



St Joseph's Catholic Primary School PSHE / RSE Long Term Plan



Term	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 7 weeks	Spring 2 6 weeks	Summer 1 4 weeks	Summer 2 7 weeks
Strand	Citizenship	Community	Staying Safe	Relationships/Growing up	RSE	Healthy lifestyles and Wellbeing
KS1 (Year A)	Know and Follow Rules I know there are consequences for how I act	Three in One KS1 Module 3, Unit 1, Session 1	Being Safe (E Safety) KS1 Module 2, Unit 3, Session 1	God Loves You KS1 module 2 Unit 1 Session 2	Good and Bad Secrets KS1 Module 2, Unit 3, Session 1	Hand Washing/Germ Spreading
	Respect - Showing Manners Being courteous and showing respect to others	Who is my neighbour? KS1 Module 3, Unit 1, Session 2	Self-image and Online Identity (E Safety)	Special People KS1 Module 2, Unit 2, Session 1	Physical Contact KS1 module 2, Unit 3, Session 2 - Link to NSPCC pants	Daily Routines – Keeping Clean
	What is Honesty? Telling the truth about our actions.	The Communities KS1 Module 3, Unit 2, Session 1	Bullying and Teasing (E Safety)	Treat Others Well KS1 Module 2, Unit 2 Session 2	Tummy Bugs and Butterflies – Identify and manage feelings	Dental Hygiene
	Responsibility What it means to be responsible and what it looks like in and outside of the classroom.	Fire Safety – Staying Safe in the Community on Bonfire Night (Fire Service)	Can You Help Me? (Part 1) KS1 Module 2, Unit 3, Session 4	And Say Sorry KS1 Module 2, Unit 2, Session 3	Personal Development – Flourish Friday	Harmful Substances KS1 module 2, Unit 3, Session 3
	Road Safety Week - Think, Safety first (Police)	Parliament Week - British Values and the wider global community	Can You Help Me? (part 2 – first aid) KS1 Module 2, Unit 3, Session 5	Friendships What do friendships look like? How do they make you feel? Why are you a good friend?		Healthy Eating
	Animal Safety - Being responsible around animals (Dogs Trust)	Personal Development – Flourish Friday	Personal Development – Flourish Friday	Personal Development – Flourish Friday		Sun Safety Personal Development – Flourish Friday
	Money Matters Personal Development – Flourish Friday					



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KS1 (Year B)	 Rules Create an imaginary place and rules to go with it, why do we need to have them? How we act has consequences and rewards!	  Three in One KS1 Module 3, Unit 1, Session 1	  Real Life (E Safety) KS1 Module 2, Unit 3, Session 1	  Feelings – Likes and Dislikes KS1 Module 1, Unit 3 session 1	  The Cycle of Life KS1 Module 1, Unit 4 session 1	  Clean Healthy and (my body) KS1 Module 1, Unit 2 session 3	
	 Respect - Conversations Showing respect and manners to others during conversations	  Who is my Neighbour? KS1 module 3, Unit 1, Session 2	  Rules to Help Us (E Safety) KS1 Module 2, Unit 3 session 2	  Feelings Inside Out KS1 Module 1, Unit 3 session 2	  Beginnings and Endings KS1 Module 1, Unit 4 session 2	  Clean Healthy and (my body) KS1 Module 1, Unit 2 session 4	
	 Honesty What are the consequences of not being honest? Is it easy to tell the truth?	  The Communities KS1 module 3, Unit 2, Session 1	  Stranger Danger What is the difference between a stranger and someone you know, who should we trust?	  Super Susie Gets Angry KS1 Module 1, Unit 3 session 3	  I am Unique KS1 Module 1, Unit 2 session 1	  Understanding Mental Health	
	 Money Matters – Where money comes from	  Fire Safety – Fire risks within a room & Staying Safe in the Community on Bonfire Night (Fire Service)	 First Aid - Who can help me? Which people do what?	 Friendships Why am I a good friend? Friendship potion of qualities and attributes	  Girls and Boys KS1 Module 1, Unit 2 session 2	  Mental Health Problems - Causes and Signs – Looking after our mental health	
	  Money Matters - Spend or Save, Want or Need	  Parliament Week - British Values and the wider global community	 Managing online information (E Safety)	 Same and Different – Describing the similarities and differences between different people - Protected Characteristics Giraffe’s Can’t Dance – talents	Personal Development – Flourish Friday	 Positive Body Image (Diet and Exercise)	
	  Road Safety Week - Roads away from home	  Personal Development – Flourish Friday	 Privacy and Security (E Safety)	Personal Development – Flourish Friday	Personal Development – Flourish Friday	 Dental Hygiene	
		Personal Development – Flourish Friday			Personal Development – Flourish Friday		Personal Development – Flourish Friday



