

RSHE/PSHE CURRICULUM –" LIFE TO THE FULL" 2023-24

Year Group	Advent	Lent	Pentecost
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> S1 I am me, S2 Heads, shoulder, Knees and Toes, S3 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> S1 I like THEME - EMOTIONAL WELLBEING Topics covered:</p> <ul style="list-style-type: none"> • Similarities and differences • Feelings • Actions, Consequences & Forgiveness. 	<p><u>Module 1 Unit 3 Continued.</u> S2 Feelings, S3 Let's get real THEME - EMOTIONAL WELLBEING Topics covered:</p> <ul style="list-style-type: none"> • Feelings • Actions, Consequences & Forgiveness. <p><u>Module 2 Unit 1</u> S1 Role model THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • Love one another <p><u>Module 2 Unit 4</u> S1 Safe inside and Out, S2 My Body, My rules, S3 Feeling Poorly, S4 People who help us.?</p> <p>THEME- KEEPING SAFE Topics covered:</p> <ul style="list-style-type: none"> • Staying Safe • Body Privacy • People who help us 	<p><u>Module 2 Unit 3</u> S1 What is the internet, S2 Playing Online</p> <p>THEME -LIFE ONLINE Topics covered:</p> <ul style="list-style-type: none"> • Introduction to the internet • Basic safety online <p><u>Module 3 Unit 1</u> S1 God is Love, S2 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> S1 Me, You and Us, S2 When I grow up, S3 Money doesn't grow on trees. THEME: LIVING IN THE WIDER WORLD Topics covered:</p> <ul style="list-style-type: none"> • Responsibilities • Money

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1	<p><u>Module 1 Unit 1</u> S1 Let the Children Come</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> Created out of God's love (plus extended activities) <p><u>Module 2 Unit 1</u> S1 God loves you</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> God loves us (plus extended activities) 	<p><u>Module 2 Unit 2</u> S1 Special people, S2 Treat others well and S3 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> S1 Good and bad secrets, S2 physical contact, S3 Harmful substances, S4 Can you help me? S5 Can you help me? (part 2)</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 2</u> S1 The communities I live in. S2 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
Year Group	<u>Advent</u>	<u>Lent</u>	<u>Pentecost</u>
2	<p><u>Module 1 Unit 1</u> S1 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></p>	<p><u>Module 1 Unit 3</u> Feelings S1, S2 S3</p> <p>THEME - EMOTIONAL WELLBEING Topics covered:</p> <ul style="list-style-type: none"> Managing feelings Actions and consequences 	<p><u>Module 2 Unit 3</u> S1 Real life online and S2 Rules to help us</p> <p>THEME - LIFE ONLINE Topics covered:</p> <ul style="list-style-type: none"> Feeling safe on the internet <p><u>Module 3 Unit 2</u></p>

	<p>S1 am unique, S2 Girls and Boys, S3 Clean and Healthy</p> <p>THEME - ME, MY BODY,MY HEALTH</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Similarities and differences • Physical differences between boys and girls • Personal hygiene 	<p>Module 1 Unit 4</p> <p>Life cycles, beginning and end, Changes.</p> <p>THEME - LIFE CYCLE</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Human lifecycle • Transition • Changes <p>Module 2 Unit 4</p> <p>S4 Can you help me? S5 Can you help me? (part 2)</p> <p>THEME- KEEPING SAFE</p> <ul style="list-style-type: none"> • First Aid 	<p>The communities I live in. Needs and wants</p> <p>THEME: LIVING IN THE WIDER WORLD</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Different communities • Rights and responsibilities Value of money
Year Group	<u>Advent</u>	<u>Lent</u>	<u>Pentecost</u>
3	<p>Module 1 Unit 1 -</p> <p>S1 Get up</p> <p>THEME - RELIGIOUS UNDERSTANDING</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • How we should live <p>Module 2 Unit 1</p> <p>S1 Jesus, my friend</p> <p>THEME - RELIGIOUS UNDERSTANDING</p> <ul style="list-style-type: none"> • Sin and forgiveness <p>Module 2 Unit 2</p> <p>S1 Family, friends, others. S2 When things feel bad.</p>	<p>Module 2 Unit 4</p> <p>S1 Safe in my body, S2 First aid heroes, S3 Drug, alcohol and tobacco, S4 rights and responsibilities</p> <p>THEME- KEEPING SAFE</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Types of abuse • Drugs, alcohol and tobacco • First Aid/ Emergency • Rights and responsibilities 	<p>Module 2 Unit 3</p> <p>S1 Sharing and S2 Chatting Online</p> <p>THEME - LIFE ONLINE</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Sharing online • Digital World and Media • Cyberbullying • Staying Safe <p>Module 1 Unit 3</p> <p>S1 What am I feeling? S2 What am I looking at?</p> <p>THEME - EMOTIONAL WELLBEING</p>

