

PSHE Curriculum Overview



EYFS

		Come and See	Life to the Full	Statements to Live By	EYFS Curriculum Birth to 5 Matters	Links to CAFOD Resources
Moral	I can: Say 'please' and 'thankyou'			19. I try to use words that make the world a better place	Personal, Social & Emotional Development Understanding Emotions Range 6	Picture my World resource
	Say 'sorry'	Friends (Reconciliation-Summer term)	Module 1 Unit 3 Session 3 Let's Get Real Module 2 Unit 2 Session 3 Forever Friends	31. I know how to show I am sorry	Personal, Social & Emotional Development Understanding Emotions Range 6	
	Talk about the good things in my life	Myself (Domestic Church Autumn term) Celebrating (Local Church-Spring term)				Picture My World resource
	Be patient when I do not get what I want straight away		Module 1 Unit 3 Session 3 Let's Get Real		Personal, Social & Emotional Development Sense of Self Range 2	
	Show care for others	Family (Domestic Church Autumn term) Friends (Reconciliation-Summer term)	Module 2 Created to Love Others Unit 1 Religious Understanding	27. I know how to help others when they are in trouble	Personal, Social & Emotional Development Making relationships Ranges 5&6	

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Spiritual	I know: That I am made by God	Myself (Domestic Church- Autumn term)	Module 1 Created and Loved by God Units 1 and 2	1. We are all special		Picture my World resource
	That God loves me and I can talk to God through prayer	All Topics	Module 1 Unit 1 Religious Understanding All Units from 'Life to the Full' introduce children to a variety of ways to pray			
	That Jesus cares for me and I am part of God's family	Myself (Domestic Church- Autumn term)	Modules 1 and 2 Unit 1 Religious Understanding			
	That Jesus tells us to love one another	Friends (Reconciliation- Summer term)	Module 2 Unit 1 Religious Understanding Module 3 Unit 1 Session 1 God is Love			
	What I am good at		Module 1 Unit 2 Session 1 I Am Me	2. I can say one good thing about myself	Personal, Social & Emotional Development Sense of Self Range 4	Picture My World

EYFS

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Physical	I know: That I am living and growing	Growing (Lent/Easter Spring term)	Module 1 Unit 4 Session 1 Growing Up		Understanding the World The World Ranges 5 & 6	Harvest Resources
	That a baby grows inside its mother's womb before birth		Module 1 Unit 4 Session 1 Growing Up		Understanding the World The World Ranges 5 & 6	
	I can: Identify living things				Understanding the World The World Ranges 5 & 6	
	Name similarities and differences between myself and others		Module 1 Unit 2 Session 1 I Am Me	35. I notice we are the same and we are different	Personal, Social & Emotional Development Sense of Self Ranges 4 & 5	
	Keep clean by washing and drying my hands		Module 1 Unit 2 Session 3 Ready Teddy?		Personal, Social & Emotional Development Health and self-care Ranges 4/5/6	

EYFS

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Emotional	I know : What I like and dislike		Module 1 Unit 3 Session 1 I Like, You Like, We All Like		Personal, Social & Emotional Development Sense of self Ranges 4/5/6	Picture my world
	Say how I feel at different times		Module 1 Unit 3 Session 2 Good Feelings, Bad Feelings		Personal, Social & Emotional Development Sense of self Ranges 5&6	

EYFS

		Come and See	Life to the Full	Statements to Live By	EYFS Curriculum Birth to 5 Matters	Links to CAFOD Resources
Social	I know: Who can help me in school		Module 2 Unit 3 Session 1 Safe Inside and Out Session 2 My Body, My Rules	25. I know when to ask for help and who to ask for help from	Personal, Social & Emotional Development Making relationships Ranges 5&6	
	That I belong to a family and can name my family members	Myself (Domestic Church Autumn term)	Module 2 Unit 2 Session 1 Who's Who		Understanding the World People & Communities Range 4	
	When people are being unkind to me or others and how to respond		Module 2 Unit 2 Session 3 Forever Friends	5. I know what to do if I see anyone being hurt	Personal, Social & Emotional Development Understanding Emotion Range 4	
	I can: Identify special people (family, carers, friends) in my life		Module 2 Unit 2 Session 1 Who's Who		Understanding the World People & Communities Range 5	
	Show friendly behaviour towards others		Modules 2 and 3 Unit 1 Religious Understanding		Personal, Social & Emotional Development Making relationships Ranges 3/4/5/6	
	Ask questions about the wider world	Our World (Universal Church Summer term)	Module 3 Unit 2 Session 1 Me, You, Us		Understanding the World The World Ranges 5 & 6	God's Wonderful World linked to (Come and See Universal Church)

