



**PSHE/RHE Curriculum And
Progression Of Key Skills
EYFS – Year 6**

	Module 1		Module 2			Module 3
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p><u>Me, My body, my health:</u> Similarities and differences. Bodies are good and made by God. Parts of the body What makes a healthy lifestyle?</p>	<p><u>Emotional Well being:</u> Everyone has different tastes but also similar needs. It is natural to relate and trust each other Language to describe feelings. Everyone experiences feelings: good and bad. Strategies for managing feelings, emotions and behaviour. We all have choices and how they can impact how we feel. We can say sorry and forgive like Jesus.</p> <p><u>Anti-bullying Week</u></p>	<p><u>Life Cycles</u> Life stages-birth to death, naming baby, child and adult.</p>	<p><u>Personal Relationships:</u> Special people and what makes them special (parents/carers, friends). Importance of family and of the wider family. Importance of being close to and trusting 'special people' and telling them of something is troubling us. How our behaviour affects others-appropriate and inappropriate behaviour. Positive and negative relationships. Different types of teasing and that all bullying is wrong</p>	<p><u>Keeping Safe</u> Safe/Unsafe situations-indoors and outdoors (inc online). Asking for help from our special people. Body Privacy. To be open with 'special people' they trust of anything troubles them. People we can trust for help. That medicines should only be taken when a parents or doctor gives them to us. That medicines are not sweets. That we should always try and look after our bodies because God created them and gifted them to us. Jobs that are designed to help us. That paramedics help</p>	<p><u>Living in the Wider World</u> Belonging to various communities, home, school, parish, wider local area, nation and global. Helping at home with practical tasks at home. That we have a duty of care for others and for the world we live in. About what harms and what improves the world in which they live.</p>

				<p>and unacceptable. When we have been unkind, we hurt God and should say sorry. How to respond when others are unkind. That we should forgive like Jesus forgives.</p>	<p>us in a medical emergency. That First Aid can be used in a non-emergency situation, as well as whilst waiting for an ambulance.</p>	
<p>Year 1</p>	<p><u>Me, My body, my health:</u> Boys and girls are created by God to be both similar and different. Body parts. What makes a healthy lifestyle?: physical activity, dental health and healthy eating. Importance of sleep, rest and recreation. Personal Hygiene</p>	<p><u>Emotional Well being</u> Everyone has different tastes but also similar needs. It is natural to relate and trust each other Language to describe feelings. Feelings and actions are different things. Strategies for managing feelings, emotions and behaviour. That choices have consequences-when we make mistakes we are called to receive forgiveness and to</p>	<p><u>Life Cycles:</u> Life stages-birth to death, naming baby, child, teenager, and adult, old age adult.</p>	<p><u>Personal Relationships</u> Special people and what makes them special (parents/carers , friends, parish priest). Importance of family and of the wider family. Importance of being close to and trusting 'special people' and telling them of something is troubling us. How our behaviour</p>	<p><u>Keeping Safe</u> Safe/Unsafe situations-indoors and outdoors (inc online). The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them. How to resist pressure when feeling unsafe. Bodily privacy. Different</p>	<p><u>Living in the Wider World</u> Belonging to various communities, home, school, parish, wider local area, nation and global. How to help at home with practical tasks at home. That we have a duty of care for others and for the world we live in. About what harms and what improves the world in which they live.</p>

		<p>forgive others. Jesus dies on the cross so that we would be forgiven.</p> <p><u>Anti-bullying Week</u></p>		<p>affects others-appropriate and inappropriate behaviour. Positive and negative relationships. Different types of teasing and that all bullying is wrong and unacceptable. When people are being unkind to us and others and how to respond. When we have been unkind, we hurt God and should say sorry. That we should forgive like Jesus forgives.</p>	<p>people we can trust for help. That medicines are drugs but not all drugs are good for us. That alcohol and tobacco are harmful substances. That our bodies are created by God, so we should take care of them and be careful about what we consume. To call 999 in an emergency and ask ambulance, police and/or fire brigade. Basic principles of First Aid. That basic first aid should be used if it not an emergency, instead of calling 999.</p>	
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	Module 1		Module 2			Module 3
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	<p><u>Me, My body, my health:</u></p> <p>Body parts. Boys and girls are created by God to be both similar and different. What makes a healthy lifestyle?: physical activity, dental health and healthy eating. Importance of sleep, rest and recreation. Personal Hygiene</p>	<p><u>Emotional Well being</u></p> <p>Everyone has different tastes but also similar needs. It is natural to relate and trust each other Language to describe feelings. Feelings and actions are different things. Strategies for managing feelings, emotions and behaviour. That choices have consequences-when we make mistakes we</p>	<p><u>Life Cycles:</u></p> <p>Life stages-birth to death, naming baby, child, teenager, and adult, old age adult.</p>	<p><u>Personal Relationships:</u></p> <p>Special people and what makes them special (parents/carers , friends, parish priest). Importance of family and of the wider family. Importance of being close to and trusting 'special people' and telling them of something is troubling us.</p>	<p><u>Keeping Safe</u></p> <p>Safe/Unsafe situations-indoors and outdoors (inc online). The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them. How to resist pressure when feeling unsafe. Bodily privacy.</p>	<p><u>Living in the World</u></p> <p>Belonging to various communities, home, school, parish, within local area, national and global. How to help at home with practical tasks at home. That we have a duty of care for others and for the world we live in. About what harms and what improves the world in which</p>