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LKS2 Year A	Rules What places have rules? Why do they need to be in place? What behaviours and language are unacceptable?	A Community of Love LKS2 module 3, Unit 1, Session 1	Sharing Online LKS2 module 2, Unit 3, Session 1	Jesus, My Friend LKS2 module 2, Unit 1, Session 1 (teach as 1 lesson which includes forgiveness)	Safe in My Body (physical and sexual touch) LKS2 module 2, Unit 4, Session 1	– Drugs, alcohol and tobacco (include vaping) LKS2 module 2, Unit 4, Session 2
	Respect – Visitors How do you gain respect? How can you be courteous and show good manners to visitors in school and at home?	What is the Church? LKS2 module 3, Unit 1, Session 2	Chatting Online LKS2 module 2, Unit 3, Session 2	Family, Friends and Others LKS2 module 2, Unit 2, Session 1	Sharing Online LKS2 module 2 Unit 1 Session 1	Talk about Mental Health
	Honesty What are the consequences of not being honest in my relationships with others?	The Sacraments LKS2 module 1, Unit 1, Session 1	Real or Fake – Online/Gaming Scams	When Things Feel Bad LKS2 module 2, Unit 2, Session 2	Relationships Identify and explore different kinds of relationships that exist Include ending of relationships, marriages and bereavement	Mental Health Problems – Impact
	Honesty What are the consequences of not being honest in my relationships with others?	Environment How can we help to protect the environment?	First Aid Heroes LKS2 module 2, Unit 4, Session 3	Stranger Danger What do you do if someone approaches you in person or online?	How Do I Love Others? LKS2 module 3 Unit 2 Session 1	Importance of Sleep Importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
	Honesty What are the consequences of not being honest in my relationships with others?	Fire Safety What to do if you find a fire? & Staying Safe in the Community on Bonfire Night	Bullying and Friendship	Same and Different – What is special about life? Link with beliefs, Faith, culture	Secrets Difference Between Good and Bad Secrets	Importance of Exercise Describe a healthy life-style, including physical activity and some ways to maintain good mental health (exercise, diet, sleep, company)
	Honesty What are the consequences of not being honest in my relationships with others?	Parliament Week - British Values and the wider global community	Animal Safety - Being responsible around animals (Dogs Trust)	Personal Development – Flourish Friday	Personal Development – Flourish Friday	Personal Hygiene What is a germ? Are all germs bad? What can they do? How can we stay safe from harmful germs?
	Honesty What are the consequences of not being honest in my relationships with others?	Personal Development – Flourish Friday	Personal Development – Flourish Friday	Personal Development – Flourish Friday	Personal Development – Flourish Friday	Personal Development – Flourish Friday
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LKS2 Year B	 Rules What is the impact of having rules in school?	  A Community of Love LKS2 module 3, Unit 1, Session 1	  What am I looking at? (Stereotypes) LKS2 module 1, Unit 3, Session 2	  How Do I Love Others LKS2 module 3, Unit 3, Session 1	  We don't have to be the same LKS2 module 1, Unit 2, Session 1	  Looking after our mental health
	 Forgiveness What is the importance of forgiveness? Can I say sorry and not hold a grudge against those who have hurt me? Following Jesus' teaching on forgiveness can help me in my relationships my friends	  What is the Church? LKS2 module 3, Unit 1, Session 2	  I am Thankful LKS2 module 1 Unit 3 Session 3	  Life Cycles LKS2 module 1, Unit 4, Session 1	  Respecting our Bodies LKS2 module 1, Unit 2, Session 2	 Healthy Sleeping
	  Money Matters Spending decisions/Keeping track	 Environment Going Green – What does this mean? Link with Laudato si? Discuss and debate issues that impact on the environment, locally, nationally and internationally.	  Managing online information – Privacy and Security	 A Time for Everything LKS2 module 1, Unit 4, Session 2	  What is Puberty? LKS2 module 1, Unit 2, Session 3	  Loneliness
	  Money Matters Advertising	  Fire Safety – Setting fires – good or bad & Staying Safe in the Community on Bonfire Night (Fire Service)	  Copyright and Ownership	 Relationships Identify and explore different kinds of relationships that exist and how relationships end and why – including bereavement. Link to St Teresa's hospice	  Changing Bodies LKS2 module 1, Unit 2, Session 4	  Bullying and Mental Wellbeing
	  Road Safety Recognise how to stay safe near trainlines and level crossings (Rail Safety Officer)	  Parliament Week – British Values and the wider global community	  Stranger Danger – Staying Safe When Out Someone to tell if ... Identify situations where you might need support about strangers, and who would you go to.	Personal Development – Flourish Friday	  What am I Feeling? LKS2 module 1, Unit 3, Session 1	  Smoking What are the risks of smoking and vaping? What is passive smoking?
	 Injustice the World Recognise injustices in the world.	Personal Development – Flourish Friday	Personal Development – Flourish Friday	Personal Development – Flourish Friday	  NSPCC Pants – Sexual Harassment	  Drugs What is legal and illegal? An introduction to county lines and exploitation.