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
Moral	I can: Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting		Module 2 Unit 2 Session 2 Treat Others Well	19. I try to use words that make the world a better place		
	Be forgiving, able to say sorry to mend relationships	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 2 Unit 2 Session 3 ...And Say Sorry	31. I know how to show I am sorry 29. I try to forgive people when they hurt me		
	Give thanks for the good things in my life	Families Y1 Beginnings Y2 (Domestic Church Summer term)	Module 2 Unit 2 Session 1 Special People	20. I try to appreciate the beauty and the wonder in the world around me		Picture My World resource A Day with Musa resource
	Look after myself and show respect to others		Module 2 Unit 2 Session 2 Treat Others Well	13. I try to love others as I love myself		Picture My World resource A Day with Musa resource
	Be honest, able to tell the truth about my actions	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 2 Unit 2 Session 3 ...And Say Sorry	31. I know how to show I am sorry		

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
	Accept that I do not always get what I want	Change Y1 Opportunities Y2 (Lent/ Easter Spring term)		23. I try to keep going when things get difficult and not give up hope		
	Be caring, aware of the needs of others	Holidays and Holydays Y1 Spread the Word Y2 (Pentecost Summer term)	Module 2 Unit 2 Session 2 Treat Others Well	13. I try to love others as I love myself		Picture My World resource A Day with Musa resource

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
Spiritual	I know: That I am special because I am made and loved by God	Belonging Y1 Signs and Symbols Y2 (Baptism- Autumn term)	Module 1 Unit 1 Story Sessions Handmade with Love Module 2 Unit 1 Session 1 God Loves You	1. We are all special		
	That prayer is listening to God as well as talking to Him	All Topics	All Units from 'Life to the Full' introduce children to a variety of ways to pray			
	That Catholics belong to the Church family and that Jesus cares for all	Special People Y1 (Local church- Spring term) Neighbours Y1 (Universal Church- Summer term)		15. I know I belong to a community that includes my school		Refugees resource Universal Church topics
	That Jesus tells us to forgive one another	Being Sorry Y1 Rules Y2 (Reconciliation- Summer term)	Module 2 Unit 2 Session 3 ...And Say Sorry	31. I know how to show I am sorry		
	That I have individual gifts, talents and abilities, given by God	Beginnings Y2 (Domestic Church- Autumn term)	Module 1 Unit 2 Session 1 I am Unique	2. I can say one good thing about myself		

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
Physical	I know: That babies change and grow and that there are life stages from conception to death	Change Y1 (Lent/Easter Spring term)	Module 1 Unit 4 Session 1 The Cycle of Life		Living things and their habitats Y2 Sc2/2.1b Animals including humans Y2 Sc2/2.3b	
	That a baby moves as it grows in its mother's womb	Waiting Y1 (Advent Autumn term)				
	I can: Identify the needs of people and other living things.				Animals including humans Y2 Sc2/2.3c	
	Describe the similarities and differences between people (general)		Module 1 Unit 2 Session 2 Girls and Boys	35. I notice that we are the same and we are different		A Day with Musa resource
	Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean)		Module 1 Unit 2 Session 3 Clean and healthy	9. I can tell you how I look after myself 10. I think before I make choices that affect my health (circle time)	Animals including humans Y2 Sc2/2.3c	Health resource Water resource

