



St. Joseph's Catholic Academy, Norton  
PSHE & RSE Long-Term Plan

Class	Autumn	Spring	Summer
<b>Nursery</b>	<ul style="list-style-type: none"> <li>● Story sessions – handmade with love</li> <li>● Role model</li> <li>● Who's Who?</li> <li>● You've got a friend in me</li> <li>● Forever friends</li> <li>● Self-image and online identify</li> </ul>	<ul style="list-style-type: none"> <li>● Safe inside and out</li> <li>● My body, my rules</li> <li>● Feeling poorly</li> <li>● People who help us</li> <li>● Online reputation</li> </ul>	<ul style="list-style-type: none"> <li>● God is love</li> <li>● Loving God, loving others</li> <li>● Me, you, us</li> <li>● Online bullying</li> <li>● Online relationships</li> <li>● THINK – Takes of the Road</li> </ul>
<b>Reception</b>	<ul style="list-style-type: none"> <li>● Story sessions – handmade with love</li> <li>● I am Me</li> <li>● Heads, shoulders, knees and toes</li> <li>● Ready teddy?</li> <li>● Health, wellbeing and lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>● I like, you like, we all like!</li> <li>● Good feelings, bad feelings</li> <li>● Let's get real</li> <li>● Growing up</li> <li>● Managing online information</li> <li>● Privacy and security</li> </ul>	<ul style="list-style-type: none"> <li>● God is love</li> <li>● Loving God, loving others</li> <li>● Me, you, us</li> <li>● Copyright and ownership</li> <li>● THINK – Stepping stones to road safety</li> <li>● THINK – Be Bright, Be Seen</li> <li>● NSPCC PANTS (sexual harassment)</li> </ul>
<b>Y1</b>	<ul style="list-style-type: none"> <li>● Online Safety (Computing)</li> <li>● Story sessions – Let the children come</li> <li>● God loves you</li> <li>● Special people</li> <li>● Self-image and online identify</li> <li>● Money Matters</li> </ul>	<ul style="list-style-type: none"> <li>● Treat others well.....and say sorry</li> <li>● Being safe (online safety and safeguarding)</li> <li>● Good and bad secrets</li> <li>● Physical contact</li> <li>● Online relationships</li> <li>● Online reputation</li> <li>● Where Money Comes From</li> <li>● Looking After Money</li> </ul>	<ul style="list-style-type: none"> <li>● Harmful substances</li> <li>● Can you help me? (first aid)</li> <li>● Trinity house</li> <li>● Who is my neighbour?</li> <li>● The communities we live in</li> <li>● Online bullying</li> <li>● THINK – Safety first</li> <li>● THINK – Road Rangers</li> <li>● NSPCC PANTS (sexual harassment)</li> </ul>
<b>Y2</b>	<ul style="list-style-type: none"> <li>● Online Safety (Computing)</li> <li>● Story sessions – Let the children come</li> <li>● I am Unique</li> <li>● Girls and Boys</li> <li>● Clean and Healthy</li> <li>● Managing online information</li> <li>● Health, wellbeing and lifestyle</li> <li>● Spend or Save</li> <li>● Understanding Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>● Feelings, likes and dislikes</li> <li>● Feeling inside out</li> <li>● Super Susie gets angry</li> <li>● The cycle of life</li> <li>● Beginnings and endings</li> <li>● NSPCC PANTS (sexual harassment)</li> <li>● Privacy and security</li> <li>● Want or Need</li> <li>● Emotions and feelings</li> <li>● Mental health problems – causes and signs</li> </ul>	<ul style="list-style-type: none"> <li>● God loves you</li> <li>● Trinity house</li> <li>● Who is my neighbour?</li> <li>● The communities we live in</li> <li>● Copyright and ownership</li> <li>● THINK – Roads away from home</li> <li>● THINK – Road Safety Warriors</li> <li>● Going Shopping</li> <li>● Looking after our mental health</li> </ul>