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UKS2 Year A	God is calling you UKS2 Module 2, Unit 1, Session 1 Respecting Strangers and those within the Community Integrity Be just and fair acting with integrity to show understanding of the impact of my actions locally, nationally and globally. Being loyal, and able to develop and sustain friendships Money Matters - Money in the wider world Money Matters - Look after it / Critical Consumers River Safety – Risks consequences and what to do (River Rescue team) Personal Development – Flourish Friday	The Holy Trinity UKS2 Module 3, Unit 1, Session 1 Catholic Social Teaching UKS2 Module 3, Unit 1, Session 2 Reaching Out (CST in the Community) UKS2 Module 3, Unit 2, Session 1 Environment – Going Green What can we do as a school and at home to become more environmentally friendly? Fire Safety – What are the risks for you with fire? How do we manage these? & Staying Safe in the Community on Bonfire Night (Fire Service) Parliament Week - British Values and the wider global community Personal Development – Flourish Friday	Sharing isn't Always Caring UKS2 Module 2, Unit 3, Session 1 Cyberbullying UKS2 Module 2, Unit 3, Session 2 Giving Assistance UKS2 Module 2, Unit 4, Session 4 Online Scams? – Real or Fake? Anti-Social Behaviour in the Coundon -What behaviours are unacceptable, unhealthy or risky? (Police) Animal Safety - Being responsible around animals (Dogs Trust) Personal Development – Flourish Friday	Same and Different - Stereotypes - what a stereotype is, and how stereotypes can be unfair, negative or destructive. <i>Link with BHCET online reputation</i> Online Relationships What is Racism? Impact on relationships, local and global community Misogyny/ Toxic Masculinity What is it? Personal Development – Flourish Friday	Under Pressure UKS2 Module 2, Unit 2, Session 1 Do you want a piece of cake? UKS2 Module 2, Unit 2, Session 2 Types of Abuse UKS2 Module 2, Unit 4, Session 1 Consent Sexual harassment Personal Development – Flourish Friday	Self-Talk UKS2 Module 2, Unit 2, Session 3 Impacted Lifestyles UKS2 module 2, Unit 4, Session 2 Making Good Choices UKS2 Module 2, Unit 4, Session 3 Mental Health – Feeling Worried Mental Health – Looking after our Mental Health Health and Allergies Personal Development – Flourish Friday



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UKS2 Year B	Gratitude Demonstrate gratitude to others for the good things in my life through words and actions. Know that we are all children of God and made in God's likeness and for this we should be grateful.	The Holy Trinity UKS2 Module 3, Unit 1, Session 1	Seeing Stuff Online (ref to pornography in lesson) UKS2 Module 1, Unit 3, Session 4	Gifts and Talents UKS2 Module 1, Unit 2, Session 1	Peculiar Feelings UKS2 Module 1, Unit 3, Session 2	Spots and Sleep UKS2 Module 1, Unit 2, Session 4
	Consequences Applying rules into life not just at school. If we don't follow rules what happens?	Catholic Social Teaching UKS2 Module 3, Unit 1, Session 2	Real or Fake - Use of AI and Photoshop – Inappropriate Images	Girls' Bodies UKS2 Module 1, Unit 2, Session 2	Making Babies (Part 1) UKS2 Module 1, Unit 1, Session 2	Body Image UKS2 Module 1, Unit 3, Session 1
	Decision Making How can the decisions we make impact life now and in the future?	Reaching Out (CST in the Community) UKS2 Module 3, Unit 2, Session 1	Managing Online Information	Boys' Bodies UKS2 Module 1, Unit 2 Session 3	Making Babies (Part 2) Discussion and consultation needed prior – consultation UKS2 Module 1, Unit 1, Session 2	Peculiar Feelings UKS2 Module 1, Unit 3, Session 2
	Money Matters - Budgeting	Environment How does the media messages present information on the environment? What impact does this have?	Copywrite and Ownership (E Safety)	Hope Beyond Death UKS2 Module 1, Unit 4, Session 4	Menstruation UKS2 Module 1, Unit 4, Session 3	Emotional Change UKS2 Module 1, Unit 3, Session 3
	Money Matters - Money and Emotional Wellbeing	Tolerance Know the importance of having the right relationship with people in a range of national, regional, religious and ethnic identities in the UK and beyond, respecting diversity. (Protected characteristics)	Going Out Identify risks associated with being alone/with friends and how to manage them. What to do in emergency situations and who to contact/speak to if you need help.	Build Others Up (Same and Different) UKS2 Module 2, Unit 2, Session 4	Permission Seeking The importance of permission seeking and giving within relationships (including peers, friends and adults) – Link to NSPCC	Drugs - Risks and Consequences The impact that poor lifestyle choices can have on mental health and physical health
	Money Matters Value for money and ethical spending	Compassion Empathising with the suffering of others and display the generosity to help – Faith in Action	Being Safe when in the Community County Lines and exploitation (Police)	Personal Development – Flourish Friday	Personal Development – Flourish Friday	Risk Taking Identify risks associated with moving to a new school. Show resilience and manage risk in order to resist unacceptable peer pressure and show determination and courage when faced with new challenges
	Water Safety – Link: PE - Swimming lessons and survival skills					



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	Personal Development – Flourish Friday	 Parliament Week - British Values and the wider global community Personal Development – Flourish Friday	Personal Development – Flourish Friday			Personal Development – Flourish Friday
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