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
Emotional	Describe how to keep safe in the sun		Module 2 Unit 3 Session 1 Being Safe	9. I can tell you how I look after myself 10. I think before I make choices that affect my health (circle time)		Health resource
	I know: That we all have different likes and dislikes		Module 1 Unit 3 Session 1 Feelings, Likes and Dislikes			A Day with Musa resource One Day One World resource
	That how I act can have consequences	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 1 Unit 3 Session 3 Super Susie Gets Angry			

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
	I can: Name happy and sad times in my life	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 1 Unit 3 Session 2 Feeling Inside Out	3. I can say how I feel (circle time)		
	Manage my feelings and behaviour	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 1 Unit 3 Session 2 Feelings Inside and Out Module 1 Unit 3 Session 3 Super Susie Gets Angry	3. I can say how I feel (circle time)		
	Talk about my mood and know that how I am feeling is a normal part of daily life		Module 1 Unit 3 Session 2 Feeling Inside Out	3. I can say how I feel (circle time)		

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
Social	I know: Who to go to if I am worried or need help		Module 2 Unit 3 Session 1 Being Safe	25. I know when to ask for help and who to ask for help from		
	That healthy families love, care and protect one another and that there are different family structures and these should be respected	Families Y1 (Domestic Church Autumn term)	Module 2 Unit 2 Session 1 Special People			
	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond		Module 1 Unit 3 Session 2 Feelings Inside and Out Module 2 Unit 2 Session 2 Treat Others Well	5. I know what to do if I see anyone being hurt 7. I try to stand up for myself and others		
	How my behaviour affects other people and that there are appropriate and inappropriate behaviours	Rules Y2 (Reconciliation Autumn term)	Module 2 Unit 2 Session 2 Treat Others Well			
	Recognise the characteristics of positive and negative relationships		Module 2 Unit 3 Session 2 Good and Bad Secrets	26. I can recognise comfortable and uncomfortable feelings (circle time)		

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD
	How to use simple rules for resisting pressure when I feel unsafe or uncomfortable		Module 2 Unit 3 Session 2 Good and Bad Secrets	26. I can recognise comfortable and uncomfortable feelings (circle time)		
	I can: Recognise what makes people special.		Module 2 Unit 2 Session 1 Special People	1. We are all special		KS1 Bangladesh resource
	Be friendly and can make friends		Module 2 Unit 2 Session 2 Treat Others Well	18. I cooperate with others in work and play. (circle time)		
	Recognise that I can belong to a variety of communities locally, nationally and globally	Special People Y1 Books Y2 (Local church Spring term) Neighbours Y1 (Universal Church-Summer term)	Module 3 Unit 1 Session 2 Who is My Neighbour? Module 3 Unit 2 Session 1 The Communities We Live In	15. I know I belong to a community that includes my school		KS1 Bangladesh resource Laudato Si Care for our Common Home
	Show awareness of differences between my life and others in the wider world	Neighbours Y1 (Universal Church-Summer term)	Module 3 Unit 1 Session 1 Trinity House Module 3 Unit 1 Session 2 Who is my Neighbour			Fair Trade Resource Laudato Si Care for our Common Home
	Get adult help if someone is hurt			27. I know how to help others when they are in trouble		

Key Stage One

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
Moral	I can Be courteous, showing good manners at home and in school		Module 2 Unit 2 Session 1 Family, Friends and Others	19. I try to use words that make the world a better place		
	Be forgiving, able to say sorry and not hold grudges against those who have hurt me	Choices Y3 Building Bridges Y4 (Reconciliation- Summer term)	Module 2 Unit 2 Session 1 Family, Friends and Others	33. I try to accept forgiveness from others		Peace and Conflict resource
	Be grateful to others for the good things in my life	Homes Y3 (Domestic Church-Autumn term)	Module 2 Unit 2 Session 1 Family, Friends and Others	20. I try to appreciate the beauty and the wonder in the world around me		One Day One World resource
	Be respectful of myself and others, recognising differences		Module 1 Unit 2 Session 1 We Don't Have to be the Same	33. I know what human dignity means and I show that I respect others		One Day One World resource
	Be honest, able to be truthful in my relationships with others	Choices Y3 Building Bridges Y4 (Reconciliation -Summer term and Sacramental Preparation-Autumn term)	Module 2 Unit 2 Session 1 Family, Friends and Others	31. I know how to show I am sorry		
	Accept that I do not always get what I want and show an awareness of why this is	Self-Discipline Y4 (Lent/Easter-Spring term)		10. I think before I make choices that affect my health		

