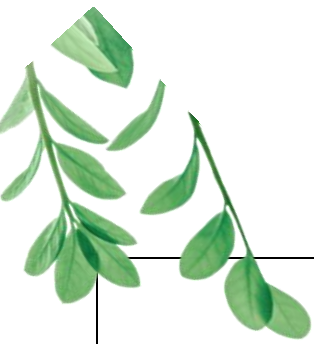




Sacred Heart Catholic Primary School & Nursery- PSHE and RSHE Overview 2023-2024

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Who am I?	Happy Birthday to you	Who put the colours in the rainbow?	Old MacDonald had a farm	Fairy tales and pirates	All around the world
PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT NATIONAL CURRICULUM LINK: PSHE, British Values, RSHE, E&D	Health and wellbeing: Recognising we are special and unique Relationships: Families – I am special Living in the wider world: Recognise who can help online	Health and wellbeing: Recognising we are special and unique Relationships: Friendships - appropriate behaviour Living in the wider world: Communicating online	Health and wellbeing: Being different and unique Keeping safe – inside and out Relationships: Friendships – saying sorry Living in the wider world: Dealing with online bullying	Health and wellbeing: Bodily privacy Taking medicine from a doctor/parent Relationships: Families – I am special Living in the wider world: Finding information online Beginning to explore jobs	Health and wellbeing: Recognise people that help us Relationships: Celebrating family Living in the wider world: Beginning to explore jobs	Health and wellbeing: Recognise people that help us Relationships: Loving others Living in the wider world: Understanding community Beginning to explore jobs
Journey In Love & Ten:Ten Links to: RSHE British Values, RSHE, E&D	Journey In Love – Social & Emotional To recognise the joy of being a special person in my family RSHE – I am me – we are special Text -You Choose – Say what I think Text – Red Rockets and Rainbow Jelly - It's OK to be different		Journey In Love – Physical To recognise that we are all different and unique RSHE – Role model – loving others Text -Blue Chameleon – Making friends with someone different Text – The Family Book – all families are different		Journey In Love – Spiritual To celebrate the joy of being a special person in God's family RSHE – Me, you, us – belonging to communities Text - Mommy, Mamma and Me – celebrating my family	



Sacred Heart Catholic Primary School & Nursery- PSHE and RSHE Overview 2023-2024

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Who am I?	Where do I belong?	My hero	Tickets please	Would a lion make a good pet?	I am incredible – so is the world
PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT NATIONAL CURRICULUM LINK: PSHE, British Values, RSHE, E&D	Health and wellbeing: Recognising we are special and unique Relationships: Families – I am special Living in the wider world: Recognise who can help online Beginning to explore jobs	Health and wellbeing: Recognising body parts Relationships: Friendships - appropriate behaviour Living in the wider world: Communicating online	Health and wellbeing: Being different and unique Looking after our bodies Relationships: Making friends Living in the wider world: Dealing with online bullying	Health and wellbeing: Good feelings, bad feelings Managing behaviour and emotions Relationships: Families - differences Living in the wider world: Finding information online Beginning to explore jobs	Health and wellbeing: Recognise stages of life Relationships: Celebrating family Living in the wider world: Online behaviour Beginning to explore jobs	Health and wellbeing: Recognise stages of life Relationships: Loving others Living in the wider world: Recognise what we should not share online Understanding community
Journey In Love & Ten:Ten Links to :RSHE British Values, RSHE, E&D	Journey In Love – Social & Emotional To recognise the joy of being a special person in my family RSHE – I am me – we are special Text -You Choose – Say what I think Text – Red Rockets and Rainbow Jelly - It's OK to be different		Journey In Love – Physical To recognise that we are all different and unique RSHE – Role model – loving others Text -Blue Chameleon – Making friends with someone different Text – The Family Book – all families are different		Journey In Love – Spiritual To celebrate the joy of being a special person in God's family RSHE – Me, you, us – belonging to communities Text - Mommy, Mamma and Me – celebrating my family	