		<p>are called to receive forgiveness and to forgive others. Jesus dies on the cross so that we would be forgiven.</p>		<p>How our behaviour affects others- appropriate and inappropriate behaviour. Positive and negative relationships. Different types of teasing and that all bullying is wrong and unacceptable. When people are being unkind to us and others and how to respond. When we have been unkind, we hurt God and should say sorry. That we should forgive like Jesus forgives.</p>	<p>Different people we can trust for help. That medicines are drugs but not all drugs are good for us. That alcohol and tobacco are harmful substances. That our bodies are created by God, so we should take care of them and be careful about what we consume. To call 999 in an emergency and ask ambulance, police and/or fire brigade. Basic principles of First Aid. That basic first aid should be used if it not an emergency, instead of calling 999.</p>	<p>they live.</p>
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	Module 1 -Created by God		Module 2 -Created to be loved			Module 3-
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p><u>Me, my body, My health:</u> That similarities and differences can grow as people grow and make choices-that by living and working together (teamwork) we create community. Self -confidence arises from being loved by God. The need to respect our bodies as a gift from God through what we wear, eat and physically do.</p>	<p><u>Emotional Well being</u> Emotions change as we grow up. Feelings alone are not good guides for action. What Emotional Well-being means. Positive actions and talking to trusted people help emotional well-being. Images in the media do not always reflect reality. That some behaviour is wrong, unacceptable ,</p>	<p><u>Life Cycles:</u> That we are handmade by God with the help of our parents. How a baby grows and develops in its mothers womb, including, scientifically the uniqueness of the moment of conception. How conception and life in the womb fits into the cycle of life.</p>	<p><u>Personal relationships:</u> Ways to maintain and develop good, positive trusting relationships. Strategies to use when relationships go wrong. Different types of relationships: acquaintances, friends, relatives and family. Good friendship is when both people enjoy each other's company and also want what is truly</p>	<p><u>Keeping Safe</u> That independence brings responsibility to keep themselves and others safe. How to use technology safely. That what we watch , hear, say or do can be good or bad for us and others. How to report and get help if they encounter inappropriate</p>	<p><u>Living in the World</u> That God wants Church to love a care for others. Practical ways of loving and caring others.</p>

		<p>unhealthy and risky. That Thankfulness builds resilience against: envy, inadequacy, insecurity, and peer/media pressure.</p> <p>Anti Bullying Week</p>		<p>best for the other. The difference between a group of friends and a 'clique'. Awareness of bullying (inc cyber) - all bullying is wrong, how to respond. Harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p>	<p>materials or messages. That bad language and bad behaviour are inappropriate. To judge well what kind of physical contact is acceptable/unacceptable and how to respond. That medicines are drugs but not all drugs are good for us. That alcohol and tobacco are harmful substances. That our bodies are created by God so we should take care of them and be careful about what we consume. How to behave and deal with an</p>	
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					emergency (First Aid).	