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
	Be caring, aware of the needs of others and responding to those needs	Energy Y3 New Life Y4 (Pentecost-Summer term)	Module 2 Unit 2 Session 1 Family, Friends and Others	27. I know how to help others when they are in trouble 34. I stand up for people who are being treated unfairly		All CAFOD resources

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
Spiritual	I know: That life is precious and given by God	Homes Y3 People Y4 (Domestic Church-Autumn term) Other Faiths weeks	Module 1 Unit 1 Story Sessions Designed for a Purpose Module 1 Unit 2 Session 1 We Don't Have to be the Same	35. I notice that we are the same and we are different 36. I try to be accepting of others		One Day One World
	That I can spend time with God in prayer by myself and with others which helps me in life	All Topics	All Units from 'Life to the Full' introduce children to a variety of ways to pray			
	That belonging to the Church family means that I should love	Journeys Y3 Community Y4 (Local Church-Spring term)	Module 3 Unit 1 Session 2 Where is Church?	15. I know I belong to a community that includes my school		Refugees resource Universal Church topics

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
	other people in the same way as Jesus does	Called Y4 Baptism/Confirmation-Autumn term				
	That following Jesus' teaching on forgiveness can help me in my relationships my friends	Choices Y3 Building Bridges Y4 (Reconciliation-Summer term)	Module 2 Unit 1 Story Sessions Jesus My Friend	33. I try to accept forgiveness from others		
	That God wants me to use my individual gifts, talents and abilities		Module 1 Unit 2 Session 1 We Don't Have to be the Same	2. I can say one good thing about myself		

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
Physical	I know: That my body is changing as I grow and some of the changes that occur throughout life.		Module 1 Unit 2 Session 3 What is Puberty? (optional – can be left to Upper KS2) Module 1 Unit 2 Session 4 Changing Bodies (optional – can be left to Upper KS2)			
	How a baby grows and develops in its mother's womb	Visitors Y3 (Advent-Autumn term)	Module 1 Unit 4 Session 1 Life Cycles (optional – can be left to Upper KS2)			
	I can: Describe the needs of people and other living things, including the need to reproduce		Module 1 Unit 1 Story Sessions Designed for a purpose			
	Describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions		Module 1 Unit 2 Session 4 Changing Bodies	35. I notice that we are the same and we are different		One Day One World resource

Lower Key Stage Two

	Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene		Module 1 Unit 2 Session 2 Respecting Our Bodies	9. I can tell you how I look after myself 10. I think before I make choices that affect my health	Animals including humans Y3 Sc3/2.2	
	Describe how and why to keep safe in the sun		Module 1 Unit 2 Session 2 Respecting Our Bodies	9. I can tell you how I look after myself 10. I think before I make choices that affect my health		

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
Emotional	I can: Confidently say what I like and dislike			2. I can say one good thing about myself		One Day One World resource
	I know: That some behaviour is unacceptable		Module 2 Unit 2 Session 2 When Things Feel Bad	5. I know what to do if I see anyone being hurt		Global Neighbours resource Laudato Si Care for our Common Home
	I can: Describe the wider range of my feelings		Module 1 Unit 3 Session 1 What Am I Feeling?			
	Describe changes that happen in life e.g. loss, separation, divorce and bereavement	Community Y4 (Local church-Spring term)	Module 2 Unit 2 Session 3 When Things Change Module 1 Unit 3 Session 3 I am Thankful	3. I can say how I feel (circle time)		
	Cope with natural negative emotions and show resilience following setbacks		Module 2 Unit 2 Session 3 When Things Change Module 1 Unit 3 Session 3 I am Thankful	23. I try to keep going when things get difficult and not give up hope		
	Describe some ways to maintain good mental health,(exercise, diet sleep, company)			3. I can say how I feel (circle time)		

