



St. Aidan's Catholic Primary School Progression of Knowledge

RSHE and PSHE

Year group	Autumn 1		Autumn 2		Spring 1		Spring2		Summer 1		Summer 2	
Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community			
Topic	Unit 1 Religious understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Education	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping SAFE	Unit 1 Religious Understanding		Unit 2 Living in the wider world	
EYFS	Unit prayer & Assessment Activity TEN TEN : Story Sessions Handmade with love Unit prayer & Assessment Activity Unit 2-Session 1 I am Me Session 2 Heads, Shoulders, Knees and Toes Session 3 Ready Teddy? Classroom shorts Unit 3- Session 1 I like,				Unit prayer & Assessment Activity TEN TEN: Unit 1- Session 1 Role Model Unit 2- Session 1 Who’s Who? Classroom short Session 2 You’ve Got a Friend in Me Session 3 Forever Friends Unit 3- Session 1 What is the Internet? Session 2- Playing online Unit 4- Session 1 - safe inside and out Session 2 My Body, My Rules				Unit prayer & Assessment Activity TEN TEN: Unit 1- Session 1 God is Love Session 2- Loving God, Loving Others Unit 2- Session 1 Me, You, Us Session 2- When I grow up... classroom shorts Session 3 - Money Doesn’t grow on trees classroom shorts Additional focus: - Give focussed attention to the adult talking. - Follow instructions given - Be confident to try new activities and persevere.			



	You like. We all like! Session 2 All the feelings! Session 3 Let's Get Real Unit 4- Session 1 Growing up Session 2 New people, New places Classroom Shorts Additional focus: Turn-taking, understanding and following school rules, self-regulating their behaviour and expressing themselves in appropriate ways using the correct language and vocabulary for talking about their feelings and emotions.	Session 3 Feeling Poorly Session 4 People who Help Us Additional focus: - Respond appropriately with their own feelings and know when to ask for help/support. - be sympathetic to others feelings and needs. - Show an awareness and respect for other cultures and how these may be different. - To be able to follow instructions attentively - To be able to work as a team to reach a goal - To show resilience when facing a challenge.	- Work towards simple goals and achievements. - To be able to cross roads safely with adult support. Understand the process you need to take to cross a road - look left and right, listen for traffic etc. Unit prayer & Assessment Activity Additional focus: - To be able to talk about and name some of the people in our community that can help us - To be able to talk about and share their emotions
Y1	<u>PSHE Focus:</u> Unit prayer & Assessment Activity TEN TEN : Story Sessions- Let the children Come Unit 2-Session 1 I am Unique	<u>PSHE Focus:</u> Unit prayer & Assessment Activity TEN TEN : Unit 1- Session 1 God Loves you Unit 2- Session 1 - Special People classroom short Session 2- Treat others well..	<u>PSHE Focus:</u> Unit prayer & Assessment Activity TEN TEN : Unit 1 session 1 Three in one Session 2 Who is My Neighbour? - Careers, financial capability and economic well being: My money



	Session 2 - Girls and Boys Session 3- Clean and Healthy (My Body) Classroom Shorts - <u>Keeping safe and managing risk: Feeling safe</u> *Pupils learn safety in familiar situations. *Pupils learn about personal safety. *Pupils learn about people who help keep them safe outside the home. - <u>Identity, society and equality: Me and Others</u> * Pupils learn about roles and responsibilities at home and school. * Pupils learn about what makes themselves and others special - <u>Physical health and wellbeing: Fun times</u> *Pupils learn about food that is associated with special times, in different countries	Session 3- ... and day sorry - <u>Physical health and wellbeing: Fun times</u> *Pupils learn about active playground games from around the world. - <u>Mental health and emotional wellbeing: Feelings</u> *Pupils learn about change or loss and how this can feel *Pupils learn about different types of feelings	*Pupils learn about where money comes from and making choices when spending money. * Pupils learn about saving money and how to keep it safe. *Pupils learn about the different jobs people do. - <u>Mental health and emotional wellbeing: Feelings</u> *Pupils learn about different types of feelings. *Pupils learn about managing different feelings - <u>Physical health and wellbeing: Fun times</u> *Pupils learn about sun safety - <u>Identity, society and equality: Me and Others</u> *Pupils learn about being cooperative with others.
	PSHE Focus: Unit prayer & Assessment Activity	PSHE Focus:	TEN:TEN:



