

ST HUGH'S CATHOLIC PRIMARY SCHOOL

LONG TERM PLANNING – RSHE/PSHE –" LIFE TO THE FULL" 2023



	Autumn Term	Spring Term	Summer Term
EYFS	<p><u>Module 1 Unit 1</u> Handmade with love THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • The Creation <p><u>Module 1 Unit 2</u> I am me, Heads, shoulder, Knees and Toes, Ready Teddy</p> <p>THEME: ME, MY BODY, MY HEALTH Topics covered.</p> <ul style="list-style-type: none"> • Differences • Gifts • Talents <p><u>Module 1 Unit 3</u> I like, Feelings, Let's get real</p>	<p><u>Module 1 Unit 3 continued</u> All the feelings, Let's get real</p> <p>THEME - EMOTIONAL WELLBEING Topics covered:</p> <ul style="list-style-type: none"> • Empathy • Actions and consequences <p><u>Module 1 Unit 4</u> Growing Up, New People and Places THEME - LIFE CYCLE Topics covered:</p> <ul style="list-style-type: none"> • Human lifecycle - getting older • Transitions <p><u>Module 2 Unit 1</u> Role model THEME - RELIGIOUS UNDERSTANDING Topics covered:</p>	<p><u>Module 2 Unit 4</u> Safe inside and Out, My Body, My rules, Feeling Poorly, People who help us. THEME- KEEPING SAFE Topics covered:</p> <ul style="list-style-type: none"> • Staying Safe • Body Privacy • People who help us <p><u>Module 3 Unit 1</u> God is Love, Loving others THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • Trinity • Loving the wider community <p><u>Module 3 Unit 2</u> Me, You and Us, When I grow up, Money</p>

	<p>THEME - EMOTINAL WELLBEING</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Similarities and differences 	<ul style="list-style-type: none"> • Love one another <p><u>Module 2 Unit 2</u></p> <p>Who's Who? You've got a friend in me, Forever friends.</p> <p>THEME - PERSONAL RELATIOSHIPS</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Friendships and forgiveness <p><u>Module 2 Unit 3</u></p> <p>What is the internet, Playing Online</p> <p>THEME -LIFE ONLINE</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Introduction to the internet • Basic safety online 	<p>doesn't grow on trees.</p> <p>THEME: LIVING IN THE WIDER WORLD</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Responsibilities • Money
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Reception following Pathway 3 - Planning has been incorporated through EYFS curriculum.

	Autumn Term	Spring Term	Summer Term
Year 1	<p><u>Module 1 Unit 1</u> Let the Children Come</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • Created out of God's love <p><u>Module 2 Unit 1</u> God loves you</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • God loves us <p>Mixed 1/2 Class Years 2 to complete Module 1 Unit 2, Girls and Boys,</p>	<p><u>Module 2 Unit 2</u> Special people, Treat others well and Say sorry.</p> <p>THEME - PERSONAL RELATIONSHIPS</p> <ul style="list-style-type: none"> • Special People • Social situations and dilemmas • Saying sorry and forgiveness <p><u>Module 2 Unit 4</u> Good and bad secrets, physical contact, Harmful substances, Can you help me?</p> <p>THEME- KEEPING SAFE</p> <ul style="list-style-type: none"> • good and bad secrets • Boundaries • Harmful substances (alcohol and tobacco) • First Aid 	<p><u>Module 3 Unit 1</u> Three in one, Who is my neighbour?</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • Trinity <p><u>Module 3 Unit 2</u> The communities I live in. Who will I be?</p> <p>THEME: LIVING IN THE WIDER WORLD Topics covered:</p> <ul style="list-style-type: none"> • Different communities • Rights and responsibilities • Skills and strengths needed for jobs

