

Holy Family RC Primary School: RSHE and PSHE Overview						
John 15:12, My Command is this: Love each other as I have loved you.						
	Autumn 1 (7 weeks)	Autumn 2 (7.5 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (6 weeks)
EYFS	Life to The Full Created and Loved by God. Religious Understanding Me, My Body, My Health Emotional Well Being Life Cycles		Life to The Full Created to Love Others Religious Understanding Personal Relationships		Life to The Full Created to Live in Community Religious Understanding Living in the Wider World	
Y1	Life to the Full: I am unique Girls and Boys Clean and Healthy Feelings, Likes and Dislikes My Happy Mind – Meet your Brain	Life to the Full: Feeling Inside Out Super Susie Gets Angry The Cycle of Life My Happy Mind – Celebrate	Life to the Full: God Loves You Special People Treat others well ... and Say Sorry Being Safe Good and Bad Secrets My Happy Mind – Appreciate	Life to the Full: Physical Contact Harmful Substances Can you Help Me (Part 1) Can You Help Me? (Part 2) My Happy Mind – Relate KS1 – How to call for help.	Life to the Full: Created to Live in Community Three in One Who is My Neighbour? The Communities We Live In Groups they belong to. Different Jobs in the community, what strengths and interests are needed for these. My Happy Mind – Engage Life Savers –Money (Maths)	Life to the Full: Created to Live in Community Looking after their environment. Safety Week <ul style="list-style-type: none"> • Fire, water, rail safety • Assessing risks • Risks around the home, local area. • Keeping safe online. • Personal safety
Y2	Life to the Full: I am unique Girls and Boys	Life to the Full: Feeling Inside Out Super Susie Gets Angry	Life to the Full: God Loves You Special People	Life to the Full: Physical Contact Harmful Substances	Life to the Full: Created to Live in Community	Life to the Full: Created to Live in Community

	Clean and Healthy Feelings, Likes and Dislikes My Happy Mind – Meet your Brain	The Cycle of Life Beginnings and Endings. My Happy Mind – Celebrate Life Savers – Money (Maths)	Treat others well ... and Say Sorry Being Safe Good and Bad Secrets My Happy Mind – Appreciate	Can you Help Me (Part 1) Can You Help Me? (Part 2) My Happy Mind – Relate KS1 – How to call for help.	Three in One Who is My Neighbour? The Communities We Live In Economic Well being What is money How can I spend money? The difference between needs and wants Money needs to be looked after. My Happy Mind – Engage	Looking after their environment. Safety Week <ul style="list-style-type: none"> • Fire, water, rail safety • Assessing risks • Risks around the home, local area. • Keeping safe online. • Personal safety
Y3	Get up! The Sacraments We don't have to be the same Respecting our bodies What is puberty? Changing bodies Male/Female My Happy Mind – Meet your Brain	What am I feeling? What am I looking at? I am thankful Life Cycles A time for everything . My Happy Mind – Celebrate	Jesus, My Friend Friends, Family and others. When things feel bad My Happy Mind – Appreciate	Sharing online Chatting online Safe in my Body Drugs, alcohol and tobacco First Aid Heroes Year 3 – Bites and Stings My Happy Mind – Relate Life Savers- Money (Maths)	A Community of Love What is the Church? My Happy Mind – Engage	How do I love others? Safety Week <ul style="list-style-type: none"> • Fire, water, rail safety • Assessing risks • Risks around the home, local area. • Keeping safe online. • Personal safety
Y4	Get up! The Sacraments We don't have to be the same Respecting our bodies What is puberty? Changing bodies Male/Female	What am I feeling? What am I looking at? I am thankful Life Cycles A time for everything My Happy Mind – Celebrate	Jesus, My Friend Friends, Family and others. When things feel bad My Happy Mind – Appreciate	Sharing online Chatting online Safe in my Body Drugs, alcohol and tobacco First Aid Heroes Year 4 – Asthma My Happy Mind – Relate	A Community of Love What is the Church? My Happy Mind – Engage	How do I love others? Safety Week <ul style="list-style-type: none"> • Fire, water, rail safety • Assessing risks • Risks around the home, local area. • Keeping safe online.

	My Happy Mind – Meet your Brain			Life Savers- Money (Maths)		<ul style="list-style-type: none"> Personal safety
Y5	<p>Week 1 Getting to know you. Mental Resilience Bounce Forward.</p> <p>Calming the Storm Gifts and Talents Girls’ Bodies Boys’ Bodies Spots and Sleep My Happy Mind – Meet your Brain Bounce Forward – Social Media Navigator. (Computing)</p>	<p>Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online Making Babies (part 1 and 2) Menstruation. My Happy Mind – Celebrate</p>	<p>Is God Calling You? Under Pressure Do You Want A Piece of Cake? Self-Talk Build Others Up My Happy Mind – Appreciate</p>	<p>Sharing Isn’t Always Caring Cyberbullying Types of Abuse Impacted Lifestyles Making Choices Giving Assistance Year 5- Bleeding My Happy Mind – Relate Life Savers- Money</p>	<p>The Holy Trinity Catholic Social Teaching My Happy Mind – Engage</p>	<p>Reaching Out.</p> <p>Safety Week</p> <ul style="list-style-type: none"> Fire, water, rail safety Assessing risks Risks around the home, local area. Keeping safe online. Personal safety
Y6	<p>Week 1 Getting to know you. Mental Resilience Bounce Forward.</p> <p>Calming the Storm Gifts and Talents Girls’ Bodies Boys’ Bodies Spots and Sleep My Happy Mind – Meet your Brain</p>	<p>Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online Making Babies (part 1 and 2) Menstruation. My Happy Mind – Celebrate Life Savers- Money (Computing)</p>	<p>Is God Calling You? Under Pressure Do You Want A Piece of Cake? Self-Talk Build Others Up My Happy Mind – Appreciate</p>	<p>Sharing Isn’t Always Caring Cyberbullying Types of Abuse Impacted Lifestyles Making Choices Giving Assistance My Happy Mind – Relate</p>	<p>The Holy Trinity Catholic Social Teaching Problem solving strategies for Transition to secondary school. (Bounce Forward) My Happy Mind – Engage</p>	<p>Reaching Out.</p> <p>Safety Week</p> <ul style="list-style-type: none"> Fire, water, rail safety Assessing risks Risks around the home, local area. Keeping safe online. Personal Safety <p>Year 6 – Choking and Basic Life Support. Bounce Forward – Social Media Navigator. (Computing)</p>