Safe How can we use our phones sensibly? What is media literacy? Assembly Keeping Safe Key Stage 1& 2 Railway Safety Assembly Keeping Safe Key Stage 1 & 2 Summer Water Safety	Safe connections- This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime. Embedding healthy habits and learning first aid- This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.	And Tango Makes Three- Justin Richardson and Peter Parnell Respectful relationships: I know there are different ideas about equality around the world/ I can listen to ideas and respond/ I can show respect when I disagree/ I know it's okay to disagree Mixed- Arree Chung Families and people who care for me: I can recognise racism when I see it/ I know how to challenge racist ideas	TO THE ENDS OF THE EARTH The effects of confirmation are an increase in the gifts of the Holy Spirit, a closer bond with Jesus and the Church and a desire to spread the Gospel. DIALOGUE AND ENCOUNTER The Old Testament is important for Christians because it speaks of God's covenant with Abraham. That the Shema prayer is the basic creed of Judaism.
Y6	Physical: explain how human life is conceived	Wellbeing	Developing our AI literacy- This unit introduces different	You're So Amazing- James and Lucy Catchpole	Come & See Witnesses

		How can I manage moving to high school positively? Relationships How can I get ready for secondary relationships? Assembly Keeping Safe Key Stage 1 & 2 Railway Safety Assembly Keeping Safe Key Stage 1 & 2 Summer Water Safety	types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use. Looking to the future- This unit explores career related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.	Respectful relationships: I know there are often judgemental attitudes in society about disability/ I can work to breakdown those attitudes A Day in the Life of Marlon Bundo- Marlon Bundo and Jill Twiss Respectful relationships: I know what democracy is/ I know how democracy fits into British Values/ I know we live in democracy/ I know how laws can change	Common Good
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