



PSHE and Relationships and Sex Education Curriculum Overview 2024-2025

At St Benet’s we use a combination of resources and programmes to deliver the PSHE Curriculum. The PSHE Association is used to deliver common themes and this is supplemented with the Ten Ten programme: Life to the Full which supports the delivery of our RSE curriculum content. In addition to this, children also access a weekly 15-minute Picture News session every Friday afternoon where current affairs are discussed which enable children to learn from our world and develop a greater understanding of British Values, Protected Characteristics and links to the UNICEF Rights Respecting Agenda. Furthermore, a weekly Statement to Live By is also introduced to the children each week in our collective Celebration of the Word.

Children in Key Stage 2 record their PSHE curriculum work in an exercise book and KS1 and Early Years record in a floor book.

Autumn 2024

PSHE Association Theme	Ten:Ten Life to the Full	Liturgical/Global Calendar
<p align="center">Belonging to a Community</p> <p>Y1: What rules are; caring for others’ needs; looking after the environment Y2: Belonging to a group; roles and responsibilities; being the same and different in the community Y3: The value of rules and laws; rights, freedoms and responsibilities Y4: What makes a community; shared responsibilities Y5: Protecting the environment; compassion towards others Y6: Valuing diversity; challenging discrimination and stereotypes</p>	<p align="center">Nursery & Reception: Module 1: Unit 1: Story Sessions: Handmade with love (5 sessions)</p> <p align="center">Year 1 & 2: Module 1: Unit 1: Story Sessions: Let the children come (5 sessions)</p> <p align="center">Year 3 & 4: Module 1: Unit 1: Story Sessions: Get up! (5 sessions)</p> <p align="center">Year 5 & 6:</p>	<p>9-11 Remembrance (Sep. 11th)</p> <p>Positive thinking day (Sep. 13th)</p> <p>Macmillan Coffee Morning (Fri 27th Sept)</p>



	Module 1: Unit 1: Calming the storm (5 Sessions)	
<p align="center">Families and Friendships</p> <p>Y1: Roles of different people; families; feeling cared for Y2: Making friends; feeling lonely and getting help Y3: What makes a family; features of family life Y4: Positive friendships, including online Y5: Managing friendships and peer influence Y6: Attraction to others; romantic relationships; civil partnership and marriage</p>	<p align="center">Year 1: Module 1: Unit 1: Story Sessions: God loves you</p> <p align="center">Year 3: Module 1: Unit 1: The Sacraments Module 2: Unit 1: Story Sessions: Jesus, my friend (5 Sessions)</p> <p align="center">Year 5: Module 2: Unit 1: Is God calling you?</p>	<p align="center">Black History Month (October)</p> <p align="center">CAFOD Family Fast Day (Oct 4th)</p> <p align="center">World Mental Health Day (Oct. 10th)</p> <p align="center">Diwali (Oct 31st)</p>

Half Term

PSHE Association Theme	Ten:Ten Life to the Full	Liturgical/Global Calendar
<p align="center">Safe Relationships</p> <p>Y1: Recognising privacy; staying safe; seeking permission Y2: Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Y3: Personal boundaries; safely responding to others; the impact of hurtful behaviour Y4: Responding to hurtful behaviour; managing confidentiality; recognising risks online Y5: Physical contact and feeling safe Y6: Recognising and managing pressure; consent in different situations</p>	<p align="center">Nursery: Module 2: Unit 1: Role Model (2 sessions)</p> <p align="center">Reception: Module 1: Unit 2: I am me; Heads, shoulders, knees and toes; Ready teddy?</p> <p align="center">Year 1: Module 2: Unit 2: Special people; Treat others well...; ...And say sorry</p>	<p align="center">All Saint's Day (Nov. 1st)</p> <p align="center">Children in Need (Nov. 15th)</p> <p align="center">Remembrance Day (Nov. 11th)</p> <p align="center">Anti-bullying Week (Nov 11th- 15th)</p>



