



St Augustine of Canterbury R.C Primary School
PSHE and RSE Coverage 2022-2023

Christus Heri, Hodie, Semper



Statutory Guidance - By the end of Primary School

<p>Families and People Who Care for Us</p>	<ul style="list-style-type: none"> • that families are important for children growing up because they can give love, security and stability. • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. <ul style="list-style-type: none"> • that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
<p>Caring Friendships</p>	<ul style="list-style-type: none"> • how important friendships are in making us feel happy and secure, and how people choose and make friends. • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
<p>Respectful Relationships</p>	<ul style="list-style-type: none"> • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • practical steps they can take in a range of different contexts to improve or support respectful relationships. • the conventions of courtesy and manners. • the importance of self-respect and how this links to their own happiness. • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
<p>Online Relationships</p>	<ul style="list-style-type: none"> • that people sometimes behave differently online, including by pretending to be someone they are not. • that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. • the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • how information and data is shared and used online.
<p>Being Safe</p>	<ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other sources

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6	
Autumn	Ten:Ten Module	Created and Loved by God <i>Every topic begins with the unit prayer and assessment activity.</i>						
	Ten:Ten Life to the Full	Religious Understanding Handmade with Love	Religious Understanding Let the children come	Religious Understanding Get up! The Sacraments	Religious Understanding Calming the storm			
	Topics and sessions	Me, My Body, My Health I am Me Heads, Shoulders, Knees and Toes Ready Teddy Emotional Wellbeing I like, you like, we all like All the feelings Lets get real Life cycles Growing up	Me, My Body, My Health I am unique Girls and boys Clean and healthy (my body) Emotional Wellbeing Feelings, likes and dislikes. Life cycles The cycle of life Bereavement resource A time for everything	Me, My Body, My Health We don't have to be the same Respecting our bodies What is puberty* Changing bodies* Male/female discussion groups (optional) *Y4 only Emotional Wellbeing What am I feeling? What am I looking at? I am thankful Life cycles Life cycles Bereavement resource A time for everything	Me, My Body, My Health Gifts and talents Girls' bodies Boys' bodies Spots and sleep Emotional Wellbeing Body image Peculiar feelings Emotional changes Seeing stuff online Life cycles Making babies (part 1 and 2) Menstruation Bereavement resource A time for everything			
	Happy Minds Module	Meet Your Brain Celebrate						
	Happy Minds coverage	Express feelings and consider feelings of others Be more outgoing Extend and elaborating play ideas See themselves as a valuable individual Healthy Lifestyles	Healthy Lifestyles Mental Health Ourselves- Growing and changing Managing hurtful behaviour and bullying Respecting Self and others Communities Economic wellbeing	Healthy Lifestyles Mental Health Ourselves – Growing and Changing Families and positive relationships Respecting Self and others Respectful relationships	Healthy Lifestyles Mental Health Ourselves – Growing and Changing Families and positive relationships Respecting Self and others Respectful relationships	Healthy Lifestyles Mental Health Ourselves – Growing and Changing Families and positive relationships Respecting Self and others Respectful relationships		
	Outside Support				Prevent - Assembly	Prevent – Assembly and workshop CFWS: Inside Out Programme (Y5) Conflict Resolution Feelings & Emotions Mindfulness/relaxation Resilience Confidence/Self Esteem Worries		
	Significant Events	<u>September</u> Recycling Week	<u>October</u> World Mental Health Day (Young Minds) World Space Week Black History Month		<u>November</u> Remembrance Anti – Bullying week – November Diwali		<u>December</u> Christmas	

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Spring	Ten:Ten Module	Created to Love Others <i>Every topic begins with the unit prayer and assessment activity.</i>					
	Ten:Ten Life to the Full	Religious Understanding Role Model	Religious Understanding God loves you	Religious Understanding Jesus, my friend	Religious Understanding Is God calling you?		
	Topics and sessions	Personal Relationships Who's Who? You've got a friend in me Forever friends Keeping Safe Safe inside and out My body, my rules Feeling poorly People who help us	Personal Relationships Special people Treat other's well.. And say sorry Keeping Safe Being safe Good and bad secrets Physical contact Harmful substances Can you help me? (parts 1 and 2)	Personal Relationships Friends, family and others When things feel bad Keeping Safe Sharing online Chatting online Safe in my body Drugs, alcohol and tobacco First Aid heroes	Personal Relationships Under pressure Do you want a piece of cake? Self-talk Keeping Safe Sharing isn't always caring Cyberbullying Types of abuse Impacted lifestyles Making good choices Giving assistance		
	Happy Minds module	Appreciate Relate					
	Happy Minds coverage	Build constructive relationships Express feelings and consider feelings of others Think about perspective of others Healthy Lifestyles	Families and close relationships Friendships Communities Healthy Lifestyles Respecting Self and Others Families who care for me Caring Friendships	Families and close relationships Friendships Communities Healthy Lifestyles Respecting Self and Others Economic Wellbeing Families who care for me Caring Friendships	Families and close relationships Friendships Communities Healthy Lifestyles Respecting Self and Others Economic Wellbeing Families who care for me Caring Friendships		
	Outside Support			CFWS: Inside Out Programme (Y3) Conflict Resolution Feelings and Emotions Mindfulness and relaxation Resilience Confidence and Self Esteem Worries	Safenet: Connect and Respect Digital and Social Media Your feelings, behaviour and relationships Gender, Power and Equality What is Domestic Abuse		
	Significant Events	<u>January</u> Chinese New Year Sleep Awareness Day	<u>February</u> Children's Mental Health Week International Day of Women in Science Stand up to Bullying	<u>March</u> Women's History Month British Science Week	<u>April</u> Earth Day International Astronomy Day VE Day Mental Health Awareness Day		

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Summer	Ten:Ten Module	Created to live in community <i>Every topic begins with the unit prayer and assessment activity.</i>					
	Ten:Ten Life to the Full	Religious Understanding God is love Loving God, loving others	Religious Understanding Three in one Who is my neighbour?	Religious Understanding A community of love What is the church?	Religious Understanding The Trinity Catholic Social Teaching		
	Topics and sessions	Living in the Wider World Me, you, us	Living in the Wider World The communities we live in	Living in the Wider World How do I love others?	Living in the Wider World Reaching out		
	Happy Mind module	Engage Relationship Education – extra lessons					
	Happy Mind coverage	Show resilience and perseverance in the face of challenge Manage own personal hygiene	Ourselves – growing and changing Keeping Safe Me and my family Fabulous friendships Exploring feelings	All About Me Ourselves – growing and changing Getting along with our families Keeping safe Families in the Wider World Friendship Up and downs Learning to love difference	Ourselves – growing and changing Transition Online safety (images) Friendships on and off line Peer pressure Discrimination and the law Friendships and secrets Identity and respect		
	Outside Agencies				EMHP – Transition sessions Local high schools - Transition		
	Significant Events	<u>May</u> World Day for Cultural Diversity	<u>June</u> World Environment Day World Music Day	<u>July</u> School Sports Week Children’s Art Week International Day of Friendship			

This overview is also to be considered alongside the Computing curriculum, which will cover a significant amount of Online Safety.

Outside agency support is by needs basis as determined by class teachers and Pupil and Family Support.