Whole School Curriculum Map

RSE & PSHE

RSHE	PSHE CYCLE A	PSHE CYCLE B	Autumn		Spring		Summer	
EYFS RSE			--------	Stories: Handmade With Love Session 1: I Am Me Session 2: Heads, Shoulders, Knees and Toes Session 3: Ready Teddy?	Session 1: I Like, You Like, We All Like! Session 2: All The 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 Session 1: What is the Internet? Session 2: Playing Online	Session 1: Safe Inside and Out Session 2: My Body, My Rules Session 3: Feeling Poorly Session 4: People Who Help Us	Session 1: God is Love Session 2: Loving God, Loving Others Session 1: Me, You, Us
EYFS PSHE			How can I be a good friend? How can I make other children feel happy? How can I play nicely with others?	How can adults at school help me? How can I play safely?	How can I keep safe at school? How can I keep safe at home?	What are rules? What are consequences?	Who are the police and how do they help us? What can I do if I'm feeling big emotions?	How can I be a germ buster? How does food help me? How does exercise help me?
KS1 RSE			--------	Stories: Let the Children Come Session 1: I Am Unique Session 2: Girls and Boys Session 3&4: Clean and Healthy (My Body)	Session 1: Feelings, Likes and Dislikes Session 2: Feeling Inside Out Session 3: Super Susie Gets Angry Session 1: The Cycle of Life Session 2: Beginnings and Endings	Session 1: God Loves You Session 1: Special People Session 2: Treat Others Well… Session 3: …and Say Sorry Session 1: Real Life Online Session 2: Rules To Help Us	Session 1: Good and Bad Secrets Session 2: Physical Contact NO FGM TALK Session 3: Harmful Substances Session 4: Can You Help Me? (Part 1) Session 5: Can You Help Me? (Part 2)	Session 1: Three In One Session 2: Who is My Neighbour? Session 1: The Communities We Live In
Y1&2(A) PSHE [Y1]			How can I be an ally? How can I make friends? What if my friends are making me feel sad?	What is bullying? Why are safe hands important? Why is name calling unkind?	How can I keep safe in new places? How can I speak up? How can I use things at home safely? What is 999?	What is private information? Who are my trusted adults? How can I be responsible?	What can happen when rules are broken? What do the police do? Why have different rules in different places?	What makes me special? What do feelings feel like? How can I share my feelings? How can I be an empathy expert?
Y1&2(B) PSHE [Y2]			How are we the same? How are we different? How can I work with different people?	What is a family? How do I share family worries? Why are relationships important?	How can I keep safe online? What are different types of meetings? What are medicines? What is fire safety?	What are needs and wants? What is a job? What is money?	What is the internet? Why does age matter? How can I deal with change?	What does it mean to be healthy? How can I look after my body? Why is sleep important? When do I need to take a break? What are the risks of video gaming?

LKS2 RSE	--------	Stories: Get Up! Session 2: The Sacraments Session 1: We Don't Have to be the Same Session 2: Respecting our Bodies Session 3: What is Puberty? Y4 ONLY Session 4: Changing Bodies Y4 ONLY	Session 1: What Am I Feeling? Session 2: What Am I Looking At? Session 3: I Am Thankful Session 1: Life Cycles Session 2: A Time For Everything	Stories: Jesus, My Friend Session 1: Family, Friends and Other Session 2: When Things Feel Bad Session 3: Balancing Needs Session 1: Sharing Online Session 2: Chatting Online	Session 1: Safe In My Body Session 2: Recognising Risk Session 3: Drugs, Alcohol and Tobacco Session 4: First Aid Heroes	Session 1: A Community of Love Session 2: What is the Church? Session 1: How Do I Love Others?
Y3&4(A) PSHE [Y3]	How should we treat people? What can I do when friendships go wrong? What do we mean by consent in friendships? What is bullying?	Who are my key people? How can I share my worries? What are emergency services? What are emergency situations?	What do we mean by risk? When should I break a secret? How can I be a responsible citizen?	How do we enforce the law? What are children's rights? What is the law and why do we have it?	What is mental health? What am I good at? How can intense feelings, feel? What words can I use to talk about my feelings?	How can vaccinations support our health? How does school help me?
Y3&4(B) PSHE [Y4]	How can we be role models? What is a healthy friendship? What is discrimination? What is diversity? What is peer influence?	Who makes up my community? How can I keep safe in my local area? How can we keep safe on the road?	What are hazards in the home? What is first aid? Who do I encounter?	How can I respect my environment? What can I be? What is hate crime?	How do my choices help me to be healthy? What are healthy habits? Why is food fuel?	How can be a hygiene hero? How does school build my character? What is my body trying to tell me?
UKS2 RSE	--------	Stories: Calming the Storm Session 1: Gifts and Talents Session 2: Girls' Bodies Session 3: Boys' Bodies Session 4: Spots and Sleep	Session 1: Body Image Session 2: Peculiar Feelings Session 3: Emotional Changes Session 1: Making Babies PART 1 ONLY Session 3: Menstruation	Session 4: Hope Beyond Death Session 1: God Is Calling You Session 1: Under Pressure Session 2: Do You Want A Piece of Cake? Session 3: Self-Talk Session 4: Confidence vs Control Session 5: Build Others Up Y6 ONLY – DO NOT USE THE SCENARIOS H/I/L	Session 1: Sharing Isn't Always Caring Session 2: Cyberbullying Session 1: Types of Abuse VERSION 1 ONLY Session 2: Impacted Lifestyles Session 3: Making Good Choices Session 4: Giving Assistance	Session 1: The Holy Trinity Session 2: Catholic Social Teaching Session 1: Reaching Out
Y5&6(A) PSHE [Y5]	How can my adult relationships affect my future? How do words have power? What are my personal boundaries? Halloween lesson (see Y6)	Bonfire Night lesson (see Y6) What are online friendships? What is grooming? What is media influence? What is peer pressure?	How can we keep our things safe? How can we use our phones sensibly? What are deep fakes? What are the risks with money?	What do I know about drugs? How can drugs and alcohol make people feel? Why are our special people important? What is media literacy?	How do rules help our community? What can and can't I do on the internet? What is gambling? What is my personal identity?	How might being online impact the way I feel? How might my activity levels impact the way I feel? How might school impact the way I feel?
Y5&6(B) PSHE [Y6]	How can we be allies against racism? How can we challenge sexism? What is a debate? Halloween lesson	Bonfire Night lesson What is my relationship with authority? How is my data shared? Why does media have age restrictions?	What is spiking? What is the issue with addiction? Vaping/Smoking What does the law say about legal drugs?	What different types of crime are there? What is a weapon? What is antisocial behaviour? What is shop theft?	How can I re-frame my thinking? How can I seek support for my mental health?	What is grief? How can I manage moving to high school positively? Y6 ONLY

RSHE [1yr repeated]	**PSHE Cycle A [2yr]**	**PSHE Cycle B [2yr]**
Life to the Full	Pol-Ed 2026-27	Pol-Ed 2027-28