	<p>Year 2: Module 1: Unit 2: I am unique; Girls and boys; Clean & healthy</p> <p>Year 3: Module 2: Unit 2: Friends, family and others; When things feel bad</p> <p>Year 4: Module 1: Unit 2: We don't have to be the same; Respecting our bodies; What is puberty?; Changing bodies; Boy/girl discussion groups</p> <p>Year 5: Module 2: Unit 2: Under pressure; Do you want a piece of cake?; Self-talk</p> <p>Year 6: Module 1: Unit 2: Gifts and talents; Girls' bodies, Boys' bodies; Spots and sleep</p>	<p>World Kindness Day (Nov 13th)</p> <p>Christ the King/Youth Friday (Nov 24th)</p>
<p>Respecting Ourselves and Others</p> <p>Y1: How behaviour affects others; being polite and respectful Y2: Recognising things in common and differences; playing and working cooperatively; sharing opinions Y3: Recognising respectful behaviour; the importance of self-respect; courtesy and being polite Y4: Respecting differences and similarities; discussing difference sensitively Y5: Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>		<p>First Sunday of Advent (Dec 1st)</p> <p>Hanukkah (Dec 25th – 2nd Jan)</p>



Y6: Expressing opinions and respecting other points of view, including discussing topical issues		
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Spring 2024

PSHE Association Theme	Ten:Ten Life to the Full	Liturgical/Global Calendar
<p align="center">Media Literacy and Digital Resilience</p> <p>Y1: Using the internet and digital devices; communicating online Y2: The internet in everyday life; online content and information Y3: How the internet is used; assessing information online Y4: How data is shared and used</p> <p>Y5: How information online is targeted; different media types, their role and impact Y6: Evaluating media sources; sharing things online</p>	<p align="center">Nursery:</p> <p>Module 2: Unit 2: Who’s who?; You’ve got a friend in me; Forever friends</p> <p align="center">Reception:</p> <p>Module 1: Unit 3: I like, you like, we all like!; Good feelings, bad feelings; Let’s get real</p> <p align="center">Year 1:</p> <p>Module 2: Unit 3: Being safe; Good secrets and bad secrets; Physical contact; Harmful substances; Can you help me?</p> <p align="center">Year 2:</p> <p>Module 1: Unit 3: Feelings, likes and dislikes; Feelings inside and out; Super Susie gets angry</p> <p align="center">Year 3:</p> <p>Module 2: Unit 3: Sharing online, Chatting online,</p>	<p>Epiphany (Jan. 6th)</p> <p>Martin Luther King Day (Jan. 16th)</p> <p>Chinese New Year (Jan. 29th)</p> <p>Holocaust Memorial (Jan. 27th)</p> <p>Time to Talk Day (Feb 6th)</p> <p>Rosa Parks Day (Feb. 4th)</p> <p>LGBT History Month (February)</p>



	<p>Safe in my body; Drugs, Alcohol and tobacco; First aid heroes</p> <p>Year 4: Module 1: Unit 3: What am I feeling?; What am I looking at?; I am thankful!</p> <p>Year 5: Module 2: Unit 3: Sharing isn't always caring; Cyberbullying; Types of abuse; Impacted lifestyles; Making good choices; giving assistance</p> <p>Year 6: Module 1: Unit 3: Body image; Funny feelings; Emotional changes; Seeing stuff online</p>	<p>Number Day (Feb. 7th)</p> <p>Safer Internet Day (Feb. 11th)</p>
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Half Term