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<p><b>Y3</b></p>	<ul style="list-style-type: none"> <li>● Online Safety (Computing)</li> <li>● Story sessions – Get up!</li> <li>● The sacraments</li> <li>● Story sessions – Jesus my friend</li> <li>● Friends family and others</li> <li>● Evolve – Self-image and online identify</li> <li>● Where does Money come from</li> <li>● Understanding Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>● When things feel bad</li> <li>● Sharing online</li> <li>● Chatting online (cyberbullying).</li> <li>● Safe in my body - Physical contact (abuse including sexual abuse)</li> <li>● Drugs, alcohol, tobacco</li> <li>● First Aid heroes</li> <li>● NSPCC PANTS (sexual harassment)</li> <li>● Online relationships</li> <li>● Ways to Pay</li> <li>● Talking about mental health</li> <li>● Mental health problems – impact</li> </ul>	<ul style="list-style-type: none"> <li>● Trinity house</li> <li>● Who is the Church?</li> <li>● How do I love others?</li> <li>● Online reputation</li> <li>● Online bullying</li> <li>● THINK – Do you stop, listen, look, think?</li> <li>● THINK – Take the lead</li> <li>● THINK – Map your journey</li> <li>● Reasons to Borrow</li> <li>● Looking after our mental health</li> <li>●</li> </ul>
<p><b>Y4</b></p>	<ul style="list-style-type: none"> <li>● Online Safety (Computing)</li> <li>● Story sessions – Get up!</li> <li>● The sacraments</li> <li>● We don't have to be the same</li> <li>● Respecting our bodies</li> <li>● What is puberty?</li> <li>● Managing online information</li> <li>● Spending Decisions</li> <li>● Understanding Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>● Changing bodies</li> <li>● What am I looking at?</li> <li>● I am thankful</li> <li>● Lifecycles</li> <li>● A time for everything</li> <li>● NSPCC PANTS (sexual harassment)</li> <li>● Health, wellbeing and lifestyle</li> <li>● Privacy and security</li> <li>● Advertising</li> <li>● Emotions and feelings</li> <li>● Mental health problems – loneliness</li> </ul>	<ul style="list-style-type: none"> <li>● Trinity house</li> <li>● Who is the Church?</li> <li>● How do I love others?</li> <li>● NSPCC Stop Speak Support (bullying/online safety)</li> <li>● Copyright and ownership</li> <li>● Keeping Track</li> <li>● Looking after our mental health</li> <li>●</li> </ul>
<p><b>Y5</b></p>	<ul style="list-style-type: none"> <li>● Online Safety (Computing)</li> <li>● Story sessions – calming the storm</li> <li>● Is God calling you?</li> <li>● Under pressure</li> <li>● Do you want a piece of cake? (Consent)</li> <li>● Self:Talk</li> <li>● Online reputation</li> <li>● Look After It</li> <li>● Understanding Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>● Sharing isn't always caring</li> <li>● Cyberbullying</li> <li>● Types of abuse (abuse including sexual abuse)</li> <li>● Impacted lifestyles</li> <li>● Making good choices</li> <li>● Giving assistance (first aid)</li> <li>● NSPCC PANTS (sexual harassment)</li> <li>● Online bullying</li> <li>● Critical Consumers</li> <li>● Talking about mental health</li> <li>● Mental health problems – feeling worried</li> </ul>	<ul style="list-style-type: none"> <li>● Trinity house</li> <li>● Catholic social teaching</li> <li>● Reaching out</li> <li>● Self image and online identify</li> <li>● Online relationships</li> <li>● Money in the wider World</li> <li>● Looking after our mental health</li> </ul>



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Y6	<ul style="list-style-type: none"> <li>● Online Safety (Computing)</li> <li>● Story sessions – calming the storm</li> <li>● Gifts and talents</li> <li>● Girls bodies</li> <li>● Boys bodies</li> <li>● Spots and sleep</li> <li>● Managing online information</li> <li>● Value for Money and Ethical Spending</li> <li>● Understanding Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>● Body image</li> <li>● Peculiar feelings</li> <li>● Emotional changes</li> <li>● Hope beyond death</li> <li>● Seeing stuff online</li> <li>● NSPCC PANTS (sexual harassment)</li> <li>● Health, wellbeing and lifestyle</li> <li>● Privacy and security</li> <li>● Budgeting</li> <li>● Emotions and feelings</li> <li>● Mental health problems – feeling unhappy</li> </ul>	<ul style="list-style-type: none"> <li>● Making babies part 1 and 2 (Pt 2 may be omitted)</li> <li>● Menstruation</li> <li>● Trinity house</li> <li>● Catholic social teaching</li> <li>● Reaching out</li> <li>● Copyright and ownership</li> <li>● NSPCC – It's not okay (sexual harassment 11+)</li> <li>● Money and Emotional Wellbeing</li> <li>● Looking after our mental health</li> <li>●</li> </ul>
KEY	<p>Relationships and Sex Education – some RSE lessons include the following themes:</p> <p>Protected characteristics*</p> <p>Safeguarding* (including road safety)</p> <p>Mini Medics – Mental Health</p> <p>Sexual harassment</p> <p>Child on child abuse*</p> <p>Online safety*</p> <p>Bullying</p> <p>Financial capability – Santander Money Matters</p> <p>*PREVENT Strategy included</p>		