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
Social	I know: That I can go to a number of different people for help in different situations.		Module 2 Unit 2 Session 2 When Things Feel Bad	25. I know when to ask for help and who to ask for help from		
	That there are different types of relationships including those between acquaintances, friends, relatives and family	People Y4 (Domestic Church- Autumn term)	Module 2 Unit 2 Session 1 Family, Friends and Others	35. I notice that we are the same and we are different		
	What bullying is (including cyber- bullying) and how to respond		Module 2 Unit 2 Session 2 When Things Feel Bad			
	That not all images, language and behaviour are appropriate		Module 2 Unit 2 Session 2 When Things Feel Bad Module 2 Unit 3 Session 2 Chatting Online	26. I can recognise comfortable and uncomfortable feelings (circle time)		
	The difference between good and bad secrets		Module 2 Unit 2 Session 2 When Things Feel Bad Module 2 Unit 3 Session 3 Physical Contact	15. I know I belong to a community that includes my school		

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD
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Lower Key Stage Two

<p>How to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online</p>		<p>Module 2 Unit 3 Session 1 Sharing Online</p> <p>Module 2 Unit 3 Session 2 Chatting Online</p>			
<p>I can: Show care and concern for the special people in my life</p>	<p>Giving and Receiving Y4 (Eucharist-Spring term)</p>	<p>Module 2 Unit 2 Session 1 Family, Friends and Others</p>	<p>18. I cooperate with others in work and play (circle time)</p>		
<p>Be friendly, able to make and keep friends</p>	<p>Choices Y3 Building bridges Y4 (Reconciliation-Summer term)</p>	<p>Module 2 Unit 2 Session 1 Family, Friends and Others</p>	<p>18. I cooperate with others in work and play (circle time)</p>		
<p>Show concern for the communities to which I belong, aware that my behaviour has an impact upon them</p>	<p>Choices Y3 Building bridges Y4 (Reconciliation-Summer term)</p> <p>Other Faiths weeks</p>	<p>Module 3 Unit 1 Session 1 Trinity House</p> <p>Module 3 Unit 1 Session 2 Where is Church?</p>	<p>18. I cooperate with others in work and play (circle time)</p>		<p>Climate and Environment Resource</p> <p>Fair Trade Resource</p> <p>Laudato Si Care for our Common Home</p>

		<p>Come and See / Sacramental Preparation Education programme</p>	<p>Life to the Full</p>	<p>Statements to Live By</p>	<p>Science</p>	<p>Links to CAFOD</p>
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Lower Key Stage Two

	Identify injustices in the wider world	Special Places Y3 God's People Y4 (Universal Church-Summer term)	Module 3 Unit 1 Session 1 Trinity House Module 3 Unit 1 Session 2 Where is Church?			Climate and Environment Resource Fair Trade Resource Laudato Si
	Make a clear and efficient call to emergency services if necessary			27. I know how to help others when they are in trouble		

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
Moral	I can: Be courteous in my dealings with friends and strangers		Module 1 Unit 1 Story sessions Kester's Adventures	19. I try to use words that make the world a better place		
	Be forgiving, developing the skills to allow reconciliation in relationships	Freedom and Responsibility Y5 (Reconciliation-Summer term)	Module 1 Unit 1 Story sessions Kester's Adventures	29. I try to forgive people when they hurt me		
	Demonstrate my gratitude to others for the good things in my life through words and actions	Ourselves Y5 Loving Y6 (Domestic Church-Autumn term)	Module 1 Unit 1 Story sessions Kester's Adventures	20. I try to appreciate the beauty and the wonder in the world around me		One Day One World resource
	Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)	Ourselves Y5 (Domestic Church-Autumn term) Other Faiths weeks		36. I try to be accepting of others		One Day One World resource
	Be honest, striving to live truthfully and with integrity, using good judgement		Module 1 Unit 1 Story sessions Kester's Adventures	8. I try to be just and fair		

