RSHE Yearly Overview

Lessons covered through PSHE

EYFS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation	Lesson 1	Lesson 1	Lesson 1	Lesson1	Lesson 1
	Handmade with	l like, you like,	Role Model	Safe inside and	God Is Love
Parent Session	Love	we all like	Jesus cared for	Out	That God is love:
	We are created	That it is natural	others and	About safe and	Father, Son and
Online Parent Portal	individually by God	for us to relate to	wanted them to	unsafe	Holy Spirit
	as part of His	and trust one	live good lives	situations	Lesson 2
	creation plan	another	like him	indoors and	Loving God
	Lesson 2	Lesson 2	Lesson 2	outdoors,	Loving others
	I am Me	Good feeling,	Who's who?	including online.	What a
	We are each	Bad feeling	The importance	Lesson 2	community is,
	unique, with	An	of the nuclear	My Body, Mt	and that God
	individual gifts,	understanding	family and of	Rules	calls us to live in
	talents and skills.	that everyone	the wider family	That they can	community with
	Lesson 3	experiences	Lesson 3	and should be	one another
	Heads, Shoulder	feelings, both	You've Got a	open with	Lesson 3
	Knees and Toes	good and bad	Friend in Me	'special people'	Me, You, Us
	The names of the	Lesson 3	How their	they trust if	That they
	parts of the body	Let's get real	behaviour	anything	belong to
	(not genitalia)		affects other	troubles them	various

Lesson 4	That we have	people and that		communities,
Ready Teddy?	choices and	there is	Lesson3	such as home,
What constitutes a	these choices	appropriate and	Feeling Poorly	school, parish,
healthy lifestyle,	can impact how	inappropriate	Medicines	the wider local
including exercise,	we feel and	behaviour	should only be	area, nation and
diet, sleep and	respond.	Lesson 4	taken when a	the global
personal hygiene	Lesson 4	Forever friends	parent or doctor	community
	Growing up	To recognise	gives them to	
	That there are	when people	us.	
	natural life	are being	Lesson 4	
	stages from birth	unkind to them	People who help	
	to death, and	and others and	us	
	what these are	how to respond.	Paramedics help	
			us in a medical	
			emergency.	

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation	Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 1
	Let the Children	Feelings, Likes	God Love You	Being Safe	That God is Love
Parent Session	Come	and Dislikes	We are part of	To understand	That God is love:
	God wants us to talk	Children will be	God's family	safe and unsafe	Father, Son and
Online Parent Portal	to Him often	given the	Lesson 2	situations,	Holy Spirit
	through the day and	opportunity to	Special People	including online.	Lesson 2
	treat Him as our	reflect on and	To identify	Lesson 2	Who is my
	best friend	articulate their	'special people'	Good Secrets	Neighbour?
	Lesson 2	own feelings	(their parents,	and Bad Secrets	To know what a
	I Am Unique	Lesson 2	carers, friends,	The difference	community is,
	Children will be	Feeling inside	parish priest)	between 'good'	and that God
	given the	out	and what makes	and 'bad'	calls us to live in
	opportunity to	Children will	them special	secrets and that	community with
	reflect on what	have a basic	Lesson 3	they can and	one another
	makes them unique	understanding	Treat Others	should be open	Lesson 3
	and special	that feelings and	Well	with 'special	The
	Lesson 3	actions are two	The	people' they	Communities
	Girls and Boys	different things	characteristics	trust if anything	We Live In
		Lesson 3	of positive and	troubles them	That they
				Lesson 3	belong to

The names of the	Super Suzie gets	negative	Physical Contact	various
parts of our bodies	Angry	relationships	To know that	communities
(including genitalia)	Simple strategies		they are entitled	such as home,
Lesson 4	for managing	Lesson 4	to bodily privacy	school, parish,
Clean and Healthy	feelings and for	And say sorry	Lesson 4	the wider local
What constitutes a	good behaviour	To recognise	Harmful	community,
healthy lifestyle,	Lesson 4	when they have	Substances	nation and
including physical	The Cycle of Life	been unkind	Medicines are	global
activity, dental	Children will	and say sorry	drugs, but not	community
health and healthy	know and		all drugs are	
eating	appreciate that		good for us.	
	there are natural		Lesson 5	
	life stages from		Can You Help	
	birth to death		Me?	
			They should call	
			999 in an	
			emergency and	
			ask for	
			ambulance,	
			police and/or	
			fire brigade	