	Module 1		Module 2			Module 3
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	<p><u>Me, my body, My health:</u> That similarities and differences can grow as people grow and make choices-that by living and working together (teamwork) we create community. Self -confidence arises from being loved by God. The need to respect our bodies as a gift from God through what we wear, eat</p>	<p><u>Emotional Well being:</u> Emotions change as we grow up. Feelings alone are not good guides for action. What Emotional Well-being means. Positive actions and talking to</p>	<p><u>Life Cycles:</u> That we are handmade by God with the help of our parents. How a baby grows and develops in its mothers womb, including, scientifically the uniqueness of the</p>	<p><u>Personal relationships:</u> Ways to maintain and develop good, positive trusting relationships. Strategies to use when relationships go wrong.</p>	<p><u>Keeping Safe</u> That independence brings responsibility to keep themselves and others safe. How to use technology safely.</p>	<p><u>Living in the Wider World</u> That God wants his Church to love and care for others. Practical ways of loving and caring for others.</p>

	<p>and physically do. What the term puberty means. That puberty is part of God's plan for our bodies. Correct naming of genitalia. What changes happen to boys/girls during puberty.</p>	<p>trusted people help emotional well-being. Images in the media do not always reflect reality. That some behaviour is wrong, unacceptable, unhealthy and risky. Thankfulness builds resilience against: envy, inadequacy, insecurity, and peer/media pressure.</p> <p>Anti Bullying Week</p>	<p>moment of conception. How conception and life in the womb fits into the cycle of life.</p>	<p>Different types of relationships: acquaintances, friends, relatives and family. Good friendship is when both people enjoy each other's company and also want what is truly best for the other. The difference between a group of friends and a 'clique'. Awareness of bullying (inc cyber) -all bullying is wrong, how to respond. Harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p>	<p>That what we watch, hear, say or do can be good or bad for us and others. How to report and get help if they encounter inappropriate materials or messages. That bad language and bad behaviour are inappropriate. To judge well what kind of physical contact is acceptable/unacceptable and how to respond. That medicines are drugs but not all drugs are good for us. That alcohol and tobacco</p>	
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					are harmful substances. That our bodies are created by God so we should take care of them and be careful about what we consume. How to behave and deal with an emergency (First Aid).	

	Module 1		Module 2			Module 3
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<u>Me, my body, My health:</u> That similarities and differences can grow as people grow and make choices-that by living and working together	<u>Emotional Well being:</u> That images in the media do not reflect reality and can affect how people feel about themselves.	<u>Life Cycles:</u> How a baby grows and develops in its mothers womb. Menstruation-its nature and role in the fertility cycle	<u>Personal relationships:</u> That pressure comes in different forms, and what those different forms are.	<u>Keeping Safe</u> That independence brings responsibility to keep themselves and others safe.	<u>Living in the Wider World</u> How to apply the principles of Catholic Social Teaching to current

	<p>(teamwork) we create community.</p> <p>Self-confidence arises from being loved by God.</p> <p>That human beings are different to other animals.</p> <p>The need to respect our bodies as a gift from God to be looked after well, and treated appropriately.</p> <p>The need for modesty and appropriate boundaries.</p> <p>How to make good choices that impact our health: rest and sleep, exercise, personal hygiene, avoiding the use of electronic entertainment, etc.</p> <p>About the unique growth and development of humans and the changes that boys and girls will experience during puberty.</p>	<p>Thankfulness builds resilience against: envy, inadequacy, insecurity, and peer/media pressure.</p> <p>Deeper understanding of our feelings: that feelings are not the only good guides for action.</p> <p>That some behaviour is wrong, unacceptable, unhealthy and risky.</p> <p>Emotional well-being: that beauty, art, etc can lift our spirits.</p> <p>That openness with trusted people when worried will ensure healthy well-being.</p> <p>The difference between harmful and harmless videos/images and the impact these can have and ways to combat/deal with these.</p> <p><u>Anti-bullying week</u></p>	<p>and that fertility is involved in the start of life.</p> <p>Practical support with understanding how to manage the onset of menstruation.</p>	<p>Different strategies that we can adopt to resist pressure.</p> <p>What consent and body autonomy mean.</p> <p>Different scenarios in which it is right to say 'no'.</p> <p>How thoughts and feelings impact actions.</p> <p>To develop strategies that will positively impact our actions and apply this to our relationships.</p>	<p>How to use technology safely.</p> <p>That what we watch, hear, say or do can be good or bad for us and others.</p> <p>How to report and get help if they encounter inappropriate materials or messages.</p> <p>What the term Cyber bullying means and examples of it.</p> <p>What cyberbullying feels like for the victim and how to get help.</p> <p>What kind of physical contact is acceptable/unacceptable.</p> <p>Different people we can trust for help.</p> <p>The effect that a range of</p>	<p>issues.</p> <p>Ways in which they can spread God's love in their community.</p>
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					<p>substances inc drugs, tobacco and alcohol can have on the body. How to make good choices about substances that will have a positive impact on our health. That our bodies are created by God , so we should take care of them and be careful about what we consume. How there may be pressure when it comes to drugs, alcohol and tobacco. That they are entitiles to say 'no' for all sort of reasons. How to use the recovery position.</p>	
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	Relationship Education		Health Education			Living in the wider world
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	<p><u>Me, my body, My health:</u> That similarities and differences can grow as people grow and make choices-that by living and working together (teamwork) we create community. Self -confidence arises from being loved by God. That human beings are different to other</p>	<p><u>Emotional Well being:</u> That images in the media do not reflect reality and can affect how people feel about themselves. Thankfulness builds resilience against: envy, inadequacy, insecurity, and peer/media pressure. Deeper understanding</p>	<p><u>Life Cycles:</u> How a baby grows and develops in its mothers womb. Menstruation-its nature and role in the fertility cycle and that fertility is involved in the start of life. Practical support with</p>	<p><u>Personal relationships:</u> That pressure comes in different forms, and what those different forms are. Different strategies that we can adopt to resist pressure. What consent and</p>	<p><u>Keeping Safe</u> That independence brings responsibility to keep themselves and others safe. How to use technology safely. That what we watch , hear, say or do can be good or bad for us</p>	<p><u>Living in the Wider World</u> How to apply the principles of Catholic Social Teaching to current issues. Ways in which they can spread God's love in their community.</p>

