

RSHE/PSHE CURRICULUM –" LIFE TO THE FULL" 2025-26

Year Group	<u>Advent</u>	<u>Lent</u>	<u>Pentecost</u>
EYFS	<u>Module 1 Unit 1</u> Handmade with love THEME - RELIGIOUS UNDERSTANDING Topics covered: - The Creation <u>Module 1 Unit 2</u> S1 I am me, S2 Heads, shoulder, Knees and Toes, S3 Ready Teddy THEME: ME, MY BODY, MY HEALTH Topics covered. - Differences - Gifts - Talents <u>Module 1 Unit 3</u> S1 I like THEME - EMOTIONAL WELLBEING Topics covered: - Similarities and differences - Feelings - Actions, Consequences & Forgiveness.	<u>Module 1 Unit 3 Continued.</u> S2 Feelings, S3 Let's get real THEME - EMOTIONAL WELLBEING Topics covered: - Feelings - Actions, Consequences & Forgiveness. <u>Module 2 Unit 1</u> S1 Role model THEME - RELIGIOUS UNDERSTANDING Topics covered: - Love one another <u>Module 2 Unit 4</u> S1 Safe inside and Out, S2 My Body, My rules, S3 Feeling Poorly, S4 People who help us.? THEME- KEEPING SAFE Topics covered: - Staying Safe - Body Privacy - People who help us	<u>Module 2 Unit 3</u> S1 What is the internet, S2 Playing Online THEME -LIFE ONLINE Topics covered: - Introduction to the internet - Basic safety online <u>Module 3 Unit 1</u> S1 God is Love, S2 Loving others THEME - RELIGIOUS UNDERSTANDING Topics covered: - Trinity - Loving the wider community <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: - Responsibilities - Money

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1	<u>Module 1 Unit 1</u> S1 Let the Children Come THEME - RELIGIOUS UNDERSTANDING Topics covered: - Created out of God's love (plus extended activities) <u>Module 2 Unit 1</u> S1 God loves you THEME - RELIGIOUS UNDERSTANDING Topics covered: - God loves us (plus extended activities)	<u>Module 2 Unit 2</u> S1 Special people, S2 Treat others well and S3 Say sorry. THEME - PERSONAL RELATIONSHIPS - Special People - Social situations and dilemmas - Saying sorry and forgiveness <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) THEME- KEEPING SAFE - good and bad secrets - Boundaries - Harmful substances (alcohol and tobacco) - First Aid	<u>Module 3 Unit 2</u> S1 The communities I live in. S2 Who will I be? THEME: LIVING IN THE WIDER WORLD Topics covered: - Different communities - Rights and responsibilities
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2	<u>Module 1 Unit 1</u> S1 Let the Children Come THEME - RELIGIOUS UNDERSTANDING Topics covered: Created out of God's love <u>Module 1 Unit 2</u>	<u>Module 1 Unit 3</u> Feelings S1, S2 S3 THEME - EMOTINAL WELLBEING Topics covered: - Managing feelings - Actions and consequences	<u>Module 2 Unit 3</u> S1 Real life online and S2 Rules to help us THEME - LIFE ONLINE Topics covered: Feeling safe on the internet <u>Module 3 Unit 2</u>

	S1 I am unique, S2 Girls and Boys, S3 Clean and Healthy THEME - ME, MY BODY, MY HEALTH Topics covered: • Similarities and differences • Physical differences between boys and girls • Personal hygiene	Module 1 Unit 4 Life cycles, beginning and end, Changes. THEME - LIFE CYCLE Topics covered: • Human lifecycle • Transition • Changes Module 2 Unit 4 S4 Can you help me? S5 Can you help me? (part 2) THEME- KEEPING SAFE • First Aid	The communities I live in. Needs and wants THEME: LIVING IN THE WIDER WORLD Topics covered: • Different communities • Rights and responsibilities - Value of money
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3	Module 1 Unit 1 - S1 Get up THEME - RELIGIOUS UNDERSTANDING Topics covered: • How we should live Module 2 Unit 1 S1 Jesus, my friend THEME - RELIGIOUS UNDERSTANDING • Sin and forgiveness Module 2 Unit 2 S1 Family, friends, others. S2 When things feel bad.	Module 2 Unit 4 S1 Safe in my body, S2 First aid heroes, S3 Drug, alcohol and tobacco, S4 rights and responsibilities THEME- KEEPING SAFE Topics covered: • Types of abuse • Drugs, alcohol and tobacco • First Aid/ Emergency • Rights and responsibilities	Module 2 Unit 3 S1 Sharing and S2 Chatting Online THEME - LIFE ONLINE Topics covered: • Sharing online • Digital World and Media • Cyberbullying • Staying Safe Module 1 Unit 3 S1 What am I feeling? S2 What am I looking at? THEME - EMOTIONAL WELLBEING

