



St Cuthbert's Catholic Primary School
PSHE & RSE Long-Term Plan

	Autumn	Spring	Summer
Nursery	<p>Story sessions – handmade with love</p> <p>Role model</p> <p>Who's Who?</p> <p>You've got a friend in me</p> <p>Forever friends</p>	<p>Safe inside and out</p> <p>My body, my rules</p> <p>Feeling poorly</p> <p>People who help us</p> <p>What is a device?</p>	<p>God is love</p> <p>Loving God, loving others</p> <p>Me, you, us</p> <p>THINK – Tales of the Road</p> <p>What is the internet?</p> <p>NSCPCC PANTS</p>
Reception	<p>Story sessions – handmade with love</p> <p>I am Me</p> <p>Heads, shoulders, knees and toes</p> <p>Ready teddy?</p> <p>Learning new things on the internet.</p>	<p>I like, you like, we all like!</p> <p>All the feelings</p> <p>Let's get real</p> <p>Growing up</p> <p>All about me.</p>	<p>God is love</p> <p>Loving God, loving others</p> <p>Me, you, us</p> <p>THINK – Stepping stones to road safety</p> <p>THINK – Be Bright, Be Seen</p> <p>Asking for help.</p> <p>NSPCC PANTS</p>
Y1	<p>Wellbeing: My Health</p> <p>Keeping Healthy</p> <p>Get Moving</p> <p>Sleeping</p> <p>Press Pause</p> <p>Healthy Eating</p> <p>Hydration</p> <p>Physical hygiene</p> <p>Healthy Behaviours</p> <p>The internet</p> <p>Story sessions – Let the children come</p> <p>This is Me</p> <p>Feelings, likes and dislikes</p> <p>Feeling inside out</p> <p>Super Susie gets angry</p> <p>Money Matters</p>	<p>Wellbeing: My Life</p> <p>Family and Friends</p> <p>Personal Safety</p> <p>Impressions</p> <p>Being Proud</p> <p>Responsibility</p> <p>Choices and Consequences</p> <p>Character Traits</p> <p>Hobbies and Clubs</p> <p>Exploring the internet</p> <p>Facts and opinions</p> <p>God loves you</p> <p>Special people</p> <p>Treat others well.....and say sorry</p> <p>Where Money Comes From</p> <p>Looking After Money</p>	<p>Wellbeing: My Mind</p> <p>Being Healthy</p> <p>Feelings & Emotions</p> <p>Support Network</p> <p>Happiness</p> <p>Challenge</p> <p>Resilience</p> <p>Determination</p> <p>Self-Awareness</p> <p>Keeping Cool</p> <p>Personal information</p> <p>Trusted adults</p> <p>Journey in love</p> <p>NSPCC PANTS</p> <p>Three in one</p> <p>Who is my neighbour?</p> <p>THINK – Safety first</p> <p>THINK – Road Rangers</p>



Y2	<p>Wellbeing: My Health</p> <p>Keeping Healthy Get Moving Sleeping Press Pause Healthy Eating Hydration Physical hygiene Healthy Behaviours Enjoying the internet I am Unique Girls and Boys Clean and Healthy The cycles of life Spend or Save Understanding Mental Health</p>	<p>Wellbeing: My Life</p> <p>Family and Friends Personal Safety Impressions Being Proud Responsibility Choices and Consequences Character Traits Hobbies and Clubs Asking for help Chatting online Being safe Good and bad secrets Physical contact Harmful substances Can you help me? (first aid) NSPCC PANTS Want or Need Emotions and feelings Mental health problems – causes and signs</p>	<p>Wellbeing: My Mind</p> <p>Being Healthy Feelings & Emotions Support Network Happiness Challenge Resilience Determination Self-Awareness Keeping Cool Being a good friend online Top tips for staying safe online Journey in love NSPCC PANTS The communities we live in THINK – Roads away from home THINK – Road Safety Warriors Going Shopping Looking after our mental health</p>
Y3	<p>Story session (Get up!) Module 1 Unit 1 The Sacraments Module 1 Unit 1 What am I feeling? Module 1 Unit 3 What am I looking at? Module 1 Unit 3 I am thankful! Module 1 Unit 3 Wellbeing: My Health Physical Health Being Active Healthy Routines Recharge Healthy Eating Smart Choices Hydration Keeping Healthy Enjoying the internet Being SMART with a heart</p>	<p>Story Session- Jesus, My Friend Module 2 Unit 1 Friends, Family and Others Module 2 Unit 2 When things feel bad Module 3 Unit 2 Wellbeing: My Life Lifestyle Making Choices Confidence Impressions Pride Character Relationships Connections Online bullying Sharing information online Online gaming Reliability of online information</p>	<p>A Community of Love Module 3 Unit 1 What is the Church? Module 3 Unit 1 Wellbeing: My Mind Healthy Body Healthy Mind Mind Training Resilience Determination Feelings Emotions Mental Health Positivity Self-awareness Looking after ourselves online Digital wellbeing review Reasons to borrow – Money Matters</p>