Sacred Heart Catholic Primary School & Nursery - PSHE and RSHE Overview 2023-2024

Year One	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>PSHE</p>	<p>Health and wellbeing: Recognising feelings What goes in to our bodies Relationships: Family relationships Living in the wider world: Recognise who can help online Career options</p>	<p>Health and wellbeing: Good feelings and bad feelings Medicines to stay healthy Relationships: Accepting and respecting others Living in the wider world: Communicating online Future jobs</p>	<p>Health and wellbeing: Dealing with big feelings Being safe around medicine Relationships: Friendships – saying sorry Living in the wider world: Online bullying Aiming high</p>	<p>Health and wellbeing: Recognise change and how this affects people Relationships: Special people Living in the wider world: Find information online Job stereotypes</p>	<p>Health and wellbeing: Recognising safe and unsafe situations Bodily privacy Relationships: Trusting relationships Living in the wider world: Safe online behaviour Listening to others when working together</p>	<p>Health and wellbeing: Recognising what to do in an emergency Relationships: Respecting others Living in the wider world: Safe online sharing Belonging to a community Positive learning attitude</p>
<p>Journey In Love & Ten:Ten Links to: RSHE British Values, RSHE, E&D</p>	<p>Journey In Love – Social & Emotional To recognise the signs that I am loved in my family RSHE –Who we are matters and what we do matters Saying sorry, Physical Health & Fitness, Healthy eating, Texts -Elmer – Like the way I am Picnic In the Park – Understand families are different That's not how you do it – Accept people are different & Ten Little Pirates – all genders have equal value No One else like You – Celebrating difference Linked to: Science – Animals including humans #What materials would make Aviator attire?</p>		<p>Journey In Love – Physical To recognise how I am cared for and kept safe in my family RSHE – Personal Relationships Keeping Safe Texts -My Grandpa is amazing Recognise people of all ages are valued and special Max the champion – Understand our bodies work in different ways Play with girls and boys, recognise people are different ages. I just don't like the sound of "No" – understanding we have different opinions Linked to Science innovation PE Identify and use effective communication to begin to work as a team.</p>		<p>Journey In Love – Spiritual To celebrate ways that God loves and cares for us. RSHE –Living in the Wider World Who is my neighbour – Diversity, Equality, Community Texts -My World, Your World – Understand we share the world with lots of different people Penguin Polly – My voice matters That's not what I saw – Accept people have different ways Understand our bodies work in different ways. To understand that we share the world with lots of people. Linked to Science – Animals including humans Plants/Living things</p>	



Sacred Heart Catholic Primary School & Nursery - PSHE and RSHE Overview 2023-2024

Year Two	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>PSHE</p>	<p>Health and wellbeing: Recognise feelings What goes in to our bodies Relationships: Families – celebrating difference Living in the wider world: Recognising who we can trust online Listening and presenting skills</p>	<p>Health and wellbeing: Recognise good/bad feelings Medicines to stay healthy Relationships: Respecting self – being unique Living in the wider world: Communicating online Problem solving and creativity in work</p>	<p>Health and wellbeing: Being safe in communities Safety around medicines Dealing with big feelings Relationships: Respecting self - Me, my body, my health Living in the wider world: Online bullying and consequences Aiming high</p>	<p>Health and wellbeing: Changes and how they affect people Feelings – likes and dislikes Looking after our body Relationships: Community relationships Living in the wider world: Believing what we read on the internet Leading and supporting a team</p>	<p>Health and wellbeing: Feeling inside out Human lifecycle Relationships: Respect for others – working with friends Living in the wider world: Appropriate online behaviour Listening skills in teamwork</p>	<p>Health and wellbeing: Managing emotions Relationships: Community relationships Living in the wider world: Online security</p>
<p>Journey In Love & Ten:Ten Links to: RSHE British Values, RSHE, E&D</p>	<p>Journey In Love – Social & Emotional To recognised the joy and friendship of belonging to a diverse community. RSHE - RSHE - Who we are matters and what we do matters Physical Health & Fitness, Healthy eating, Texts -Penguin Polly – How to start a conversation The Big Book of Families – Explore diversity Introducing Teddy – Having different friends The first Slodge – understand we share the world To understand what diversity is. Linked to Science – Animals including human body</p>		<p>Journey In Love – Physical To describe ways of being safe in communities. RSHE – Me, my body, my health, Emotional Wellbeing Texts -What the Jackdaw saw – We communicate in different ways The Odd Egg – Understand what makes me proud Just Because – Being proud to be different Understand we share the world Linked to Science innovation Science inventors</p>		<p>Journey In Love – Spiritual To celebrate ways of meeting God in our community. RSHE –Living In the Wider World Diversity, Equality, Community The Cycle of Life Texts -Blown Away – Be able to work with everyone in class Picnic In the Park – Families can be different I can work with everyone in my class. Who we are – exploring difference Let’s Talk about you and me – value and respect</p>	



