



## St Monica's RC Primary School: PSHE Long Term Overview

PSHE	Autumn Term	Spring Term	Summer Term
Nursery	<b>Building Relationships</b> <i>Play; finding solutions</i>	<b>Self-Regulation</b> <i>Follow rules; sense of responsibility; confidence</i>	<b>Managing Self</b> <i>Feelings; solve conflict; being assertive</i>
Reception	<b>Building Relationships</b> <i>Work and play cooperatively; positive attachments</i>	<b>Self-Regulation</b> <i>Feelings; work towards simple goals; control impulses; attention and follow instructions</i>	<b>Managing Self</b> <i>Try new activities; independence; rules, right and wrong; basic hygiene; healthy food</i>
KS1 Cycle A	<b>Health and Wellbeing</b> <i>Healthy eating; dental hygiene; changing and growing; emotions, consequences, aspirations; keeping safe</i>	<b>Relationships</b> <i>Communication, feelings, responses, opinions; bullying; fairness; friendships</i>	<b>Living in the Wider World</b> <i>Rules, responsibilities and expectations, taking turns, lending, sharing; communities, our school, belonging, local citizenship</i>
KS1 Cycle B	<b>Health and Wellbeing</b> <i>Physical activity; hygiene; responsibility; emotions; keeping safe</i>	<b>Relationships</b> <i>Co-operation; good manners; bullying; fairness; family</i>	<b>Living in the Wider World</b> <i>Money and finance, choices, enterprise</i>
LKS2 Cycle A	<b>Health and Wellbeing</b> <i>Physical, emotional and mental health; balanced diet; identified strengths; loss and separation; e-safety; online privacy; emergency calls</i>	<b>Relationships</b> <i>Clear messages; listening; working together; bullying; similarities and differences; friendships</i>	<b>Living in the Wider World</b> <i>Rules; different communities; gender stereotypes</i>
LKS2 Cycle B	<b>Health and Wellbeing</b> <i>Healthy lifestyles; nutrition and food; setting goals; self-respect; internet use; puberty; first aid</i>	<b>Relationships</b> <i>Communication; collaboration; bullying; religious views</i>	<b>Living in the Wider World</b> <i>Rules and responsibilities; thinking ahead and taking the lead; school community; money choices, managing money</i>
UKS2 Cycle A	<b>Health and Wellbeing</b> <i>Nutrition and food choices; identified strengths; death and grief; drugs, alcohol, tobacco and substance abuse</i>	<b>Relationships</b> <i>Collaboration, teamwork and shared goals; race and ethnicity; gender stereotypes; healthy relationships;</i>	<b>Living in the Wider World</b> <i>Budgeting; generating income</i>
UKS2 Cycle B	<b>Health and Wellbeing</b> <i>Physical, emotional and mental health, physical illness, healthy minds and immunisation; setting goals; managing conflict; first aid; internet safety</i>	<b>Relationships</b> <i>Communication; culture; online relationships</i>	<b>Living in the Wider World</b> <i>Rules and responsibilities, law and order; UN Rights; diversity; consumer sense; raising money</i>