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
	Be self-disciplined and able to delay or even deny myself	Sacrifice Y5 Death and New Life Y6 (Lent/Easter-Spring term)				Advent and Lent Resources
	Be compassionate, able to empathise with the suffering of others and displaying the generosity to help	Sacrifice Y5 Death and New Life Y6 (Lent/Easter-Spring term)		27. I know how to help others when they are in trouble 34. I stand up for people who are being treated unfairly		All CAFOD resources
Spiritual	I know: That we are all children of God and made in God's image and likeness	Ourselves Y5 (Domestic Church- Autumn term)	Module 1 Unit 1 Story sessions Kester's Adventures Module 1 Unit 2 Session 1 Gifts and Talents	1. We are all special		One Day One world resource
	That prayer and worship nourish my relationship with God and support my relationships with others	All topics	All Units from 'Life to the Full' introduce children to a variety of ways to pray			CAFOD Assembly resources
	That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)	Common Good Y6 (Universal Church- Summer term) Mission Y5		15. I know I belong to a community that includes my school		Universal Church Topic Year 6

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
Physical		(Local Church-Spring term) Unity Y6 (Eucharist-Spring term)				
	The importance of forgiveness and reconciliation in relationships and the challenges involved in following Jesus' teaching on forgiveness	Freedom and Responsibility Y5 Healing Y6 (Reconciliation-Summer term)		29. I try to forgive people when they hurt me 33. I try to accept forgiveness from others		Advent and Lent resources
	That each person has a purpose in the world and that God has created me for a particular purpose (vocation)	Life Choices Y5 Vocation and Commitment Y6 (Baptism/Belonging-Autumn term)	Module 2 Unit 1 Session 1 Is God Calling You?			Oscar Romero resource
	I know: The changes that occur at each stage of a human being's life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty		Module 1 Unit 2 Session 1 Girl's Bodies Module 1 Unit 2 Session 2 Boy's Bodies		Animals including humans Sc5/2.2a	
	About the week by week development of the baby in its mother's womb		Lower KS2 Life Cycles could be used here Module 1 Unit 4 Session 1			

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
	How human life is conceived in the womb, including the language of sperm and ova and about the nature and role of menstruation in the fertility cycle		<p>Module 1 Unit 3 Sessions 1-3 Making Babies (Part 1 and 2) (parents may withdraw)</p> <p>Session 3 Menstruation</p>			
	About the differences between boys and girls with regard to puberty and reproduction		<p>Module 1 Unit 2 Session 1 Girl's Bodies Module 1 Unit 2 Session 2 Boy's Bodies</p>			
	About the impact that poor lifestyle choices can have on my health including lack of physical activity, poor dental health, sleep, hygiene, drugs and alcohol. The facts and science relating to immunisation and vaccination		<p>Module 1 Unit 2 Session 4 Spots and Sleep</p>	<p>9. I can tell you how I look after myself</p> <p>10. I think before I make choices that affect my health</p>	Animals including humans SC6/2.2b	
	About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage			<p>9. I can tell you how I look after myself</p> <p>10. I think before I make choices that affect my health</p>		

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
Emotional	I can: Be confident in my relationships with my peers in various situations, including online		Module 2 Unit 3 Session 1 Sharing Online Module 2 Unit 3 Session 2 Chatting Online			
	I know: That some behaviour is unacceptable, unhealthy or risky		Module 1 Unit 3 Session 2 Peculiar Feelings	6. I understand that rights match responsibility		
	I can: Describe how my emotions may change and intensify as I grow and move through puberty		Module 1 Unit 3 Session 3 Emotional Changes	3. I can say how I feel		
	Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement	Death and New Life Y6 (Lent/Easter-Spring term)	Module 1 Unit 3 Session 3 Emotional Changes			

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
Social	Show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges		<p>Module 2 Unit 2 Session 1 Under Pressure</p> <p>Module 2 Unit 2 Session 2 Do You Want a Piece of Cake?</p> <p>Module 1 Unit 3 Session 1 Body Image</p>	9. I can tell you how I look after myself		
	Describe the impact that poor lifestyle choices can have on mental health and the need for exercise, fresh air, company, good diet and sufficient good quality sleep to support mental well-being.		Module 1 Unit 2 Session 4 Spots and Sleep	<p>9. I can tell you how I look after myself</p> <p>10. I think before I make choices that affect my health</p>		
	I know: That there are a number of different people and organisations I can go to for help in different situations and how to contact them				25. I know when to ask for help and who to ask for help from	