Sacred Heart Catholic Primary School & Nursery - PSHE and RSHE Overview 2023-2024

Year Three	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	<p>Health and wellbeing: Recognise everyday feelings</p> <p>Relationships: Friendships – being happy and safe</p> <p>Living in the wider world: Online identity</p>	<p>Health and wellbeing: Expressing feelings</p> <p>Relationships: Forgiveness and reconciliation</p> <p>Living in the wider world: Positive online relationships</p>	<p>Health and wellbeing: Impact of life changes</p> <p>Dealing with grief</p> <p>Responding to bullying</p> <p>Relationships: Friends, family, others</p> <p>Living in the wider world: Dealing with online bullying</p> <p>Developing awareness of health and social care</p>	<p>Health and wellbeing: Acceptable physical contact</p> <p>Effects of drugs and alcohol</p> <p>Managing feelings</p> <p>Relationships: Strengthening friendships</p> <p>Living in the wider world: Using the internet</p> <p>Exploring health and social care industry</p>	<p>Health and wellbeing: Using medicine safely</p> <p>Relationships: Appropriate friendships</p> <p>Living in the wider world: Impact of technology on health</p> <p>Importance of health and social care within the community</p>	<p>Health and wellbeing: Affects of caffeine, vaping and alcohol</p> <p>Relationships: Loving and caring for others</p> <p>Living in the wider world: Understanding how online information is used</p>
<p>Journey In Love & Ten:Ten Links to: RSHE British Values, RSHE, E&D</p>	<p>Journey In Love – Social & Emotional To describe and give reasons how friendships make us feel happy and safe.</p> <p>RSHE – Being Unique</p> <p>Life Cycle</p> <p>Making the right choice</p> <p>Physical Health & Fitness, Healthy eating,</p> <p>Texts -Perfect Square – Develop skills in resilience</p> <p>Oliver – Understand how difference can affect someone</p> <p>This is our house – understand impact of discrimination</p> <p>Linked to Science – Animals including human body</p>		<p>Journey In Love – Physical To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p> <p>RSHE – Personal Relationships, Keeping Safe, Health Choices</p> <p>Texts -Big Bob, Little Bob – Use my voice</p> <p>Nanny Fox – Be honest about myself and know how to speak up</p> <p>Something Else – Speak up if someone feels like an outsider</p> <p>Two Monsters – Where do problems start</p> <p>The Hueys in the New Jumper – Helping someone who may seem different</p> <p>Linked to</p>		<p>Journey In Love – Spiritual To celebrate the joy and happiness of living in friendship with God and others.</p> <p>RSHE –Supporting Others</p> <p>Living In the Wider Community</p> <p>harmful substances</p> <p>Texts -Beegu – How to be welcoming</p> <p>Rosie Revere, Ada Twist, Gender equality</p> <p>Stellaluna – Triumphant over adversity and different able bodies</p> <p>Pearl Fairweather –The prevention of violence, respectful relationships – equality</p> <p>Annies Plaid Shirt – Tolerance & self esteem</p> <p>Linked to Science –Light & Plants</p>	