## St Monica's RC Primary School: RHE Long Term Overview

RHE	Autumn Term	Spring Term	Summer Term
Nursery	<p>Created and Loved by God – Religious understanding <a href="#">Story Sessions: Handmade With Love</a></p>	<p>Created to Love Others – Religious understanding <a href="#">Session 1: Role Model</a></p> <p>Created to Love Others – Personal relationships <a href="#">Session 1: Who's Who?</a> <a href="#">Session 2: You've Got a Friend in Me</a> <a href="#">Session 3: Forever Friends</a></p> <p>Created to Love Others – Keeping safe <a href="#">Session 1: Safe Inside and Out</a> <a href="#">Session 2: My Body, My Rules</a> <a href="#">Session 3: Feeling Poorly</a> <a href="#">Session 4: People Who Help Us</a></p>	<p>Created in Live in Community – Religious understanding <a href="#">Session 1: God is Love</a> <a href="#">Session 2: Loving God, Loving Others</a></p> <p>Created in Live in Community – Living in the wider world <a href="#">Session 1: Me, You, Us</a></p>
Reception	<p>Created and Loved by God – Religious understanding <a href="#">Story Sessions: Handmade With Love</a></p>	<p>Created and Loved by God – Me, my body, my health <a href="#">Session 1: I Am Me</a> <a href="#">Session 2: Heads, Shoulders, Knees and Toes</a> <a href="#">Session 3: Ready Teddy?</a></p> <p>Created and Loved by God – Emotional well-being <a href="#">Session 1: I Like, You Like, We All Like!</a> <a href="#">Session 2: Good Feelings, Bad Feelings</a> <a href="#">Session 3: Let's Get Real</a></p>	<p>Created and Loved by God – Life cycles <a href="#">Session 1: Growing Up</a></p> <p>Created in Live in Community – Religious understanding <a href="#">Session 1: God is Love</a> <a href="#">Session 2: Loving God, Loving Others</a></p> <p>Created in Live in Community – Living in the wider world <a href="#">Session 1: Me, You, Us</a></p>
KS1 Cycle A	<p>Created and Loved by God – Religious understanding <a href="#">KS1.1.1 Let the Children Come</a></p> <p>Created to Love Others – Religious understanding <a href="#">KS1.2.1.1 God Loves You</a></p>	<p>Created to Love Others – Personal relationships <a href="#">KS1.2.2.1 Special People</a> <a href="#">KS1.2.2.2 Treat Others Well...</a> <a href="#">KS1.2.2.3 ...And Say Sorry</a></p> <p>Created to Love Others – Keeping safe <a href="#">KS1.2.3.1 Being Safe</a> <a href="#">KS1.2.3.2 Good Secrets and Bad Secrets</a> <a href="#">KS1.2.3.3 Physical Contact</a> <a href="#">KS1.2.3.4 Harmful Substances</a> <a href="#">KS1.2.3.3 Can You Help Me?</a></p>	<p>Created in Live in Community – Religious understanding <a href="#">KS1.3.1.1 Three in One</a> <a href="#">KS1.3.1.2 Who Is My Neighbour?</a></p> <p>Created in Live in Community – Living in the wider world <a href="#">KS1.3.2.1 The Communities We Live In</a></p>
KS1 Cycle B	<p>Created and Loved by God – Religious understanding <a href="#">KS1.1.1 Let the Children Come</a></p>	<p>Created and Loved by God – Me, my body, my health <a href="#">KS1.1.2.1 I Am Unique (Me)</a> <a href="#">KS1.1.2.2 Girls and Boys (My Body)</a> <a href="#">KS1.1.2.3 Clean and Healthy (My Health)</a></p> <p>Created and Loved by God – Emotional well-being <a href="#">KS1.1.3.1 Feelings, Likes and Dislikes</a> <a href="#">KS1.1.3.2 Feeling Inside Out</a> <a href="#">KS1.1.3.3 Super Susie Gets Angry</a></p>	<p>Created and Loved by God – Life cycles <a href="#">KS1.1.4.1 The Cycle of Life</a></p> <p>Created to Live in Community – Religious understanding <a href="#">KS1.3.1.1 Three in One</a> <a href="#">KS1.3.1.2 Who Is My Neighbour?</a></p> <p>Created to Live in Community – Living in the wider world <a href="#">KS1.3.2.1 The Communities We Live In</a></p>