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
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	Let the Children	Feelings, Likes	God Love You	Being Safe	That God is Love
Parent Session	Come	and Dislikes	We are part of	To understand	That God is love:
	God wants us to talk	Children will be	God's family	safe and unsafe	Father, Son and
Online Parent Portal	to Him often	given the	Lesson 2	situations,	Holy Spirit
	through the day and	opportunity to	Special People	including online.	Lesson 2
	treat Him as our	reflect on and	To identify	Lesson 2	Who is my
	best friend	articulate their	'special people'	Good Secrets	Neighbour?
	Lesson 2	own feelings	(their parents,	and Bad Secrets	To know what a
	I Am Unique	Lesson 2	carers, friends,	The difference	community is,
	Children will be	Feeling inside	parish priest)	between 'good'	and that God
	given the	out	and what makes	and 'bad'	calls us to live in
	opportunity to	Children will	them special	secrets and that	community with
	reflect on what	have a basic	Lesson 3	they can and	one another
	makes them unique	understanding	Treat Others	should be open	Lesson 3
	and special	that feelings and	Well	with 'special	The
	Lesson 3	actions are two	The	people' they	Communities
	Girls and Boys	different things	characteristics	trust if anything	We Live In
		Lesson 3	of positive and	troubles them	That they
				Lesson 3	belong to

The names of the	Super Suzie gets	negative	Physical Contact	various
parts of our bodies	Angry	relationships	To know that	communities
(including genitalia)	Simple strategies		they are entitled	such as home,
Lesson 4	for managing	Lesson 4	to bodily privacy	school, parish,
Clean and Healthy	feelings and for	And say sorry	Lesson 4	the wider local
What constitutes a	good behaviour	To recognise	Harmful	community,
healthy lifestyle,	Lesson 4	when they have	Substances	nation and
including physical	The Cycle of Life	been unkind	Medicines are	global
activity, dental	Children will	and say sorry	drugs, but not	community
health and healthy	know and		all drugs are	
eating	appreciate that		good for us.	
	there are natural		Lesson 5	
	life stages from		Can You Help	
	birth to death		Me?	
			They should call	
			999 in an	
			emergency and	
			ask for	
			ambulance,	
			police and/or	
			fire brigade	

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation	Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 1
	Get Up	What Am I	Jesus My Friend	Sharing Online	A Community of
Parent Session	Every human life is	Feeling?	That God loves,	To recognise	Love
	precious from the	That emotions	embraces,	that their	God is Love as
Online Parent Portal	beginning of life	change as they	guides, forgives	increasing	shown by the
	(conception) to	grow up	and reconciles	independence	Trinity – a
	natural death	(including	us with him and	brings increased	'communion of
	Lesson 2	hormonal	one another.	responsibility to	persons
	The Sacraments	effects)	Lesson 2	keep	supporting each
	That in Baptism God	Lesson 2	Friends, family	themselves and	other in their
	makes us His	What Am I	and Others	others safe	self-giving
	adopted children	Looking At?	Ways to	Lesson 2	relationship'
	and 'receivers' of	To recognise that	maintain and	Chatting Online	Lesson 2
	His love	images in the	develop good,	How to use	What is the
	Lesson 3	media do not	positive,	technology	Church?
	We Don't Have to	always reflect	trusting	safely	The human
	Be the Same	reality and can	relationships;	Lesson 3	family can
	Similarities and	affect how	strategies to use	Safe in My Body	reflect the Holy
	differences	people feel	when	To judge well	Trinity in charity
	between people			what kind of	and generosity.

arise as the	ey grow about	relationships go	physical contact	
and make	choices, themselves.	wrong	is acceptable or	
and that b	y living Lesson 3	Lesson 3	unacceptable	Lesson 3
and wo	rking I Am Thankful	When things	and how to	How Do I Love
toget	ner Some behaviou	r feel Bad	respond	Others?
('teamwo	rk') we is wrong,	Learn about	Lesson 4	To know that
create com	nmunity unacceptable,	harassment and	Drugs, Alcohol	God wants His
Lesso	n 4 unhealthy and	exploitation in	and Tobacco	Church to love
Respectir	ng Our risky	relationships,	Medicines are	and care for
Bodi	es Lesson 4	including	drugs, but not	others
About the	need to Life Cycles	physical and	all drugs are	
respect ar	nd look How a baby	emotional	good for us	
after their b	oodies as grows and	abuse and how	Lesson 5	
a gift from	n God develops in its	to respond.	First Aid Heroes	
through wi	hat they mother's womb	o l	In an	
wear, what	they eat including,		emergency, it is	
and wha	t they scientifically, th	e	important to	
physical	ly do. uniqueness of		remain calm.	
	the moment of	F		
	conception			