	Science Forces & Magnets	Science – Rocks Science - innovation & invention PE – Knows that healthy eating and exercise makes you feel better.	PE Identify and use effective communication to begin to work as a team.
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Sacred Heart Catholic Primary School & Nursery - PSHE and RSHE Overview 2023-2024

Year Four	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	Health and wellbeing: Recognise everyday feelings Relationships: Loving others, being loved Living in the wider world: Online identity Career skills	Health and wellbeing: Expressing feelings Relationships: Respecting self and others Living in the wider world: Safe online relationships Roles within the environmental sector	Health and wellbeing: Puberty – changes in my body Impact of life changes Dealing with grief Relationships: How we treat others Living in the wider world: Dealing with online bullying Developing a new role in environmental sector	Health and wellbeing: Emotional wellbeing Managing feelings Relationships: Respecting self Living in the wider world: Interpreting online information Reality of media	Health and wellbeing: Celebrating what makes us unique Life cycles Using medicines safely Relationships: Being thankful for those close to us Living in the wider world: Using technology effectively	Health and wellbeing: Feeling happy with who I am Relationships: Loving and caring for others Living in the wider world: Protecting online information
Journey In Love & Ten:Ten Links to: RSHE British Values, RSHE, E&D	Journey In Love – Social & Emotional To describe how we all should be accepted and respected RSHE – Proud to be me Positive Friendships, Cyber Safe Me, my body, my health Physical & Mental Health & Fitness, Healthy eating,		Journey In Love – Physical To describe how we should treat others making links with the diverse modern society we live in RSHE – Me, my health, my body Changing adolescent body Emotional Wellbeing Texts -The Way back home – overcome language as a barrier		Journey In Love – Spiritual To celebrate the uniqueness and innate beauty of each of us. RSHE –Helping others Living in the wider world harmful substances Texts -The best cow n the show – speak up for others	



	<p>Texts -We are all born free – Diversity and Human Rights The Cow who climbed a tree – How to be assertive Dogs don't do ballet – know how to be heard King & King – Why do people get married The story of Ruby Bridges – Equality & racism Linked to Science – PE – recognises healthy and unhealthy foods and know that exercise helps to feel better physically and emotionally.</p>	<p>The flower – knowing when to ask questions Misery Moo – how does my behaviour and mood affect others Emmanuel's Dream – Different able bodies The colour thief – living with depression Linked to Science –Sound & electricity States of matter</p>	<p>A crayons story – to be happy with who I am Leaf – overcome fears about difference The Girl who thought in pictures – gender equality and ability equality Linked to Science innovation Science inventors Science –Light & plants PE Communicate clearly with other people in a team.</p>
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Sacred Heart Catholic Primary School & Nursery - PSHE and RSHE Overview 2023-2024

Year Five	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	<p>Health and wellbeing: Correct use of medicines, vaccinations, immunisations Taking care of mental health Relationships: Emotional relationships Living in the wider world: Understanding our online presence</p>	<p>Health and wellbeing: Dealing with pressure Illegal and legal drug use Managing emotions Relationships: Emotional relationships Living in the wider world: Online communities</p>	<p>Health and wellbeing: Physical changes during puberty Becoming an adult Drugs and peer influence Managing grief Relationships: Respecting self and others Living in the wider world: Dealing with online bullying Identify career skills</p>	<p>Health and wellbeing: Understanding consent Positive self-talk Sharing isn't always caring Relationships: Respecting self Living in the wider world: Reliability of online information Developing awareness of the retail and visitor sector</p>	<p>Health and wellbeing: Acceptable physical contact Pressure – drugs, alcohol, tobacco Relationships: Respecting self Living in the wider world: Impact of technology on sleep Career qualifications</p>	<p>Health and wellbeing: Giving assistance Relationships: Sharing love with others Living in the wider world: Secure online information</p>