LKS2 Cycle A	<p>Created and Loved by God – Religious understanding  <a href="#">LKS2.1.1 Get Up</a>  <a href="#">LKS2.1.1.1 The Sacraments</a></p> <p>Created to Love Others – Religious understanding  <a href="#">LKS2.2.1 Jesus My Friend</a></p>	<p>Created to Love Others – Personal relationships  <a href="#">LKS2.2.2.1 Family, Friends and Others</a>  <a href="#">LKS2.2.2.2 When Things Feel Bad</a></p> <p>Created to Love Others – Keeping Safe  <a href="#">LKS2.2.3.1 Sharing Online</a>  <a href="#">LKS2.2.3.2 Chatting Online</a>  <a href="#">LKS2.2.3.3 Physical Contact/safe in my body</a>  <a href="#">LKS2.2.3.4 Drugs, Alcohol and Tobacco</a>  <a href="#">LKS2.2.3.5 First Aid Heroes</a></p>	<p>Created to Live in Community – Religious understanding  <a href="#">LKS2.3.1.1 A Community of Love</a>  <a href="#">LKS2.3.1.2 What is the Church?</a></p> <p>Created to Live in Community – Living in the wider world  <a href="#">LKS2.3.2.1 How Do I Love Others?</a></p>
LKS2 Cycle B	<p>Created and Loved by God – Religious understanding  <a href="#">LKS2.1.1 Get Up</a></p>	<p>Created and Loved by God – Me, my body, my health  <a href="#">LKS2.1.2.1 We Don't Have To Be The Same</a>  <a href="#">LKS2.1.2.2 Respecting Our Bodies</a></p> <p>Created and Loved by God – Emotional well-being  <a href="#">LKS2.1.3.1 What Am I Feeling?</a>  <a href="#">LKS2.1.3.2 What Am I Looking At?</a>  <a href="#">LKS2.1.3.3 I Am Thankful!</a></p>	<p>Created and Loved by God – Life cycles  <a href="#">LKS2.1.4.1 Life Cycles</a></p> <p>Created to Live in Community – Religious understanding  <a href="#">LKS2.3.1.1 A Community of Love</a>  <a href="#">LKS2.3.1.2 What is the Church?</a></p> <p>Created to Live in Community – Living in the wider world  <a href="#">LKS2.3.2.1 How Do I Love Others?</a></p>
UKS2 Cycle A	<p>Created and Loved by God – Religious understanding  <a href="#">UKS2.1.1 Calming the Storm</a></p> <p>Created to Love Others – Religious understanding  <a href="#">UKS2.2.1.1 Is God Calling You?</a></p> <p>Created and Loved by God – Me, my body, my health  <a href="#">LKS2.1.2.3 What is Puberty?</a>  <a href="#">LKS2.1.2.4 Changing Bodies</a>  <a href="#">LKS2.1.2.5 Boy/Girl Discussion Groups</a></p> <p>Created and Loved by God – Life cycles  <a href="#">UKS2.1.4.3 Menstruation</a></p>	<p>Created to Love Others – Personal relationships  <a href="#">UKS2.2.2.1 Under Pressure</a>  <a href="#">UKS2.2.2.2 Do You Want a Piece of Cake?</a>  <a href="#">UKS2.2.2.3 Self-Talk</a></p> <p>Created to Love Others – Keeping safe  <a href="#">UKS2.2.3.1 Sharing Isn't Always Caring</a>  <a href="#">UKS2.2.3.2 Cyberbullying</a>  <a href="#">UKS2.2.3.3 Types of Abuse</a>  <a href="#">UKS2.2.3.4 Impacted Lifestyles</a>  <a href="#">UKS2.2.3.5 Making Good Choices</a>  <a href="#">UKS2.2.3.6 Giving Assistance</a></p>	<p>Created to Live in Community – Religious understanding  <a href="#">UKS2.3.1.1 Trinity House</a>  <a href="#">UKS2.3.1.2 Catholic Social Teaching</a></p> <p>Created to Live in Community – Living in the wider world  <a href="#">UKS2.3.2.1 Reaching Out</a></p>
UKS2 Cycle B	<p>Created and Loved by God – Religious understanding  <a href="#">UKS2.1.1 Calming the Storm</a></p> <p>Created and Loved by God – Me, my body, my health  <a href="#">LKS2.1.2.3 What is Puberty?</a>  <a href="#">LKS2.1.2.4 Changing Bodies</a>  <a href="#">LKS2.1.2.5 Boy/Girl Discussion Groups</a></p> <p>Created and Loved by God – Life cycles  <a href="#">UKS2.1.4.3 Menstruation</a></p>	<p>Created and Loved by God – Me, my body, my health  <a href="#">UKS2.1.2.1 Gifts and Talents</a>  <a href="#">UKS2.1.2.2 Girls' Bodies</a>  <a href="#">UKS2.1.2.3 Boys' Bodies</a>  <a href="#">UKS2.1.2.4 Spots and Sleep</a></p> <p>Created and Loved by God – Emotional well-being  <a href="#">UKS2.1.3.1 Body Image</a>  <a href="#">UKS2.1.3.2 Funny Feelings</a>  <a href="#">UKS2.1.3.3 Emotional Changes</a>  <a href="#">UKS2.1.3.4 Seeing Stuff Online</a></p> <p>Created and Loved by God – Life cycles  <a href="#">UKS2.1.4.1 Making Babies (Part 1)</a></p>	<p>Created to Live in Community – Religious understanding  <a href="#">UKS2.3.1.1 Trinity House</a>  <a href="#">UKS2.3.1.2 Catholic Social Teaching</a></p> <p>Created to Live in Community – Living in the wider world  <a href="#">UKS2.3.2.1 Reaching Out</a></p>

- All sessions are hyperlinked and will take you straight to the right page on the website.
- The Gospel story sessions in "Created and Loved by God" and the Trinity story sessions in "Created to Live in Community" are run every year as they are fundamental to the religious understanding taught in the programme.