	<p>animals.</p> <p>The need to respect our bodies as a gift from God to be looked after well, and treated appropriately.</p> <p>The need for modesty and appropriate boundaries.</p> <p>How to make good choices that impact our health: rest and sleep, exercise, personal hygiene, avoiding the use of electronic entertainment, etc.</p> <p>About the unique growth and development of humans and the changes that boys and girls will experience during puberty.</p>	<p>of our feelings: that feelings are not the only good guides for action.</p> <p>That some behaviour is wrong, unacceptable, unhealthy and risky.</p> <p>Emotional well-being: that beauty, art, etc can lift our spirits.</p> <p>That openness with trusted people when worried will ensure healthy well-being.</p> <p>The difference between harmful and harmless videos/images and the impact these can have and ways to combat/deal with these.</p> <p><u>Anti-bullying week</u></p>	<p>understanding how to manage the onset of menstruation.</p> <p>NON-STATUTORY ELEMENTS: basic facts of sexual intercourse</p> <p>Physical, moral, emotional and spiritual implications of sexual intercourse.</p> <p>The Christian viewpoint that sexual intercourse should be saved for marriage.</p>	<p>body autonomy mean.</p> <p>Different scenarios in which it is right to say 'no'.</p> <p>How thoughts and feelings impact actions.</p> <p>To develop strategies that will positively impact our actions and apply this to our relationships.</p>	<p>and others.</p> <p>How to report and get help if they encounter inappropriate materials or messages.</p> <p>What the term Cyber bullying means and examples of it.</p> <p>What cyberbullying feels like for the victim and how to get help.</p> <p>What kind of physical contact is acceptable/unacceptable.</p> <p>Different people we can trust for help.</p> <p>The effect that a range of substances including drugs, tobacco and alcohol can have on the body.</p> <p>How to make good</p>	
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					<p>choices about substances that will have a positive impact on our health.</p> <p>That our bodies are created by God , so we should take care of them and be careful about what we consume.</p> <p>How there may be pressure when it comes to drugs, alcohol and tobacco.</p> <p>That they are entitled to say 'no' for all sort of reasons.</p> <p>How to use the recovery position.</p> <p>DR ABC</p>	

Cultural Capital:

- School council-KS2
- Class Assemblies
- KS/Praise assemblies
- Eco Club
- Visitors-Dogs trust, LFB, local Community Officers, Dentists, Librarians
- Junior Citizens sessions -UKS2
- School Newsletter and School Website
- Money Week-Financial well-being, savings, how banks work, budgeting-needs vs wants.
- School mass/liturgies
- Cycle Confident training

- Promotion of Healthy Eating at lunchtimes

- Car free day

- Anti-Bullying Focus activities-Aut 2

- NSPCC sessions-Spring 2

- Road Safety week-Aut 2

- Inter-House events

- French Day

- Online Safety-Computing