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Year 2	<p><u>Module 1 Unit 1</u> Let the Children Come</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> Created out of God's love <p><u>Module 1 Unit 2</u> I am unique, Girls and Boys, Clean and Healthy</p> <p>THEME - ME, MY BODY, MY HEALTH Topics covered:</p> <ul style="list-style-type: none"> Similarities and differences Physical differences between boys and girls Personal hygiene 	<p><u>Module 1 Unit 3</u> Feelings</p> <p>THEME - EMOTIONAL WELLBEING Topics covered:</p> <ul style="list-style-type: none"> Managing feelings Actions and consequences <p><u>Module 1 Unit 4</u> Life cycles, beginning and end, Changes.</p> <p>THEME - LIFE CYCLE Topics covered:</p> <ul style="list-style-type: none"> Human lifecycle Transition Changes 	<p><u>Module 2 Unit 3</u> Real life online and rules</p> <p>THEME - LIFE ONLINE Topics covered:</p> <ul style="list-style-type: none"> Feeling safe on the internet <p><u>Module 3 Unit 1</u> Three in one, Who is my neighbour?</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> Trinity <p><u>Module 3 Unit 2</u> The communities I live in. Needs and wants</p> <p>THEME: LIVING IN THE WIDER WORLD Topics covered:</p>

			<ul style="list-style-type: none">• Different communities• Rights and responsibilities• Value of money
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Year 3	<p>Module 1 Unit 1 - Get up and Sacraments</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • How we should live • Sacraments <p>Module 2 Unit 1 (YEAR 3 AKP ONLY) Jesus is my friend</p> <p>THEME - RELIGIOUS UNDERSTANDING</p> <ul style="list-style-type: none"> • Sin and forgiveness <p>Module 2 Unit 2 Family, friends, others. When things feel bad.</p> <p>THEME - PERSONAL RELATIONSHIPS</p> <ul style="list-style-type: none"> • Family structures • Healthy Relationships • Discrimination • Bullying 	<p>Module 2 Unit 3 Sharing and Chatting Online</p> <p>THEME - LIFE ONLINE Topics covered:</p> <ul style="list-style-type: none"> • Sharing online • Digital World and Media • Cyberbullying • Staying Safe <p>Module 2 Unit 4 Safe in my body, First aid heroes, Drug, alcohol and tobacco, rights and responsibilities</p> <p>THEME- KEEPING SAFE Topics covered:</p> <ul style="list-style-type: none"> • Types of abuse • Drugs, alcohol and tobacco • First Aid/ Emergency • Rights and responsibilities 	<p>Module 3 Unit 1 (YEAR 3 AKP ONLY) A community of love. What is the Church?</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • Trinity • Living in God's image <p>Module 3 Unit 2 How do I love others? Working together?</p> <p>THEME: LIVING IN THE WIDER WORLD Topics covered:</p> <ul style="list-style-type: none"> • Catholic Social Teaching • Stewardship • Job aspirations

	<ul style="list-style-type: none">• Resilience <p>Mixed 3/4 Class Year 4 to complete Module 1 Unit 3 - What I'm feeling.</p>	<p>Mixed 3/4 Class. Year 4 to compete - Module 1 Unit 2 -What is Puberty and Changing bodies.</p>	
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Year 4	<p><u>Module 1 Unit 1 -</u> Get up</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • How we should live <p><u>Module 1 Unit 3 -</u> What I'm feeling, Being thankful</p> <p>THEME - EMOTIONAL WELLBEING Topics covered:</p> <ul style="list-style-type: none"> • Feelings and actions • Being emotionally healthy • Acceptable behaviours • Resilience 	<p><u>Module 1 Unit 4</u> Life cycles, A time for everything, changes.</p> <p>THEME - LIFE CYCLE Topics covered:</p> <ul style="list-style-type: none"> • Miracle of conception • Grief • Big changes <p><u>Module 1 Unit 2 -</u></p> <p>We don't have to be the same. Respecting our bodies. What is Puberty? Changing bodies.</p> <p>THEME - ME, MY BODY, MY HEALTH Topics covered:</p> <ul style="list-style-type: none"> • Similarities and differences • Physical and emotional changes of puberty 	<p><u>Module 3 Unit 2</u> How do I love others? Money Matters (S3)</p> <p>THEME: LIVING IN THE WIDER WORLD Topics covered:</p> <ul style="list-style-type: none"> • Catholic Social Teaching • Stewardship • Budgeting • Financial Risk

