



St Mary's Catholic Primary School

PSHE & RSE Curriculum Map



Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Module 1: Created and loved by God Unit 1: Religious Understanding Module 2: Created to love others Unit 2: Personal Relationships <i>Enjoys the company of other children and wants them.</i> • Begin to be more outgoing with unfamiliar people and show more confidence in new social situations. • Select and use resources with help. • Play with at least one other child, giving cues in play. • Begin to find solutions to conflicts (i.e. sharing with others) • Follow simple class rules.	Module 1: Created and loved by God Unit 1: Religious Understanding Module 1: Created and Loved by God Unit 3: Emotional Well-being • Recognise that they belong to different communities and social groups. • Talk freely about their own home and community. • Seeks out a familiar adult for comfort, help and assistance. • See themselves as a valuable individual.	Module 1: Created and loved by God Unit 1: Religious Understanding <u>Emotions and Me</u> Knowing Me, Knowing My Feelings Name and understand a range of feelings Recognise uniqueness, likes, dislikes and needs Express views respectfully and listen to others Module 2: Created to love others. Unit 1: Religious Understanding	Module 1: Created and loved by God Unit 1: Religious Understanding <u>Emotions and Me</u> Feelings and Families <i>Feelings can affect behaviour Strategies for strong feelings and distraction Change, loss and asking for help</i> Module 1: Created and loved by God Unit 3: Emotional Well-Being <u>Our Relationships</u> Making and Breaking Friendships <i>Permission and resisting pressure Cooperation,</i>	LKS2 Module 1: Created and loved by God Unit 1: Religious Understanding <u>Emotions and Me</u> Emotions, Feelings and Peer Pressure <i>Recognise a wider range and intensity of emotions Understand feelings and behaviour Strategies to calm, focus and support wellbeing</i> LKS2 Module 2: Created to love others Unit 1: Religious Understanding <u>Our Relationships</u>	LKS2 Module 1: Created and loved by God Unit 1: Religious Understanding <u>Emotions and Me</u> Mental Wellbeing and Relationships <i>Different types of relationships Healthy friendship, loneliness and inclusion Family change, loss and grief</i> LKS2 Module 1: Created and loved by God Unit 3: Emotional Well-Being <u>Our Relationships</u> Diversity, Friendships and Boundaries <i>Identity, diversity and respect</i>	Module 1: Created and loved by God Unit 1: Religious Understanding <u>Emotions and Me</u> Looking After Our Wellbeing <i>Habits that support wellbeing Recognise persistent difficult feelings When and how to seek support</i> UKS2 Module 2: Created to love others Unit 1: Religious Understanding <u>Our Relationships</u>	Module 1: Created and loved by God Unit 1: Religious Understanding <u>Emotions and Me</u> Feelings, Families and Staying Healthy Online <i>Self-regulation strategies Worry, loneliness and events outside their control Targeted online content and digital habits</i> UKS2 Module 1: Created and Loved by God Unit 3: Emotional Wellbeing <u>Our Relationships</u> Relationships, Bullying and Conflict Resolution

	- Develop a sense of responsibility within the class. - To settle at a self-chosen activity for a period of time. to play with		Know what makes a good friend Resolve simple disagreements peacefully Recognise bullying and tell a trusted adult Module 2: Created to love others Unit 2: Personal Relationships	sharing and conflict Bullying and kindness online	Different Families and Friendships Understand and respect different families Families provide love, care and safety Positive friendship skills and boundaries LKS2 Module 2: Created to love others Unit 2: Personal Relationships	Assertive communication and boundaries Secrets, trusted adults and persistent help-seeking	Stereotypes, Diversity and Relationships Healthy friendships and bullying Stereotypes, prejudice and discrimination Respectful behaviour online and offline UKS2 Module 2: Created to love others Unit 2: Personal relationships	Healthy, non-controlling friendships Peer influence and conflict Respectful online communication and resisting pressure UKS2 Module 2: Created to love others Unit 2: Personal relationships
Spring	Module 2: Created to love others Unit 4: Religious Keeping Safe Module 2: Created to love others Unit 2: Personal Relationships - Talk about their feelings (if they are happy or sad and why). - Play with more than one child, extending and elaborating play ideas. - Takes part in pretend play - Builds upon two way conversations (listening and	Module 1: Created and Loved by God Unit 2: Me, My Body, My Health Module 3: Created to live in Community Unit 1: Religious Understanding - Build constructive and respectful relationships. - Express their feelings and consider the feelings of others. - Can talk about what they can do well and what they need help with. - Shows confidence choosing the	<u>Keeping Ourselves Safe</u> How Can I Keep Myself Safe? Everyday safety rules and hazards Road, rail and public-place safety Basic online safety, privacy and respectful communication Module 2: Created to love others Unit 4: Keeping Safe <u>Keeping Ourselves Healthy</u> Keeping Well and Clean Hygiene, dental health and sleep	<u>Keeping Ourselves Safe</u> Keeping Safe Trusted adults and unsafe secrets Water safety and calling 999 Online age limits, screen breaks and help-seeking Module 2: Created to love others Unit 3: Life Online	LKS2 Module 2: Created to love others Unit 2: Personal relationships <u>Keeping Ourselves Safe</u> Healthy Relationships and Keeping Safe Public/private and privacy Permission/consent Online relationship risks and reporting concerns LKS2 Module 2: Created to love others Unit 3: Life Online	<u>Keeping Ourselves Safe</u> Media and Me Positive/negative internet use Age restrictions and social media limits Unsafe online content and safer choices Module 1: Created and loved by God Unit 2: Me, My Body, My Health <u>Keeping Ourselves Healthy</u> Healthy Lifestyles and Getting Help Balanced diet and healthy routines	<u>Keeping Ourselves Safe</u> Rights, Safety and Digital Resilience Rules/laws and everyday risk Travel and environmental safety Online rights, privacy and location settings UKS2 Module 2: Created to love others Unit 3: Life Online UKS2 Module 2: Created to love others Unit 4: Keeping Safe	<u>Keeping Ourselves Safe</u> Media Literacy and Digital Resilience Manipulated content and misinformation AI/chatbots and wellbeing Sharing, gaming, scams, fraud and help-seeking UKS2 Module 2: Created to love others Unit 2: Personal relationships <u>Keeping Ourselves Healthy</u>

