



Sacred Heart Catholic Primary School
PSHE and HRSE Unit Curriculum Overview



Year 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Unit	Kidsafe Know how to express my feelings Know what bullying is Know who my trusted adults are Know how to stay safe online Know how to disagree respectfully Year A – We’re all Stars - Community - Rights and responsibilities - Getting to know each other - Working together Year B – It’s Our World - The wider community and local democracy - Rights and responsibilities - Environmental awareness and sustainability issues	Year A – Be friendly, Be Wise - Making and sustaining friendships - Conflict resolution <u>Anti-bullying</u> - Keeping safe at home and outdoors Year B – Say No! - Drugs Education: medicines and legal drugs - Drugs Education: illegal drugs and risk-taking behaviour - Feeling safe - Anti-bullying	Year A – Living Long, Living Strong - Growing & caring for ourselves - Valuing difference & keeping safe - Puberty - Healthy eating and exercise - Goal-setting and motivation Year B – Money Matters - Understanding finance and money - Shopping and budgeting - Risk and debt - Goal-setting and motivation	Year A – Daring to be Different - Identity and self esteem - Difference and diversity - Peer influence and assertiveness Year B – Who Ilkes Chocolate? - Fair trade - Globalisation Inequalities - Hunger and poverty - Media and stereotyping	Year A – Dear Diary - Comfortable and uncomfortable feelings - Problems in relationships - Anti-bullying - Help and support Year B – People around us <u>Global citizenship</u> <u>Different identities around the world</u> <u>Challenging prejudice</u> - Support networks – relationships and families	Year A – Joining in and Joining Up - Needs and responsibilities - Participation - Local democracy - Voluntary groups Fund-raising activities Year B – Growing Up - Differences; Growing up; Puberty & reproduction - Managing change - Preparing for transition HRSE – Journey in Love - We meet God’s family in our love - Families and growing up in loving secure and stable home

Year 2						
Unit	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Kidsafe Know how to express my feelings Know what bullying is Know who my trusted adults are Know how to stay safe online Know how to disagree respectfully Year A – We're all Stars - Community - Rights and responsibilities - Getting to know each other - Working together Year B – It's Our World - The wider community and local democracy - Rights and responsibilities - Environmental awareness and sustainability issues	Year A – Be friendly, Be Wise - Making and sustaining friendships - Conflict resolution Anti-bullying - Keeping safe at home and outdoors Year B – Say No! - Drugs Education: medicines and legal drugs - Drugs Education: illegal drugs and risk-taking behaviour - Feeling safe - Anti-bullying	Year A – Living Long, Living Strong - Growing & caring for ourselves - Valuing difference & keeping safe - Puberty - Healthy eating and exercise - Goal-setting and motivation Year B – Money Matters - Understanding finance and money - Shopping and budgeting - Risk and debt Goal-setting and motivation	Year A – Daring to be Different - Identity and self esteem - Difference and diversity - Peer influence and assertiveness Year B – Who Likes Chocolate? - Fair trade - Globalisation - Inequalities - Hunger and poverty - Media and stereotyping	Year A – Dear Diary - Comfortable and uncomfortable feelings - Problems in relationships - Anti-bullying - Help and support Year B – People around us Global citizenship Different identities around the world Challenging prejudice - Support networks – relationships and families	Year A – Joining in and Joining Up - Needs and responsibilities - Participation - Local democracy - Voluntary groups - Fund-raising activities Year B – Growing Up - Differences; Growing up; Puberty & reproduction - Managing change - Preparing for transition HRSE – Journey in Love - We meet God's love in the community. - How we are growing and developing in diverse

						communities that are God given.
--	--	--	--	--	--	---------------------------------------

--	--	--	--	--	--	--

Year 3						
Unit	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Kidsafe Know how to express my feelings Know what bullying is Know who my trusted adults are Know how to stay safe online Know how to disagree respectfully Year A – We’re all Stars - Community - Rights and responsibilities - Getting to know each other - Working together Year B – It’s Our World - The wider community and local democracy - Rights and responsibilities - Environmental awareness and sustainability issues	Year A – Be friendly, Be Wise - Making and sustaining friendships - Conflict resolution Anti-bullying - Keeping safe at home and outdoors Year B – Say No! - Drugs Education: medicines and legal drugs - Drugs Education: illegal drugs and risk-taking behaviour - Feeling safe - Anti-bullying	Year A – Living Long, Living Strong - Growing & caring for ourselves - Valuing difference & keeping safe - Puberty - Healthy eating and exercise - Goal-setting and motivation Year B – Money Matters - Understanding finance and money - Shopping and budgeting - Risk and debt - Goal-setting and motivation	Year A – Daring to be Different - Identity and self esteem - Difference and diversity - Peer influence and assertiveness Year B – Who Likes Chocolate? - Fair trade - Globalisation - Inequalities - Hunger and poverty - Media and stereotyping	Year A – Dear Diary - Comfortable and uncomfortable feelings - Problems in relationships - Anti-bullying - Help and support Year B – People around us Global citizenship Different identities around the world Challenging prejudice - Support networks – relationships and families	Year A – Joining in and Joining Up - Needs and responsibilities - Participation - Local democracy - Voluntary groups Fund-raising activities Year B – Growing Up - Differences; Growing up; Puberty & reproduction - Managing change - Preparing for transition HRSE – Journey in Love - How we live in love - Describe how we grow in love in caring and happy friendships where we are