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
	About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond, respecting difference	Other Faiths weeks	Module 3 Unit 1 Session 1 Trinity House Module 3 Unit 1 Session 2 Catholic Social Teaching	36. I try to be accepting of others		Global Neighbours resource
	How to report and get help if I encounter inappropriate materials or messages		Module 1 Unit 3 Session 4 Seeing Stuff Online	25. I know when to ask for help and who to ask for help from		
	How to use technology safely		Module 2 Unit 3 Session 1 Sharing Online Module 2 Unit 3 Session 2 Chatting Online			

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD
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Upper Key Stage Two

<p>How to make informed choices in relationships</p>		<p>Module 2 Unit 3 Session 1 Sharing Online</p> <p>Module 2 Unit 3 Session 2 Chatting Online</p> <p>Module 2 Unit 3 Session 3 Physical Contact</p>			
<p>That my increasing independence brings increased responsibility to keep myself and others safe</p>		<p>Module 2 Unit 3 Session 1 Sharing Online</p> <p>Module 2 Unit 3 Session 2 Chatting Online</p>	<p>6. I understand that rights match responsibility</p>		
<p>I can: Show care and concern for the special people in my life and put their needs before my own</p>	<p>Sacrifice Y5 Death and New Life Y6(Lent/Easter-Spring term)</p>	<p>Module 3 Unit 1 Session 1 Trinity House</p>			
<p>Be loyal, able to develop and sustain friendships</p>					
<p>Be just and fair, acting with integrity, understanding the impact of my actions locally, nationally and globally</p>	<p>Stewardship Y5 Common good Y6 (Universal Church-Summer term)</p>	<p>Module 3 Unit 1 Session 2 Catholic Social Teaching</p>			<p>Climate and Environment Resource</p> <p>Laudato Si Care for our Common Home</p>

Upper Key Stage Two

	<p>Speak out about injustice in the wider world and what I can do to help.</p>	<p>Stewardship Y5 Common good Y6 (Universal Church-Summer term)</p>	<p>Module 3 Unit 2 Session 1 Reaching Out</p>			<p>Fair Trade Resource Laudato Si Care for our Common Home</p>
	<p>About some basic first-aid, dealing with common injuries</p>			<p>27. I know how to help others when they are in trouble</p>		

Resources referenced in this document:

Come and See – Sr Victoria Hummel – Matthew James Publishing Co Ltd <http://www.comeandseere.co.uk/>

Early Learning Goals from Statutory Framework for Early Years/Foundation Stage

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/596629/EYFS_STATUTORY_FRAMEWORK_2017.pdf

Science Curriculum 2014 <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study>

A Journey in Love – Sr Jude Groden RSM McCrimmon Publishing Co Ltd [2006 and 2020 editions] <http://www.mccrimmons.com/shop/relationships/>

Life to the Full – Ten: Ten Resources (including EYFS resources September 2020) www.tentenresources.co.uk/relationship-education

CAFOD – Catholic Agency for Overseas Development <http://cafod.org.uk/Education/Primary-schools>

Statements to Live By – Nurturing Human Wholeness Through the Distinctive Catholic Tradition – Frank McDermott and Theresa Laverick

<http://www.anamcara.org.uk/Nurturing%20Human%20Whole.html>

[Global Calendar](#)

<https://globaldimension.org.uk/calendar/>

Suggested additional Resources

Social and Emotional Aspects of Learning (SEAL) published by Department for Education - National Strategies

<http://webarchive.nationalarchives.gov.uk/20110809101133/nsonline.org.uk/node/87009>

PSHE guidance from PSHE Association: <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>

<https://www.pshe-association.org.uk/>

It is recommended that schools include in their annual curriculum planning some focused lessons about internet safety and all forms of bullying e.g. Internet safety week and anti – bullying week (see global calendar).