	responding to others). • Takes risks and tries new things.	resources they need for activities.	Physical activity and healthy routines Healthy food/drink and people who help us	<u>Keeping Ourselves Healthy</u> Healthy People Sun safety Healthy diet and effects of too much sugar Medicines and harmful household substances Module 1: Created and loved by God Unit 2: Me, My Body, My Health	<u>Keeping Ourselves Healthy</u> Healthy Lifestyles Oral health Regular physical activity Healthy choices and risks of inactivity LKS2 Module 2: Created to love others Unit 4: Keeping Safe	Illness and help-seeking Alcohol, nicotine, vaping and medicines	<u>Keeping Ourselves Healthy</u> Healthy Lifestyles Sleep and diet choices Effects and risks of legal drugs Drug laws and illegal drugs	Healthy Lifestyles and Drug Education Sun, infection, hygiene and vaccination Basic first aid and emergency calls Legal drugs, influences and support services UKS2 Module 3: Created to live in community Unit 1: Religious Understanding
Summer	Module 2: Created to love others Unit 3: Life Online Module 2: Created to love others Unit 4: Keeping Safe Module 3: Created to live in Community Unit 1: Religious Understanding Module 3: Created to live in Community Unit 2: Living in the wider world Module 3: Created to live in Community Unit 2: Living in the wider world • Begin to	Module 3: Created to live in Community Unit 1: Religious Understanding Module 3: Created to live in Community Unit 2: Living in the wider world Module 1: Created and Loved by God Unit 4: Life Cycles • To show resilience and perseverance in the face of challenge. • To identify and moderate their own feelings and	<u>Our Money, Our Futures</u> My Money What money is and what it is used for How people get and keep money safe Different ways of paying Module 3: Created to live in community Unit 1: Religious Understanding	<u>Our Money, Our Futures</u> Money and Jobs Saving/spending and needs/wants Strengths and interests Jobs, earning money and community roles Module 3: Created to live in community Unit 1: Religious Understanding Module 3: Created to live in community Unit 2: Living in the Wider World	<u>Our Money, Our Futures</u> Money, Strengths and Goals Saving/spending and payment methods Strengths and achievable goals Range of jobs and careers LKS2 Module 3: Created to live in community Unit 1: Religious Understanding	<u>Our Money, Our Futures</u> Money and Aspirations Influences on saving/spending Tracking and protecting money Career aspirations and challenging stereotypes LKS2 Module 3: Created to live in community Unit 1: Religious Understanding LKS2 Module 3: Created to live in community Unit 2: Living in the Wider World	<u>Our Money, Our Futures</u> Money and Enterprise Social/environmental impact of spending Teamwork and communication Negotiation, critical thinking and digital literacy UKS2 Module 2: Created to love others Unit 4: Keeping Safe UKS2 Module 3: Created to live in community Unit 1: Religious Understanding	<u>Our Money, Our Futures</u> My Money, My Career, My Future Money and wellbeing Salaries, voluntary work and career routes Future careers and changing opportunities <u>Growing and Changing</u> Puberty, Relationships and Transition Understanding physical and emotional changes during puberty, including menstruation

	understand the feelings of others and respond appropriately. • Help to find solutions to conflicts. • Follow rules without always needing reminding. • Engages in pretend play with different roles • Aware of similarities and differences between themselves and others and celebrates these.	emotions. • To manage their own needs. • To think about the feelings and perspectives of others. • As above and... • Help the children to talk about and reflect on their learning through self evaluation. • Help the children to set and achieve their own goals. • Provide strategies for calm behaviour (breathing, time in a quiet space). • Notices when they can improve their creations and sees this as learning and improving.	<u>Growing and Changing</u> My Family What a family is Families can be different Love, care and who to tell if worried Module 3: Created to live in community Unit 2: Living in the Wider World	<u>Growing and Changing</u> About My Body Body ownership and privacy Safe/unsafe touch and correct body-part names Growing older and changing needs Module 1: Created and loved by God Unit 4: Life Cycles	<u>Growing and Changing</u> My Body and Feeling Safe Scientific names for private body parts Body boundaries Appropriate/inappropriate contact and telling LKS2 Module 2: Created to love others Unit 4: Keeping Safe LKS2 Module 3: Created to live in community Unit 2: Living in the Wider World	<u>Growing and Changing</u> Growing Up and Personal Boundaries How bodies grow and change Physical and emotional changes as we grow up Personal boundaries and how to respect them LKS2 Module 1: Created and loved by God Unit 4: Life Cycles	<u>Growing and Changing</u> Puberty and Rights Physical and emotional changes as we grow Personal rights, privacy and boundaries Recognising unsafe situations and knowing how to seek help UKS2 Module 3: Created to live in community Unit 2: Living in the Wider World	Personal boundaries, consent and healthy relationships Preparing for transition to secondary school <u>Year 6 Relationships Conference</u> UKS2 Module 1: created and loved by God Unit 1: Religious Understanding Unit 2: Me, My Body, My Health Unit 4: Life Cycles Secondary transition
--	---	---	---	--	--	--	---	--

TenTen curriculum

Module 1: Created and loved by God

Module 2: Created to love others

Module 3: Created to live in the community

EYFS - PSED ARE by term