	<p>Communicating online Being a good friend online Where does money come from? Understanding mental health</p>	<p>Ways to pay Talking about mental health</p>	
Y4	<p>How do I love others? Module 3 Unit 2 Wellbeing: My Health Physical Health Being Active Healthy Routines Recharge Healthy Eating Smart Choices Hydration Keeping Healthy Enjoying the internet Being SMART with a heart Communicating online Being a good friend online Spending Decisions Understanding Mental Health</p>	<p>Sharing Online Module 2 Unit 3 Chatting Online Module 2 Unit 3 Safe in my Body Module 2 Unit 4 - CHECK FGM SECTION Drugs, Alcohol and Tabaco Module 2 Unit 4 First aid heroes Module 2 Unit 4 Wellbeing: My Life Lifestyle Making Choices Confidence Impressions Pride Character Relationships Connections Online bullying Sharing information online Online gaming Reliability of online information Advertising Emotions and Feelings</p>	<p>We don't have to be the same Module 1 Unit 2 Respecting our bodies Module 1 Unit 2 What is puberty? Module 1 Unit 2 Changing bodies Module 1 Unit 2 Life Cycles Module 1 Unit 4 A Time for Everything Module 1 Unit 4 – CHECK Wellbeing: My Mind Healthy Body Healthy Mind Mind Training Resilience Determination Feelings Emotions Mental Health Positivity Self-awareness Looking after ourselves online Digital wellbeing review Journey in love NSPCC PANTS Keeping track Looking after our mental health</p>
Y5	<p>God is calling you Module 2 Unit 1 Under Pressure Module 2 Unit 2 Do you want a piece of cake? Module 2 Unit 2 Self Talk Module 2 Unit 2 Build Others up Module 2 Unit 2</p>	<p>The Holy Trinity Module 3 Unit 1 Catholic Social Teaching Module 3 Unit 1 Calming the storm Module 1 Unit 1 Wellbeing: My Life Life Connections</p>	<p>Gifts and Talents Module 1 Unit 2 Girls' bodies Module 1 Unit 2 Boys' bodies Module 1 Unit 2 Spots and Sleep Module 1 Unit 2 Menstruation Module 1 Unit 4</p>



	<p>Wellbeing: My Health Body Health Fitness Rest + Recovery Being Mindful Nutrition Fundamentals Energy Levels Food Habits Health Risk and Attitudes Being SMART online Online friendships Being a good digital citizen Online wellbeing Look after it Understanding mental health</p>	<p>Support Network Personal Growth Challenge Hobbies Balance Habits Pride Responsibility Online scams Online reputation Online gaming Online trust Critical consumers Talking about mental health</p>	<p>Wellbeing: My Mind Self-management Game plan Coping strategies Self-control Support network Focus Aspirations Life journey Belief Motivation Looking after ourselves online Digital wellbeing review Journey in love lessons to be taught Summer 2 • NSPCC PANTS Value for money & ethical spending Looking after our mental health</p>
Y6	<p>Sharing isn't always caring Module 2 Unit 3 Cyberbullying Module 2 Unit 3 Types of abuse Module 2 Unit 4 - CHECK Impacted Lifestyles Module 2 Unit 4 Making Good Choices Module 2 Unit 4 Giving Assistance Module 2 Unit 4</p> <p>Wellbeing: My Health Body Health Fitness Rest + Recovery Being Mindful Nutrition Fundamentals Energy Levels Food Habits Health Risk and Attitudes Being SMART online Online friendships</p>	<p>Body Image Module 1 Unit 3 Peculiar Feelings Module 1 Unit 3 Emotional Changes Module 1 Unit 3</p> <p>Wellbeing: My Life Life Connections Support Network Personal Growth Challenge Hobbies Balance Habits Pride Responsibility Online scams Online reputation Online gaming Online trust</p>	<p>Reaching Out Module 3 Unit 2 Making babies (part 1) Module 1 Unit 4 Making babies (part 2) Module 1 Unit 4 CHECK Hope Beyond Death Module 1 Unit 4 CHECK</p> <p>Wellbeing: My Mind Self-management Game plan Coping strategies Self-control Support network Focus Aspirations Life journey Belief Motivation Looking after ourselves online Digital wellbeing review</p>



	<p>Being a good digital citizen Online wellbeing Budgeting Understanding Mental Health</p>	<p>Money and Emotional Wellbeing Emotions and Feelings</p>	<p>Journey in love NSPCC PANTS Looking after our mental health Money in the wider world</p>
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Key:

PSHE- Wellbeing

Relationships and Sex Education – some RSE lessons include the following themes:

Online safety*

Protected characteristics*

Safeguarding* (including road safety)

Mini Medics – Mental Health

Sexual harassment

Child on child abuse*-

Bullying

Financial capability – Santander Money Matter

*PREVENT Strategy included