	<p>THEME - PERSONAL RELATIONSHIPS</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Family structures • Healthy Relationships 		<p>Topics covered:</p> <ul style="list-style-type: none"> • Feelings and actions • Being emotionally healthy • Acceptable behaviours • Resilience
Year Group	<u>Advent</u>	<u>Lent</u>	<u>Pentecost</u>
4	<p><u>Module 1 Unit 1 -</u> S2 The Sacraments.</p> <p>THEME - RELIGIOUS UNDERSTANDING</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Baptism • Reconciliation <p><u>Module 1 Unit 3 -</u> S1 What I'm feeling, S2 What am I looking at? S3 I am thankful</p> <p>THEME - EMOTIONAL WELLBEING</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Feelings and actions • Being emotionally healthy • Acceptable behaviours • Resilience 	<p><u>Module 1 Unit 2 -</u> S1 We don't have to be the same. S2 Respecting our bodies. S3 What is Puberty? S4 Changing bodies.</p> <p>THEME - ME, MY BODY, MY HEALTH</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Similarities and differences • Physical and emotional changes of puberty. <p><u>Module 1 Unit 4</u> S1 Life cycles, S2 A time for everything, S3 changes.</p> <p>THEME - LIFE CYCLE</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Miracle of conception • Grief • Big changes <p><u>Module 2 Unit 4</u> S3 (only) First Aid Heroes</p> <p>THEME- KEEPING SAFE</p> <p>Topics covered:</p>	<p><u>Module 2 Unit 3</u> S1 Sharing isn't always caring, S2 Cyber bullying</p> <p>THEME - LIFE ONLINE</p> <p>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 3 Unit 2</u> How do I love others? Money Matters (S3)</p> <p>THEME: LIVING IN THE WIDER WORLD</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Catholic Social Teaching • Stewardship • Budgeting • Financial Risk

		<ul style="list-style-type: none"> • First Aid 	
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5	<p><u>Module 1 Unit 2</u> S1 Gifts and talents, S2/S3 Girls and Boys Bodies, S3 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 <p><u>Module 1 Unit 4</u> S3 (only) Menstruation</p>	<p><u>Module 2 Unit 1</u> S1 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 2</u> S1 Under pressure, S2 Do you want a piece of cake, S3 Self Talk.</p> <p>THEME - PERSONAL RELATIONSHIPS</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Pressures/Consent • Bullying • Prejudice • Discrimination • Gender stereotyping <p><u>Module 2 Unit 4</u> S1 Types of abuse, S2 Impacted Lifestyle, S3 Making good choices.</p> <p>THEME- KEEPING SAFE</p> <ul style="list-style-type: none"> • Topics covered: • Types of abuse • Forced marriage • Drugs, alcohol and tobacco 	<p><u>Module 2 Unit 3</u> S1 Sharing isn't always caring, S2 Cyber bullying</p> <p>THEME - LIFE ONLINE</p> <p>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 3 Unit 1</u> S1 Holy Trinity, S2 Catholic Social Teaching</p> <p>THEME - RELIGIOUS UNDERSTANDING</p> <p>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</p> <p>Topics covered:</p> <ul style="list-style-type: none"> • Social Relationships • Stewardship • Jobs • Aspirations

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6	<p><u>Module 1 Unit 1</u> Story Session - Calming the storm</p> <p>THEME - RELIGIOUS UNDERSTANDING Topics covered:</p> <ul style="list-style-type: none"> • Change • Growth • Development • Independence and responsibility <p><u>Module 1 Unit 2</u> S2/S3 Girls and Boys Bodies, S4 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 • Healthy Friendships <p><u>Module 1 Unit 4</u> S1 Making babies, S3 Menstruation</p> <p>THEME - LIFE CYCLE Topics covered:</p> <ul style="list-style-type: none"> • Menstruation • Fertility • Conception • Foetal development 	<p><u>Module 1 Unit 3</u> S1 Body Image, S2 Peculiar feelings, S3 Emotional changes.</p> <p>THEME - EMOTIONAL WELLBEING Topics covered:</p> <ul style="list-style-type: none"> • Pressure • Resilience • Coping with difficult feelings 	<p><u>Module 1 Unit 4</u> S4 Hope Beyond Death, S5 Coping with change.</p> <p>THEME - LIFE CYCLE Topics covered:</p> <ul style="list-style-type: none"> • Menstruation • Fertility • Conception • Foetal development • Childbirth <p><u>Module 2 Unit 2</u> Build Others Up</p> <p>THEME - PERSONAL RELATIONSHIPS Topics covered:</p> <ul style="list-style-type: none"> • Relationship and conflict • Pressures • Bullying • Prejudice • Discrimination • Gender stereotyping <p><u>Module 2 Unit 3</u> S1 Sharing isn't always caring, S2Cyber bullying</p> <p>THEME - LIFE ONLINE Topics covered:</p> <ul style="list-style-type: none"> • Sensible decisions about online content

	<ul style="list-style-type: none">• Childbirth		<ul style="list-style-type: none">• What you should and shouldn't share• Cyber bullying
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