<p>Journey In Love & Ten:Ten Links to: RSHE British Values, RSHE, E&D</p>	<p>Journey In Love – Social & Emotional To show knowledge and understanding of emotional relationship changes as we grow and develop RSHE –What is faith Respect & Honesty Me, my body, my health Physical Health & Fitness, Healthy eating, Changing adolescent body Texts -Two of everything – Sharing problems Where the poppies grow – learning from past Rose Blanche & How to steal a dog – justify my actions Linked to Science – Animals including humans PE - Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle Can explain how their body reacts to different types of exercises Can explain why we need regular and safe exercise and understand the effect on the body when this doesn't happen</p>	<p>Journey In Love – Physical To show knowledge and understanding of the physical changes in puberty. RSHE -Personal Relationships Keeping Safe Texts -The Red Tree – Hope The Cow who climbed a Tree – how to exchange dialogue Misery Moo – Be aware of how my behaviour affects others Linked to Science inventors Changes in materials</p>	<p>Journey In Love – Spiritual To celebrate the joy of growing physically and spiritually. RSHE – Created to live in a community (Living in the wider world) Linked to Science –Forces Science Earth & Space Science innovation Science – living things and their habitats Basic First Aid PE - Awareness of how exercise can help support our mental wellbeing. Understanding the importance of exercise and sport in social environments</p>
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Sacred Heart Catholic Primary School & Nursery - PSHE and RSHE Overview 2023-2024

Year Six	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	<p>Health and wellbeing: Taking care of mental health Maintaining health and wellbeing – medicines,</p>	<p>Health and wellbeing: Becoming an adult Risks and effects of legal and illegal drug use Managing emotions</p>	<p>Health and wellbeing: Puberty – bodily changes Importance of rest, sleep, exercise Managing grief</p>	<p>Health and wellbeing: Conceiving Menstruation Media – drugs, alcohol, tobacco</p>	<p>Health and wellbeing: Intensity of feelings and how to manage them Relationships: Building life-long relationships</p>	<p>Health and wellbeing: Emotional wellbeing Relationships: Sharing love with others Living in the wider world:</p>



	<p>vaccinations, immunisations Relationships: Caring relationships, happy families Living in the wider world: Internet – shaping our views Working together as a community</p>	<p>Relationships: Respecting self and others Living in the wider world: Being a good digital citizen</p>	<p>Managing peer influence – drugs Relationships: Respecting self and others Living in the wider world: Dealing with online bullying Importance of the retail sector</p>	<p>Anxiety – secondary school transition Relationships: Respecting self and others Living in the wider world: Trusted information online Media reality and impact Roles and responsibilities within retail and visitor sector</p>	<p>Living in the wider world: Technology impacting health Career roadmaps</p>	<p>Security online</p>
<p>Journey In Love & Ten:Ten Links to: RSHE British Values, RSHE, E&D</p>	<p>Journey In Love – Social & Emotional To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families RSHE –Trust & Courage Me Physical Health & Fitness, Healthy eating, drugs, alcohol & tobacco, Changing adolescent body Linked to Science – Animals including human body PE - Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle & can explain how their body reacts to different types of exercises. Can explain why we need regular and safe exercise and understand the effect on the body when this doesn't happen</p>	<p>Journey In Love – Physical To explain how human life is conceived. RSHE - emotional wellbeing Making good choices Keeping Safe Basic First Aid Linked to Science –Evolution & inheritance</p>	<p>Journey In Love – Spiritual To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships. RSHE –Being a positive force in the community (Living in the wider world) Linked to Science – living things and their habitats Science innovation Science inventors PE - Awareness of how exercise can help support our mental wellbeing. Understanding the importance of exercise and sport in social environments</p>			