Y2	TEN TEN : Story Sessions- Let the children Come Unit 3 -Session 1 Feelings, Likes and Dislikes Session 2 Feeling Inside and out Session 3 Super Susie gets angry Unit 4- Session 1 - The cycle of life Session 2- Beginnings and Endings Session 3 change is all around classroom shorts Mental health and emotional wellbeing: Friendship Pupils learn: • about the importance of special people in their lives • about making friends and who can help with friendships • about solving problems that might arise with friendships	TEN:TEN: Unit 3 session 1 Real life online Session 2 Rules to Help us Unit 4- Session 1 Good and bad secrets Session 2 physical contact Session 3 harmful substances Session 4 can you help me? (part1) Session 5 can you help me? (part 2) Drug, alcohol and tobacco education: Medicines and me Pupils learn: • why medicines are taken • where medicines come from • about keeping themselves safe around medicines Asthma lesson for Year 2, 3 or 4 • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use	Unit 2 session 1 - the communities we live in Session 2 who will I be? Classroom shorts Session 3 Needs and wants classroom shorts. Sex and relationship education: Boys and girls, families Pupils learn: • to understand and respect the differences and similarities between people • about the biological differences between male and female animals and their role in the life cycle • the biological differences between male and female children • about growing from young to old and that they are growing and changing • that everybody needs to be cared for and ways in which they care for others • about different types of family and how their home-life is special
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	Physical health and wellbeing: What keeps me healthy? Pupils learn: • about eating well • about the importance of physical activity, sleep and rest • about people who help us to stay healthy and well and about basic health and hygiene routines		
Y3	PSHE Focus: TEN TEN: Unit 3- Session 1 What am I feeling? Session 2 - what am I looking at? Session 3- I am thankful Unit 4 Session 1 life cycles Session 2 A time for everything Session 3 Big changes classroom shorts	PSHE Focus: TEN TEN: Unit 3 Session 1 sharing online Session 2 chatting online Classroom short Unit 4 Session 1 safe in my Body Session 2 Recognising risk Classroom short	PSHE Focus: TEN TEN: Unit 1 - Session 1 A community of Love Session 2 What is the church? PSHE Focus: YMPSHE: <u>Identity, society and equality: Celebrating difference.</u> *Pupils learn about valuing the similarities and



	Keeping safe and managing risk: Indoors and outdoors Pupils learn: • about keeping safe in the home, including fire safety • about keeping safe outside • about road safety <u>Drug, alcohol and tobacco education: Tobacco is a drug.</u> *pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people. * pupils learn about the effects and risks of smoking tobacco and second-hand smoke. * pupils learn about the help available for people to remain smoke free or stop smoking. <u>Physical health and wellbeing: What helps me choose?</u> *pupils learn about making healthy choices about food and drinks. * pupils learn about how branding can affect what foods people choose to buy. * pupils learn about	Session 3 Drugs, Alcohol and tobacco Session 4 First Aid Heroes Session 5 Rights and responsibilities classroom shorts <u>Keeping safe and managing risk: Bullying - see it, say it, stop it.</u> *pupils learn to recognise bullying (including online) and how it can make people feel. *pupils learn about different types of bullying and how to respond to incidents of bullying. * pupils learn about what to do if they witness bullying. PSHE Focus: TEN TEN: <u>Mental health and emotional wellbeing: Strengths and challenges</u> *pupils learn about celebrating achievements and setting personal goals. *pupils learn about dealing	differences between themselves and others. *Pupils learn about what is meant by community. *Pupils learn about belonging to groups
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	keeping active and some of the challenges of this.	with put-downs. *pupils learn about positive ways to deal with setbacks.	
Y4	PSHE Focus: TEN TEN: Unit 1 Story sessions Get up Session 2 Sacraments Unit 2 Session 1 We Don't Have to Be the Same Session 2 Respecting our Bodies classroom shorts Session 3 What is Puberty? Session 4 changing bodies Session 5 - Male / female discussion groups Mental Wellbeing Naming feelings & basic coping tools. Physical-mental link & screen balance. <u>Drug, alcohol and tobacco education: Tobacco is a drug.</u> *pupils learn the definition of a drug and that drugs (including medicines) can be harmful to	PSHE Focus: TEN TEN: Unit 1 Story sessions Jesus My Friend Unit 2 session 1 Friends, family and others classroom shorts Session 2 When things feel bad Session 3 Balancing Needs Managing Risk Identifying trusted network adults. Environmental hazards (water/road). Relationships & Consent Healthy boundaries & personal space. Peer pressure & mutual respect.	PSHE Focus: TEN TEN: Unit 2 Session 1 - How Do I love others? Session 2 Working Together classroom shorts Session 3 Money Matters classroom shorts <u>Careers, financial capability and economic wellbeing: Saving, spending and budgeting.</u> *pupils learn about what influences people's choices about spending and saving money. *pupils learn how people can keep track of their money. *pupils learn about the world of work. <u>Identity, society and equality: Celebrating difference.</u> *Pupils learn about valuing the similarities and