						secure and safe.
--	--	--	--	--	--	---------------------

--	--	--	--	--	--	--

Year 4						
Unit	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Kidsafe Know how to express my feelings Know what bullying is Know who my trusted adults are Know how to stay safe online Know how to disagree respectfully Year A – We're all Stars - Community - Rights and responsibilities - Getting to know each other - Working together Year B – It's Our World - The wider community and local democracy - Rights and responsibilities - Environmental awareness and sustainability issues	Year A – Be friendly, Be Wise - Making and sustaining friendships - Conflict resolution Anti-bullying - Keeping safe at home and outdoors Year B – Say No! - Drugs Education: medicines and legal drugs - Drugs Education: illegal drugs and risk-taking behaviour - Feeling safe - Anti-bullying	Year A – Living Long, Living Strong - Growing & caring for ourselves - Valuing difference & keeping safe - Puberty - Healthy eating and exercise - Goal-setting and motivation Year B – Money Matters - Understanding finance and money - Shopping and budgeting - Risk and debt - Goal-setting and motivation	Year A – Daring to be Different - Identity and self esteem - Difference and diversity - Peer influence and assertiveness Year B – Who Likes Chocolate? - Fair trade - Globalisation - Inequalities - Hunger and poverty - Media and stereotyping	Year A – Dear Diary - Comfortable and uncomfortable feelings - Problems in relationships - Anti-bullying - Help and support Year B – People around us - Global citizenship - Different identities around the world - Challenging prejudice - Support networks – relationships and families	Year A – Joining in and Joining Up - Needs and responsibilities - Participation - Local democracy - Voluntary groups - Fund-raising activities Year B – Growing Up - Differences; Growing up; Puberty & reproduction - Managing change - Preparing for transition HRSE – Journey in Love - God loves us in our differences - Making connections to show that we are all different

						• Celebrating these differences as we appreciate that God's love accepts us as we are now and as we change.
--	--	--	--	--	--	---

--	--	--	--	--	--	--

Year 5						
Unit	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Kidsafe Know how to express my feelings Know what bullying is Know who my trusted adults are Know how to stay safe online Know how to disagree respectfully Year A – We’re all Stars - Community - Rights and responsibilities - Getting to know each other - Working together Year B – It’s Our World - The wider community and local democracy - Rights and responsibilities - Environmental awareness and sustainability issues	Year A – Be friendly, Be Wise - Making and sustaining friendships - Conflict resolution Anti-bullying - Keeping safe at home and outdoors Year B – Say No! - Drugs Education: medicines and legal drugs - Drugs Education: illegal drugs and risk-taking behaviour - Feeling safe - Anti-bullying	Year A – Living Long, Living Strong - Growing & caring for ourselves - Valuing difference & keeping safe - Puberty - Healthy eating and exercise - Goal-setting and motivation Year B – Money Matters - Understanding finance and money - Shopping and budgeting - Risk and debt - Goal-setting and motivation	Year A – Daring to be Different - Identity and self esteem - Difference and diversity - Peer influence and assertiveness Year B – Who Likes Chocolate? - Fair trade - Globalisation - Inequalities - Hunger and poverty - Media and stereotyping	Year A – Dear Diary - Comfortable and uncomfortable feelings - Problems in relationships - Anti-bullying - Help and support Year B – People around us - Global citizenship - Different identities around the world - Challenging prejudice - Support networks – relationships and families	Year A – Joining in and Joining Up - Needs and responsibilities - Participation - Local democracy - Voluntary groups Fund-raising activities Year B – Growing Up - Differences; Growing up; Puberty & reproduction - Managing change - Preparing for transition HRSE – Journey in Love - God loves us in our changing and developing - Understand how we grow in awareness of the physical

						and emotional changes that accompany puberty and recognising God's presence in our daily lives.
--	--	--	--	--	--	---

--	--	--	--	--	--	--

Year 6						
Unit	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Kidsafe Know how to express my feelings Know what bullying is Know who my trusted adults are Know how to stay safe online Know how to disagree respectfully Year A – We’re all Stars - Community - Rights and responsibilities - Getting to know each other - Working together Year B – It’s Our World - The wider community and local democracy - Rights and responsibilities - Environmental awareness and sustainability issues	Year A – Be friendly, Be Wise - Making and sustaining friendships - Conflict resolution Anti-bullying - Keeping safe at home and outdoors Year B – Say No! - Drugs Education: medicines and legal drugs - Drugs Education: illegal drugs and risk-taking behaviour - Feeling safe - Anti-bullying	Year A – Living Long, Living Strong - Growing & caring for ourselves - Valuing difference & keeping safe - Puberty - Healthy eating and exercise - Goal-setting and motivation Year B – Money Matters - Understanding finance and money - Shopping and budgeting - Risk and debt - Goal-setting and motivation	Year A – Daring to be Different - Identity and self esteem - Difference and diversity - Peer influence and assertiveness Year B – Who Likes Chocolate? - Fair trade - Globalisation - Inequalities - Hunger and poverty - Media and stereotyping	Year A – Dear Diary - Comfortable and uncomfortable feelings - Problems in relationships - Anti-bullying - Help and support Year B – People around us - Global citizenship - Different identities around the world - Challenging prejudice - Support networks – relationships and families	Year A – Joining in and Joining Up - Needs and responsibilities - Participation - Local democracy - Voluntary groups Fund-raising activities Year B – Growing Up - Differences; Growing up; Puberty & reproduction - Managing change - Preparing for transition HRSE – Journey in Love - The wonder of God’s love in creating new life - Understand what a stable, caring relationship is

						and the different kinds there may be • Focus on Catholic teaching to understand the conception of a child within marriage.
--	--	--	--	--	--	---

--	--	--	--	--	--	--