

PSHE and RSE Curriculum Mapping



	Families and Friendships	Safe Relationships	Physical Health and Mental Wellbeing	Respecting Ourselves and Others	Growing and Changing	Keeping Safe	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work
Y1			Keeping healthy; food, exercise and hygiene routines; sun safety	How behaviour affects others; being polite and respectful				Using the Internet and digital devices; communicating online	Strengths and interests; jobs in the community
	KS1 M1 U1 – Story Sessions: Handmade with Love KS1 M2 U1 – Session 1: God Loves You KS1 M2 U2 – Session 1: Special People (approx. 3 hours)			KS1 M2 U2 – Session 2: Treat Others Well KS1 M2 U2 – Session 3: And Say Sorry KS1 M2 U3 – Session 1: Being Safe (approx. 2.5 hours)			KS1 M2 U3 – Session 2: Good Secrets and Bad Secrets KS1 M2 U3 – Session 3: Physical Contact KS1 M3 U1 – Session 1: Trinity House KS1 M3 U1 – Session 2: Who is my neighbour? (approx. 3 hours)		
Y2	Making friends; feeling lonely and getting help		Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Recognising things in common and differences; playing and working cooperatively; sharing opinions		Safety in different environments; risk and safety at home; emergencies		The Internet in everyday life; online content and information	What money is; needs and wants; looking after money
	KS1 M1 U1 – Story Sessions: Handmade with Love KS1 M1 U2 – Session 1: I am Unique (Me) KS1 M1 U2 – Session 2: Girls and Boys (My Body) (including introducing the terms 'penis' and 'vagina') (approx. 2.5 hours)			KS1 M1 U2 – Session 3: Clean and Healthy (My Health) KS1 M1 U3 – Session 1: Feelings, Likes and Dislikes KS1 M1 U3 – Session 2: Feeling Inside Out (approx. 2.5 hours)			KS1 M1 U3 – Session 3: Super Susie Gets Angry KS1 M1 U4 – Session 1: The Cycle of Life KS1 M3 U1 – Session 1: Trinity House KS1 M3 U2 – Session 1: The Communities We Live In (approx. 2.5 hours)		
Y3	What makes a family; features of family life		Maintaining a balanced lifestyle; oral hygiene and dental care		Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places	The value of rules and laws; rights, freedoms and responsibilities	How the Internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals
	LKS2 M1 U1 – Story Sessions: Designed for A Purpose LKS2 M1 U1 – Session 1: The Sacraments LKS2 M2 U1 – Story Sessions: Jesus, My Friend (approx. 4 hours)			LKS2 M2 U2 – Session 1: Family, Friends and Others LKS2 M2 U2 – Session 2: When Things Feel Bad LKS2 M2 U2 – Session 3: When Things Change LKS2 M2 U3 – Session 1: Sharing Online (approx. 3.5 hours)			LKS2 M2 U3 – Session 2: Chatting Online LKS2 M2 U3 – Session 3: Physical Contact LKS2 M3 U1 – Session 1: Trinity House LKS2 M3 U1 – Session 2: Where is Church? (approx. 3.5 hours)		
Y4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online		Respecting differences and similarities; discussing differences sensitively		Medicines and household products; drugs common to everyday life	What makes a community; shared responsibilities		Making decisions about money; using and keeping money safe
	LKS2 M1 U1 – Story Sessions: Designed for a Purpose LKS2 M1 U2 – Session 1: We Don't Have to Be the Same LKS2 M1 U2 – Session 2: Respecting our Bodies (including recap of the terms 'penis' and 'vagina'. Introduce 'testicles' and 'vulva') (approx. 3 hours)			LKS2 M1 U2 – Session 3: What is Puberty? LKS2 M1 U3 – Session 1: What am I Feeling? LKS2 M1 U3 – Session 2: What am I Looking At? (approx. 3 hours)			LKS2 M3 U1 – Session 1: Trinity House LKS2 M3 U2 – Session 1: How do I Love Others? (approx. 2 hours)		

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Y5	Managing friendships and peer influences		Healthy sleep habits; sun safety; medicines; vaccinations, immunisations and allergies	Responding respectfully to a wide range of people; recognising prejudice and discrimination		Keeping safe in different situations, including responding in emergencies; first aid; FGM	Protecting the environment; compassion towards others	How data is shared and used	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
	UKS2 M1 U1 – Story Sessions: Made to Grow UKS2 M1 U2 – Session 1: Gifts and Talents UKS2 M1 U2 – Session 2/3: Changes in Bodies of the Same Sex <i>in-house resources</i> (including menstruation) UKS2 M1 U2 – Session 2/3: Changes in Bodies of the Opposite Sex <i>in-house resources</i> (including menstruation) UKS2 M1 U2 – Session 4: Spots and Sleep (+Keeping Clean Recap) (approx. 5 hours)			UKS2 M1 U3 – Session 1: Body Image UKS2 M1 U3 – Session 2: Funny Feelings UKS2 M1 U3 – Session 4: Seeing Stuff Online UKS2 M1 U2 – Recap: Questions about Puberty and Keeping Clean (approx. 4 hours)			UKS2 M2 U2 – Session 1: Under Pressure UKS2 M2 U2 – Session 3: Self Talk UKS2 M2 U3 – Session 3: Physical Contact UKS2 M3 U1 – Session 1: Trinity House UKS2 M1 U2 – Recap: Questions about Puberty and Keeping Clean (approx. 5 hours)		
Y6	Attraction to others; romantic relationships; civil-partnerships and marriages		What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Expressing opinions and respecting others' points of view, including discussing topical issues		Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks
	UKS2 M1 U2 – Session 2/3: Changes in Bodies of the Same Sex <i>in-house resources</i> (including menstruation) UKS2 M1 U2 – Session 2/3: Changes in Bodies of the Opposite Sex <i>in-house resources</i> (including menstruation) UKS2 M1 U2 – Session 4: Spots and Sleep (+Keeping Clean Recap) (approx. 3 hours)			UKS2 M1 U3 – Session 1: Body Image UKS2 M1 U3 – Session 3: Emotional Changes UKS2 M1 U3 – Session 4: Seeing Stuff Online UKS2 M1 U2 – Recap: Questions about Puberty and Keeping Clean (approx. 4 hours)			UKS2 M1 U4 – Session 1: Making Babies (using resources from LSK2 M1 U4 Session 'Life Cycles') UKS2 M2 U2 – Session 2: Do You Want a Piece of Cake? UKS2 M2 U3 – Session 1: Sharing Online UKS2 M2 U3 – Session 2: Chatting Online UKS2 M1 U2 – Recap: Questions about Puberty and Keeping Clean (approx. 5 hours)		

Sessions highlighted in yellow have a direct link to safeguarding.

We use the Catholic RSE scheme 'Life to the Full', supplemented with our own resources, to deliver an RSE scheme which complements our PSHE curriculum and which is bespoke to our children. The RSE sessions are in the green boxes. The vocabulary surrounding genitalia is introduced in a systematic way through the school, according to what we believe is age-appropriate. We have tried to strike a balance between ensuring children can safeguard themselves, and preventing the over-sexualisation of our children.

The sessions in Upper KS2 highlighted in red discuss puberty, how our bodies change and inappropriate material online, including pornography. These sessions are delivered in same sex groups across Y5 and Y6. We find that this facilitates more mature discussion and means that children are more comfortable asking questions and discussing experiences. We understand that these topics can be very sensitive; these sessions take place each term, discussing different topics, so that children build up a trusting relationship with the adults and the other children.