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation	Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 1
	Get Up	What Am I	Jesus My Friend	Sharing Online	A Community of
Parent Session	Every human life is	Feeling?	That God loves,	To recognise	Love
	precious from the	That emotions	embraces,	that their	God is Love as
Online Parent Portal	beginning of life	change as they	guides, forgives	increasing	shown by the
	(conception) to	grow up	and reconciles	independence	Trinity – a
	natural death	(including	us with him and	brings increased	'communion of
	Lesson 2	hormonal	one another.	responsibility to	persons
	The Sacraments	effects)	Lesson 2	keep	supporting each
	That in Baptism God	Lesson 2	Friends, family	themselves and	other in their
	makes us His	What Am I	and Others	others safe	self-giving
	adopted children	Looking At?	Ways to	Lesson 2	relationship'
	and 'receivers' of	To recognise that	maintain and	Chatting Online	Lesson 2
	His love	images in the	develop good,	How to use	What is the
	Lesson 3	media do not	positive,	technology	Church?
	We Don't Have to	always reflect	trusting	safely	The human
	Be the Same	reality and can	relationships;	Lesson 3	family can
	Similarities and	affect how	strategies to use	Safe in My Body	reflect the Holy
	differences	people feel	when	To judge well	Trinity in charity
	between people			what kind of	and generosity.

arise as they grow	about	relationships go	physical contact	
and make choices,	themselves.	wrong	is acceptable or	
and that by living			unacceptable	Lesson 3
and working	Lesson 3	Lesson 3	and how to	How Do I Love
together	I Am Thankful	When things	respond	Others?
('teamwork') we	Some behaviour	feel Bad	Lesson 4	To know that
create community	is wrong,	Learn about	Drugs, Alcohol	God wants His
Lesson 4	unacceptable,	harassment and	and Tobacco	Church to love
Respecting Our	unhealthy and	exploitation in	Medicines are	and care for
Bodies	risky	relationships,	drugs, but not	others
About the need to	Lesson 4	including	all drugs are	
respect and look	Life Cycles	physical and	good for us	
after their bodies as	How a baby	emotional	Lesson 5	
a gift from God	grows and	abuse and how	First Aid Heroes	
through what they	develops in its	to respond.	In an	
wear, what they eat	mother's womb		emergency, it is	
and what they	including,		important to	
physically do.	scientifically, the		remain calm.	
Lesson 5	uniqueness of			
What is Puberty?	the moment of			
Learn when they	conception			
can expect puberty				
to take place				
Lesson 6				
Changing Bodies				

	Learn correct naming of genitalia				
		Year 5			
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation	Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 1
	Calming the Storm	Body Image	Is God Calling	Sharing isn't	The Trinity
Parent Session	We were created	To recognise that	You?	always caring	To know that
	individually by God	images in the	To know ways in	To recognise	God the Father,
Online Parent Portal	who cares for us	media do not	which we can	that their	God the Son and
	and wants us to put	always reflect	participate in	increasing	God the Holy
	our faith in Him.	reality and can	God's call to us.	independence	Spirit make up
	Lesson 2	affect how	Lesson 2	brings increased	the three
	Gifts and Talents	people feel	Under Pressure	responsibility to	persons of the
	Similarities and	about	Pressure comes	keep	Trinity.
	differences	themselves	in different	themselves and	Lesson 2
	between people	Lesson 2	forms, and what	others safe.	Catholic Social
	arise as they grow	Funny Feelings	those different	Lesson 2	Teaching
	and mature, and	To deepen their	forms are	Cyber bullying	That God
	that by living and	understanding of	Lesson 3	What the term	formed them
	working together	the range and	Do you want a	cyberbullying	out of love, to
	('teamwork') we	intensity of their	piece of cake?	means and	know and share
	create community	feelings; that	Understand	examples of it	His love with
	Lesson 3	'feelings' are not	what consent	Lesson 3	others.

