

PSHE / RSE at Ladymount – 2023 - 24

| | Autumn Term | Spring Term | Summer Term |
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| Foundation 2 | <p><u>Settling in</u> Routines/ rules</p> <p><u>Religious understanding</u> Handmade with Love</p> <p><u>Me, my body, my health</u> -I am me</p> <p><u>Emotional well-being</u> -I like, you like, we all like -All the feelings</p> | <p><u>Religious understanding</u> -Role model</p> <p><u>Personal relationships</u> Who's who? You've got a friend in me Forever friends Life online</p> <p><u>What is the internet?</u> Playing online</p> | <p><u>Keeping safe</u> -Keeping safe inside and out -My body, my rules -Feeling poorly -People whi help us Living in the wider world -Me, you, us -When I grow up -Money doesn't grow on trees</p> |
| Year 1 | <p><u>Religious understanding</u> Let the children come God loves you</p> <p><u>Keeping safe</u> -How to make a clear and efficient call to emergency services if necessary.</p> | <p><u>Personal relationships</u> - Special People -Treat others well</p> <p><u>Keeping Safe</u> -Good and bad secrets -Physical contact -Harmful substances -Can you help me</p> | <p><u>Religious understanding</u> -Three in one -Who is my neighbour</p> <p><u>Living in the wider world</u> -The communities we live in -Who will I be?</p> |
| Year 2 | <p><u>Religious understanding</u> Let the children come</p> <p><u>My Happy Mind</u> Introducing new ideas for wellbeing and strategies</p> | <p><u>Me, my body, my health</u> -I am unique -Girls and boys -Clean and healthy</p> <p><u>Emotional well-being</u> -Feelings, likes and dislikes -Feeling inside and out</p> | <p><u>Life cycles</u> - The life cycle of life - Beginnings and endings - Change is all around us</p> <p><u>Life online</u> - Real life online - Rules to help us</p> |

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| Year 3 | <u>Religious understanding</u> The Sacraments <u>My Happy Mind</u> Introducing new ideas for wellbeing and strategies | <u>Personal relationships</u> -Family, friends and others -When things feel bad <u>Life online</u> - Sharing online - Chatting online <u>Keeping safe</u> -Safe in my body. Drugs, alcohol and tobacco First aid heroes. Rights and responsibilities | <u>Religious understanding</u> - A community of love - What is the church? <u>Living in the wider world</u> - How do I love others? - Working together |
| Year 4 | <u>Religious understanding</u> The Sacraments <u>My Happy Mind</u> Introducing new ideas for wellbeing and strategies | <u>Me, my body, my health</u> -We don't have to be the same -Respecting our bodies -What is puberty? -Changing bodies <u>Emotional well-being</u> -What am I feeling? -What am I looking at? - I am thankful | <u>Lifecycles</u> - Life cycles - A time for everything - Big changes, little changes <u>Religious understanding</u> - A community of love - What is the church? <u>Living in the wider world</u> - How do I love others? Money matters |



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| Year 5 | <u>Religious understanding</u> Calming the storm God is calling you <u>My Happy Mind</u> Introducing new ideas for wellbeing and strategies | <u>Personal relationships</u> -Under pressure -Do you want a piece of cake? -Self-talk <u>Keeping safe</u> -Types of abuse -Making good choices Giving assistance | <u>Religious understanding</u> - The Holy Trinity - Catholic Social Teaching <u>Living in the wider world</u> - Reaching Out - The World of Work |
| Year 6 | <u>Religious understanding</u> Calming the storm <u>Me, my body, my health</u> -Gifts and talents -Girls' bodies -Boys bodies' -Spots and sleep | <u>Emotional well-being</u> -Body image -Peculiar feelings -Emotional changes -Seeing stuff online <u>Life cycles</u> -Making babies. Menstruation. Hope beyond death. Coping with change | <u>Personal relationships</u> - Building up others <u>Religious understanding</u> - The Holy Trinity - Catholic Social Teaching <u>Living in the wider world</u> - Reaching out - Money and me |

