



Sacred Heart Primary School

PSHE/RSE Long Term Plan (DRAFT)

We use 'Life to the Full' as our scheme of work for PSHE and RSE.

	Autumn Term Created and Loved by God				Spring Term Created to Love Others			Summer Term Created to Live in Community	
TOPIC	Unit 1 Religious Understanding	Unit 2 Me, my body, my health	Unit 3 Emotional well-being	Unit 4 Life cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
Whole school focus themes	Internet use in school and at home –school rules for safe use. Introduction to online safety				Online Safety Focus Anti Bullying			NSPCC Speak Out Stay Safe	
EYFS	Story Sessions: Handmade with Love	Session 1: I AM ME Session 2: Heads, Shoulders, Knees & Toes Session 3: Ready Teddy?	Session 1: I like, You Like, We all Like Session2: Good Feelings, Bad Feelings Session 3: Let's Get Real	Session 1: Growing Up	Session 1: Role Model	Session 1: Who's Who? Session 2: You've Got a Friend in Me Session 3: Forever Friends	Session1: Safe Inside and Out Session 2: My Body, My Rules Session 3 Feeling Poorly Session4: People Who Help Us	Session 1: God is Love Session 2: Loving God, Loving others	Session 1: Me, You, Us
KEY STAGE ONE	Story Sessions: Let the Children Come	Session 1: <u>I am Unique (Me)</u> Session 2: <u>Girls and Boys (My Body)</u> Session 3: <u>Clean & Healthy (My Health)</u>	Session 1: <u>Feelings, Likes and Dislikes</u> Session 2: <u>Feeling Inside Out</u> Session 3: <u>Super Susie Gets Angry</u>	Session 1: <u>The Cycle of Life</u>	Session 1: <u>God Loves You</u>	Session 1: <u>Special People</u> Session 2: <u>Treat Others Well...</u> Session 3: <u>...and Say Sorry</u>	Session 1: <u>Being Safe</u> Session 2: <u>Good Secrets & Bad Secrets</u> Session 3: <u>Physical Contact</u> Session 4: <u>Harmful Substances</u> Session 5: <u>Can you Help Me?</u>	Session 1: <u>Trinity House</u> Session 2: <u>Who Is My Neighbour?</u>	Session 1: <u>The Communities We Live In</u>
LOWER KEY STAGE TWO	Session 1: <u>Get up!</u> Session 2: <u>The Sacraments</u>	Session 1: <u>We Don't Have To Be The Same</u> Session 2: <u>Respecting Our Bodies</u>	Session 1: <u>What Am I Feeling?</u> Session 2: <u>What Am I Looking At?</u> Session 3: <u>I Am Thankful!</u>	Session 1 <u>Life Cycles</u>	Story Sessions: <u>Jesus, My Friend</u>	Session 1: <u>Friends, Family and Others</u> Session 2: <u>When Things Feel Bad</u>	Session 1: <u>Sharing Online</u> Session 2: <u>Chatting Online</u> Session 3: <u>Safe in my Body</u> Session 4: <u>Drugs, Alcohol & Tobacco</u> Session 5: <u>First Aid Heroes</u>	Session 1: <u>A Community of Love</u> Session 2: <u>What is the Church?</u>	Session 1: <u>How Do I Love Others?</u>

UPPER KEY STAGE TWO	Story Sessions: Calming the Storm	Session 1: Gifts and Talents	Session 1: Body Image	Session 1: Making Babies (P1)	Session 1: Is God Calling You?	Session 1: Under Pressure	Session 1: Sharing isn't always caring	Session 1: The Trinity	Session 1: Reaching Out
		Session 2: Girls' Bodies	Session 2: Peculiar Feelings			Session 2: Do You Want a Piece of Cake?	Session 2: Cyberbullying	Session 2: Catholic Social Teaching	
		Session 3: Boys' Bodies	Session 3: Emotional Changes	Session 3: Menstruation		Session 3: Self-Talk	Session 3: Types of Abuse		
		Session 4: Spots and Sleep	Session 4: Seeing Stuff Online			Session 4: Impacted Lifestyles	Session 4: Giving Assistance		