Girls Bodies	good guides for	and bodily	Types of abuse	
About the unique	action.	autonomy	To judge well	
growth and		means	what kind of	
development of	Lesson 3	Lesson 4	physical contact	Lesson 3
humans, and the	Emotions change	Self-Talk	is acceptable or	Reaching Out
changes that girls	as they grow up	Learn about	unacceptable	Find ways in
will experience	(including	how thoughts	and how to	which they can
during puberty	hormonal	and feelings	respond.	spread God's
Lesson 4	effects)	impact on	Lesson 4	love in their
Boys Bodies	Lesson 4	actions, and	Impacted	community.
About the unique	Seeing Stuff	develop	Lifestyles	
growth and	Online	strategies that	Understand the	
development of	The difference	will positively	effect that a	
humans, and the	between harmful	impact their	range of	
changes that girls	and harmless	actions	substances	
will experience	videos and		including drugs,	
during puberty	images		tobacco and	
Lesson 5	Lesson 5		alcohol can have	
Spots and Sleep	Menstruation		on the body.	
How to make good	About the nature		Lesson 5	
choices that have an	and role of		Making Good	
impact on their	menstruation in		Choices	
health: rest and	the fertility cycle,		Recognise how	
sleep, exercise,	and that fertility		they may come	
personal hygiene,	is involved in the		under pressure	
avoiding the	start of life		when it comes	

overuse of	to drugs, alcohol
electronic	and tobacco
entertainment	
	Lesson 6
	Giving
	Assistance
	The recovery
	position can be
	used when a
	person is
	unconscious but
	breathing.

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Parent Consultation	Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 1
	Calming the Storm	Body Image	Is God Calling	Sharing isn't	The Trinity
Parent Session	We were created	To recognise that	You?	always caring	To know that
	individually by God	images in the	To know ways in	To recognise	God the Father,
Online Parent Portal	who cares for us	media do not	which we can	that their	God the Son and
	and wants us to put	always reflect	participate in	increasing	God the Holy
	our faith in Him.	reality and can	God's call to us.	independence	Spirit make up
	Lesson 2	affect how	Lesson 2	brings increased	the three
	Gifts and Talents	people feel	Under Pressure	responsibility to	persons of the
	Similarities and	about	Pressure comes	keep	Trinity.
	differences	themselves	in different	themselves and	Lesson 2
	between people	Lesson 2	forms, and what	others safe.	Catholic Social
	arise as they grow	Funny Feelings	those different	Lesson 2	Teaching
	and mature, and	To deepen their	forms are	Cyber bullying	That God
	that by living and	understanding of	Lesson 3	What the term	formed them
	working together	the range and	Do you want a	cyberbullying	out of love, to
	('teamwork') we	intensity of their	piece of cake?	means and	know and share
	create community	feelings; that		examples of it	

Lesson 3	'feelings' are not	Understand	Lesson 3	His love with
Girls Bodies	good guides for	what consent	Types of abuse	others.
About the unique	action.	and bodily	To judge well	<mark>Lesson 3</mark>
growth and		autonomy	what kind of	Reaching Out
development of	Lesson 3	means	physical contact	Find ways in
humans, and the	Emotions change	Lesson 4	is acceptable or	which they can
changes that girls	as they grow up	Self-Talk	unacceptable	<mark>spread God's</mark>
will experience	(including	Learn about	and how to	love in their
during puberty	hormonal	how thoughts	respond.	<mark>community.</mark>
Lesson 4	effects)	and feelings	Lesson 4	
Boys Bodies	Lesson 4	impact on	Impacted	
About the unique	Seeing Stuff	actions, and	Lifestyles	
growth and	Online	develop	Understand the	
development of	The difference	strategies that	effect that a	
humans, and the	between harmful	will positively	range of	
changes that girls	and harmless	impact their	substances	
will experience	videos and	actions	including drugs,	
during puberty	images		tobacco and	
Lesson 5	Lesson 5		alcohol can have	
Spots and Sleep	Making Babies		on the body.	
How to make good	(Part 1)		Lesson 5	
choices that have an	How a baby		Making Good	
impact on their	grows and		Choices	
health: rest and	develops in its		Recognise how	
sleep, exercise,	mother's womb.		they may come	
personal hygiene,	Lesson 6		under pressure	

avoiding the	Making babies	when it comes
overuse of	(Part 2)	to drugs, alcohol
electronic	Basic scientific	and tobacco
entertainment	facts about	
	sexual	Lesson 6
	intercourse	Giving
	between a man	Assistance
	and woman	The recovery
	Lesson 7	position can be
	Menstruation	used when a
	About the nature	person is
	and role of	unconscious but
	menstruation in	breathing.
	the fertility cycle,	
	and that fertility	
	is involved in the	
	start of life	