	THEME - PERSONAL RELATIONSHIPS Topics covered: - Family structures - Healthy Relationships		Topics covered: - Feelings and actions - Being emotionally healthy - Acceptable behaviours - Resilience
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4	<u>Module 1 Unit 1 -</u> S2 The Sacraments. THEME - RELIGIOUS UNDERSTANDING Topics covered: - Baptism - Reconciliation <u>Module 1 Unit 3 -</u> S1 What I'm feeling, S2 What am I looking at? S3 I am thankful THEME - EMOTINAL WELLBEING Topics covered: - Feelings and actions - Being emotionally healthy - Acceptable behaviours - Resilience	<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. THEME - ME, MY BODY,MY HEALTH Topics covered: - Similarities and differences - Physical and emotional changes of puberty. <u>Module 1 Unit 4</u> S1 Life cycles, S2 A time for everything, S3 changes. THEME - LIFE CYCLE Topics covered: - Miracle of conception - Grief - Big changes <u>Module 2 Unit 4</u> S3 (only) First Aid Heroes THEME- KEEPING SAFE Topics covered:	<u>Module 2 Unit 3</u> S1 Sharing isn't always caring, S2 Cyber bullying THEME - LIFE ONLINE Topics covered: - Sensible decisions about online content - What you should and shouldn't share - Cyber bullying <u>Module 3 Unit 2</u> How do I love others? Money Matters (S3) THEME: LIVING IN THE WIDER WORLD Topics covered: - Catholic Social Teaching - Stewardship - Budgeting - Financial Risk

		First Aid	
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5	<u>Module 1 Unit 2</u> S1 Gifts and talents, S2/S3 Girls and Boys Bodies, S3 Spots and Sleep THEME - ME, MY BODY,MY HEALTH Topics covered: - Self confidence - Physical changes - Puberty <u>Module 1 Unit 4</u> S3 (only) Menstruation	<u>Module 2 Unit 1</u> S1 God is calling you THEME - RELIGIOUS UNDERSTANDING - Hearing God's call in our lives <u>Module 2 Unit 2</u> S1 Under pressure, S2 Do you want a piece of cake, S3 Self Talk. THEME - PERSONAL RELATIONSHIPS Topics covered: - Pressures/Consent - Bullying - Prejudice - Discrimination - Gender stereotyping <u>Module 2 Unit 4</u> S1 Types of abuse, S2 Impacted Lifestyle, S3 Making good choices. THEME- KEEPING SAFE - Topics covered: - Types of abuse - Forced marriage - Drugs, alcohol and tobacco	<u>Module 2 Unit 3</u> S1 Sharing isn't always caring, S2 Cyber bullying THEME - LIFE ONLINE Topics covered: - Sensible decisions about online content - What you should and shouldn't share - Cyber bullying <u>Module 3 Unit 1</u> S1 Holy Trinity, S2 Catholic Social Teaching THEME - RELIGIOUS UNDERSTANDING Topics covered: - Self giving/ self sacrifice. <u>Module 3 Unit 2</u> Reaching Out, The World of Work THEME: LIVING IN THE WIDER WORLD Topics covered: - Social Relationships - Stewardship - Jobs - Aspirations

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6	<u>Module 1 Unit 1</u> Story Session - Calming the storm THEME - RELIGIOUS UNDERSTANDING Topics covered: • Change • Growth • Development • Independence and responsibility <u>Module 1 Unit 2</u> S2/S3 Girls and Boys Bodies, S4 Spots and Sleep THEME - ME, MY BODY,MY HEALTH Topics covered: • Self confidence • Physical changes • Puberty • Healthy Friendships <u>Module 1 Unit 4</u> S1 Making babies, S3 Menstruation THEME - LIFE CYCLE Topics covered: • Menstruation • Fertility • Conception • Foetal development	<u>Module 1 Unit 3</u> S1 Body Image, S2 Peculiar feelings, S3 Emotional changes. THEME - EMOTIONAL WELLBEING Topics covered: • Pressure • Resilience • Coping with difficult feelings	<u>Module 1 Unit 4</u> S4 Hope Beyond Death, S5 Coping with change. THEME - LIFE CYCLE Topics covered: • Menstruation • Fertility • Conception • Foetal development • Childbirth <u>Module 2 Unit 2</u> Build Others Up THEME - PERSONAL RELATIONSHIPS Topics covered: • Relationship and conflict • Pressures • Bullying • Prejudice • Discrimination • Gender stereotyping <u>Module 2 Unit 3</u> S1 Sharing isn't always caring, S2Cyber bullying THEME - LIFE ONLINE Topics covered: • Sensible decisions about online content

	• Childbirth		• What you should and shouldn't share • Cyber bullying
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