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Year 5	<p><u>Module 1 Unit 2</u> Gifts and talents, Girls and Boys Bodies, Spots and Sleep</p> <p>THEME - ME, MY BODY, MY HEALTH Topics covered:</p> <ul style="list-style-type: none"> • Self confidence • Physical changes • Puberty <p><u>Module 1 Unit 4</u> Menstruation</p> <p>THEME - LIFE CYCLE Topics covered:</p> <ul style="list-style-type: none"> • Menstruation, <p><u>Module 2 Unit 1</u> God is calling you</p> <p>THEME - RELIGIOUS UNDERSTANDING</p> <ul style="list-style-type: none"> • Hearing God's call in our lives 	<p><u>Module 2 Unit 3</u> Sharing isn't always caring, Cyber bullying</p> <p>THEME - LIFE ONLINE Topics covered:</p> <ul style="list-style-type: none"> • Sensible decisions about online content • What you should and shouldn't share • Cyber bullying <p><u>Module 2 Unit 4</u> Types of abuse, Impacted Lifestyle, Making good choices, Giving assistance.</p> <p>THEME- KEEPING SAFE</p> <ul style="list-style-type: none"> • Topics covered: • Types of abuse • Forced marriage • Drugs, alcohol and tobacco • First Aid 	<p><u>Module 3 Unit 1</u> Holy Trinity, Catholic Social Teaching</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • Self giving/ self sacrifice. <p><u>Module 3 Unit 2</u> Reaching Out, The World of Work</p> <p>THEME: LIVING IN THE WIDER WORLD Topics covered:</p> <ul style="list-style-type: none"> • Social Relationships • Stewardship • Jobs • Aspirations

Module 2 Unit 2

Under pressure, Do you want a piece of cake, Self Talk, Build Up Others

THEME - PERSONAL RELATIONSHIPS

- Topics covered:
- Pressures/Consent
- Bullying
- Prejudice
- Discrimination
- Gender stereotyping

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Year 6	<p><u>Module 1 Unit 1</u></p> <p>THEME - INDEPENDENCE & RESPONSIBILITY</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Change • Development • Independence and responsibility <p><u>Module 1 Unit 2</u></p> <p>Gifts and talents, Girls and Boys Bodies, Spots and Sleep</p> <p>THEME - ME, MY BODY, MY HEALTH</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Self confidence • Physical changes • Puberty • Healthy Friendships 	<p><u>Module 1 Unit 3</u></p> <p>Body Image, Peculiar feelings, Emotional changes, Seeing stuff online.</p> <p>THEME - EMOTIONAL WELLBEING</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Pressure • Resilience • Coping with difficult feelings <p><u>Module 1 Unit 4</u></p> <p>Making babies, Menstruation, Hope beyond death, Coping with Change</p> <p>THEME - LIFE CYCLE</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Menstruation • Fertility • Conception • Foetal development • Childbirth 	<p><u>Module 2 Unit 2</u></p> <p>Build Others Up</p> <p>THEME - PERSONAL RELATIONSHIPS</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Relationship and conflict • Pressures • Bullying • Prejudice • Discrimination • Gender stereotyping <p><u>Module 3 Unit 1</u></p> <p>Listen and respond respectfully</p> <p>THEME - RELIGIOUS UNDERSTANDING</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Respect others point of view • Compassion for others • Respect similarities differences between people

- Grief

- Self respect

Module 3 Unit 2

Reaching Out, Money and Me
THEME: LIVING IN THE WIDER WORLD

Topics covered:

- Social Relationships
- Stewardship
- Money

Module 1 Unit 4 continued

Coping with Change

THEME - LIFE CYCLE

Topics covered:

- Transitions

