

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

	Mod	ule 1		Module 2		Module 3
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Me, My body, my health: Similarities and differences. Bodies are good and made by God. Parts of the body What makes a healthy lifestyle?	Emotional Well being: 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. Anti-bullying Week	Life Cycles Life stages-birth to death, naming baby, child and adult.	Personal Relationships: 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 othersappropriate and inappropriate behaviour. Positive and negative relationships. Different types of teasing and that all bullying is wrong	Keeping Safe 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 afer our bodies because God created them and gifted them to us. Jobs that are designed to help us. That paramedics help	Living in the Wider World 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.

				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.	us in a medical emergency. That First Aid can be used in a non- emergency situation, as well as whilst waiting for an ambulance.	
Year 1	Me, My body, my health: 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	Emotional Well being 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	Life Cycles: Life stages-birth to death, naming baby, child, teenager, and adult, old age adult.	Personal Relationships 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	Keeping Safe 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	Living in the Wider World 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.

	forgive others. Jesus dies on the cross so that we would be forgiven. Anti-bullying Week		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.	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.	
--	---	--	---	---	--

	Mod	lule 1		Module 2		Module 3
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Me, My body, my health: 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	Emotional Well being 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	Life Cycles: Life stages-birth to death, naming baby, child, teenager, and adult, old age adult.	Personal Relationships: 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.	Keeping Safe 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.	Living in the Wie World Belonging to vari communities, hor school, parish, wi local area, nation global. How to help at ho with practical ta at home. That we have a d of care for othe and for the world live in. About what harm and what improve the world in which

are called to receive	How our behaviour	Different	they live.
forgiveness and to	affects others-	people we can	
forgive others.	appropriate and	trust for help.	
Jesus dies on the	inappropriate	That medicines	
cross so that we	behaviour.	are drugs but	
would be forgiven.	Positive and negative	not all drugs are	
	relationships.	good for us.	
	Different types of	That alcohol and	
	teasing and that all	tobacco are	
	bullying is wrong and	harmful	
	unacceptable.	substances.	
	When people are	That our bodies	
	being unkind to us and	are created by	
	others and how to	God, so we	
	respond.	should take care	
	When we have been	of them and be	
	unkind, we hurt God	careful about what we	
	and should say sorry.	what we consume.	
	That we should	To call 999 in an	
	forgive like Jesus	emergency and	
	forgives.	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.	

	Module 1 -Cr	eated by God	Modu	ile 2 -Created to be	loved	Module 3-
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Me, my body, My health: 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.	Emotional Well being 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,	Life Cycles: 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.	Personal relationships: 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	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	Living in the Win World That God wants Church to love a care for others Practical ways of loving and caring others.

unhealthy and risky.	best for the other.	materials or	
That Thankfulness	The difference	messages.	
builds resilience	between a group of	That bad	
against: envy,	friends and a	language and	
inadequacy,	'clique'.	bad behaviour	
insecurity, and	Awareness of	are	
peer/media	bullying (inc cyber) -	inappropriate.	
pressure.	all bullying is wrong,	To judge well	
	how to respond.	what kind of	
	Harassment and	physical contact	
	exploitation in	is	
Anti Bullying Week	relationships,	acceptable/unac	
	including physical	ceptable and	
	and emotional abuse	how to respond.	
	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 ceated 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 4	Me, my body, My health: 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	Emotional Well being: Emotions change as we grow up. Feelings alone are not good guides for action. What Emotional Well-being means. Positive actions and talking to	Life Cycles: 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	Personal relationships: Ways to maintain and develop good, positive trusting relationships. Strategies to use when relationships go wrong.	Keeping Safe That independence brings responsibility to keep themselves and others safe. How to use technology safely.	Living in the Wider World That God wants his Church to love and care for others. Practical ways of loving and caring for others.

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

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

(teamwork) we create	Thankfulness builds	and that fertility	Different	How to use	issues.
community. Self -confidence arises from being loved by God. That human beings are different to other animals. The need to respect our bodies as a gidt from God to be looked after well, and treated appropriately. The need for modesty and appropriate boundaries. How to make good choices that impact our health: rest and sleep, exercise, personal hygiene, avoiding the use of electronic entertainment, etc. About the unique growth and development of humans and the changes that boys and girls will experience during puberty.	resilience against: envy, inadequacy, insecurity, and peer/media pressure. Deeper understanding of our feelings: that feelings are not the only good guides for action. That some behaviour is wrong, unacceptable, unhealthy and risky. Emotional well-being: that beauty, art, etc can lift our spirits. That openness with trusted people when worried will ensure healthy well-being. The difference between harmful and harmless videos/images and the impact these can have and ways to combat/deal with these. Anti-bullying week	is involved in the start of life. Practical support with understanding how to manage the onset of menstruation.	strategies that we can adopt to resist pressure. What consent and body autonomy mean. Different scenarios in which it is right to say 'no'. How thoughts and feelings impact actions. To develop strategies that will positively impact our actions and apply this to our relationships.	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 materials or messages. What the term Cyber bullying means and examples of it. What cyberbullying feels like for the victim and how to get help. What kind of physical contact is acceptable/unac ceptable. Different people we can trust for help. The effect that a range of	Ways in which they can spread God's love in their community.

	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.	

		DR ABC	

	Relationship Education		Health Education			Living in the wider world
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Me, my body, My health: 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	Emotional Well being: 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	Life Cycles: 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.	Personal relationships: That pressure comes in different forms, and what those different forms are. Different strategies that we can adopt to resist	Keeping Safe That independence brings responsibility to keep themselves and others safe. How to use technology safely. That what we watch,	Living in the Wider World How to apply the principles of Catholic Social Teaching to current issues. Ways in which they can spread God's love in their
	from being loved by God. That human beings are different to other	pressure. Deeper understanding	Practical support with	pressure. What consent and	hear, say or do can be good or bad for us	community.

of our feelings: that understanding how and others. animals. body autonomy The need to respect our feelings are not the How to report to manage the mean. bodies as a gift from God only good guides for Different and get help if onset of to be looked after well, they encounter action menstruation. scenarios in which and treated NONit is right to say inappropriate That some behaviour is appropriately. **STATUTORY** 'no'. materials or wrong, unacceptable, The need for modesty How thoughts and unhealthy and risky. **ELEMENTS:** basic messages. and appropriate facts of sexual feelings impact What the term Emotional well-being: boundaries. Cyber bullying intercourse actions. that beauty, art, etc How to make good choices Physical, moral, To develop means and can lift our spirits. that impact our health: strategies that emotional and examples of it. That openness with rest and sleep, exercise, spiritual will positively What trusted people when implications of personal hygiene, avoiding impact our actions cyberbullying worried will ensure the use of electronic sexual and apply this to feels like for healthy well-being. our relationships. entertainment, etc. intercourse. the victim and The difference About the unique growth The Christian how to get help. between harmful and and development of viewpoint that What kind of harmless videos/images humans and the changes sexual intercourse physical contact and the impact these that boys and girls will should be saved is can have and ways to experience during for marriage. acceptable/unac combat/deal with puberty. ceptable. these. Different Anti-bullying week people we can trust for help. The effect that a range of 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
		entitled to say
		'no' for all sort
		of reasons.
		How to use the
		recovery
		position.
		DR ABC
	1	

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