	people. * pupils learn about the effects and risks of smoking tobacco and second-hand smoke. * pupils learn about the help available for people to remain smoke free or stop smoking.		differences between themselves and others. *Pupils learn about what is meant by community. *Pupils learn about belonging to groups
Y5	PSHE Focus: TEN TEN: Unit 1 Story sessions - calming the storm Unit 2 Session 1 Gifts and Talents Session 2 Girls Bodies Session 3 Boys' Bodies Session 4 spots and sleep Classroom shorts <u>Physical health and wellbeing: In the media</u> *pupils learn that messages given on food adverts can be misleading. *pupils learn about role models. <u>Mental health and emotional wellbeing: Dealing with feelings</u>	PSHE Focus: TEN TEN: - Module 2, Unit 1 session 1 God is calling you Unit 2- session 1- under pressure classroom short Session 2 Do you want a piece of cake? Session 3 self talk Session 4 confidence vs control Session 5 Build others up classroom shorts <u>Careers, financial capability and economic well being: Borrowing and earning money</u> *pupils learn that money can be borrowed but there are risks	PSHE Focus: TEN TEN: - Module 3 unit 2 Session 1 Reaching out Session 2 The world of work classroom shorts Session 3 Money and Me classroom shorts <u>Drug, alcohol and tobacco education: Different influences</u> *pupils learn about the risks associated with smoking drugs,including cigarettes, e-cigarettes, shisha and cannabis. *pupils learn about different influences on drug use – alcohol, tobacco and nicotine products. *pupils learn strategies to resist pressure from others about whether to use drugs – smoking drugs and



	*pupils learn about the feelings associated with loss, grief and bereavement. <u>Keeping safe and managing risk:</u> <u>Making safer choices</u> *pupils learn about keeping safe online. * pupils learn how to keep safe when communicating with other people online	associated with this. *pupils learn about enterprise. * pupils learn what influences people's decisions about careers. <u>Physical health and wellbeing: In the media</u> *pupils learn about how the media can manipulate images and that these images may not reflect reality. AI UNIT FOCUS <u>Mental health and emotional wellbeing: Dealing with feelings</u> *pupils learn about a wide range of emotions and feelings and how these are experienced in the body. *pupils learn about times of change and how this can make people feel	alcohol. <u>Keeping safe and managing risk: Making safer choices</u> *pupils learn that violence within relationships is not acceptable. *pupils learn about problems that can occur when someone goes missing from home. <u>Identity, society and equality: Stereotypes, discrimination and prejudice</u> *pupils learn about stereotyping, including gender stereotyping. *workshop from Diversity Role Models orEqualiteach. *pupils learn about prejudice and discrimination and how this can make people feel.
Y6	PSHE Focus: TEN TEN: Module 2 - Session 1 sharing isn't always caring Session 2 cyberbullying classroom short	PSHE Focus: TEN TEN: Module 3 Unit 1 Session 1 The Holy Trinity Session 2 Catholic social teaching	PSHE Focus: TEN TEN: Module 1 unit 3 Session 1 body image Session 2 Peculiar Feelings Session 3 Emotional changes Session 4 seeing stuff online



Module 2 unit 4- session 1 Types of abuse classroom shorts Session 2 impacted lifestyles classroom shorts Session 3 making good choices Session 4 giving assistance <u>Identity, society and equality:</u> <u>Human rights</u> *pupils learn about the experience of refugees *pupils learn about human rights and the UN Convention on the Rights of the Child *pupils learn about homelessness. YMPSHE: <u>Mental health and emotional wellbeing: Healthy minds</u> *pupils learn what mental health is. *pupils learn about what can affect mental health and some ways of dealing with this. *pupils learn about some everyday ways to look after mental health.*pupils learn	YMPSHE: <u>Keeping safe and managing risk:</u> Keeping safe - out and about Pupils learn: about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure about the consequences of anti-social behaviour (including gangs and gang related behaviour) : <u>Drug, alcohol and tobacco education: Weighing up risk</u> *pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs. *pupils learn about assessing the level of risk in different situations involving drug use. *pupils learn about ways to manage risk in situations involving drug use.	Module 1 unit 4 Session 1 Making Babies part 1 Session 2 Making Babies part 2 Session 3 Menstruation Session 4 Hope Beyond Beyond Session 5 coping with change classroom shorts <u>Mental health and emotional wellbeing:</u> <u>Dealing with feelings</u> *pupils learn about a wide range of emotions and feelings and how these are experienced in the body. *pupils learn about times of change and how this can make people feel
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	about the stigma and discrimination that can surround mental health.	Module 1, Unit 2 Session 4: Spots and Sleep	
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