<p>PSHE Association Theme</p>	<p>Ten:Ten Life to the Full</p>	<p>Liturgical/Global Calendar</p>
<p>Money and Work</p> <p>Y1: Strengths and interests; jobs in the community Y2: What money is; needs and wants; looking after money Y3: Different jobs and skills; job stereotypes; setting personal goals Y4: Making decisions about money; using and keeping money safe Y5: Identifying job interests and aspirations; what influences career choices; workplace stereotypes Y6: Influences and attitudes to money; money and financial risks</p>	<p>Nursery: Module 2: Unit 3: Safe inside and out; My body, my rules; Feeling poorly: People who help us</p> <p>Reception: Module 1: Unit 4: Growing up</p> <p>Year 1: Module 3: Unit 1: Three in one, Who is my neighbour?</p>	<p>Fairtrade Fortnight (Feb. 27th – March 12th)</p> <p><i>Ash Wednesday (5th March)</i></p> <p>St. David's Day (March 1st)</p>



	<p>Year 2: Module 1: Unit 4: The cycle of life</p> <p>Year 3: Module 3: Unit 1: A community of love; What is the church?</p> <p>Year 4: Module 1: Unit 4: Life cycles</p> <p>Year 5: Module 3: Unit 1: The Trinity; Catholic social teaching</p>	<p>World Book Day (March 6th)</p> <p>International Women's Day (March 8th)</p> <p>Mother's Day (March 30th)</p> <p>Feast of Oscar Romero (March 24th)</p>
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Summer 2025

PSHE Association Theme	Ten:Ten Life to the Full	Liturgical/Global Calendar
<p>Physical Health and Mental Wellbeing</p> <p>Y1: Keeping healthy; food and exercise, hygiene routines; sun safety Y2: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Y3: Health choices and habits; what affects feelings; expressing feelings</p>	<p>Nursery & Reception: Module 3: Unit 1: God is love; Loving God, loving others</p>	<p>Earth Day (April 22nd)</p> <p>St. George's Day (April 23rd)</p>



<p>Y4: Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>Y5: Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Y6: What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p>	<p>Year 1 & 2: Module 3: Unit 1: Three in one; Who is my neighbour?</p> <p>Year 3 & 4: Module 3: Unit 1: A community of love; What is the church?</p> <p>Year 5: Module 3: Unit 2: Reaching out</p> <p>Year 6: Module 1: Unit 4: Making babies (part 1); Making babies (part 2); Menstruation</p>	<p>International Day Against Homophobia (May 17th)</p> <p>Walk to School Week (May 20th – May 24th)</p> <p>World Day for Cultural Diversity (May 21st)</p>
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Half Term



PSHE Association Theme	Ten:Ten Life to the Full	Liturgical/Global Calendar
<p style="text-align: center;">Growing and Changing</p> <p>Y1: Recognising what makes them unique and special; feelings; managing when things go wrong Y2: Growing older; naming body parts; moving class or year Y3: Personal strengths and achievements; managing and reframing setbacks Y4: Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Y5: Personal identity; recognising individuality and different qualities; mental wellbeing Y6: Human reproduction and birth; increasing independence; managing transition</p>	<p style="text-align: center;">Nursery & Reception: Module 3: Unit 2: Me, you, us</p> <p style="text-align: center;">Year 1 & 2: Module 3: Unit 2: The communities we live in</p> <p style="text-align: center;">Year 3 & 4: Module 3: Unit 2: How do I love others?</p> <p style="text-align: center;">Year 6: Module 3: Unit 1: The Trinity; Catholic social teaching Module 3: Unit 2: Reaching out</p>	<p>St Benet's 50th Birthday (June 2nd)</p> <p>World Environment Day (June 5th)</p> <p>World Ocean Day (June 8th)</p> <p>World Against Child Labour Day (June 12th)</p> <p>Father's Day (June 15th)</p> <p>World Refugee Day (June 20th)</p> <p>World Music Day (June 21st)</p>
<p style="text-align: center;">Keeping Safe</p> <p>Y1: How rules and age restrictions help us; keeping safe online Y2: Safety in different environments; risk and safety at home; emergencies Y3: Risks and hazards; safety in the local environment and unfamiliar places Y4: Medicines and household products; drugs common to everyday life Y5: Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>		<p>World Population Day (July 11th)</p> <p>Nelson Mandela Day (July 18th)</p>



Y6: Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media		
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