



**ST JOSEPH'S CATHOLIC PRIMARY SCHOOL
PSHE/RSHE LONG-TERM OVERVIEW — THEMATIC MODEL**

	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
Theme	Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media Literacy and digital resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
British / Gospel Value	Democracy		Tolerance	Individual Liberty		Rule of Law		Mutual respect	
EYFS									
	Families and Friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media Literacy and digital resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
RED	Creation and Covenant Season of Creation		Prophecy and Promise Season of Advent	Galilee to Jerusalem Season of Christmas		Desert to Garden Season of Lent	Ends of the Earth Season of Easter		Dialogue and Encounter
RSE Journey In Love	Social and Emotional; Being a special person to my family	Physical; Recognising we are all different and unique	Spiritual; To celebrate the joy of being special						
Diversity and equality			Mommy, Mama and Me Online	But Martin! June Counsel				The Hueys in the New Jumper Oliver Jeffers	
YEAR ONE									
PSHE	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
RED	Creation and Covenant Season of Creation		Prophecy and Promise Season of Advent	Galilee to Jerusalem Season of Christmas		Desert to Garden Season of Lent	Ends of the Earth Season of Easter		Dialogue and Encounter

RSE Journey In Love	Social and Emotional; to recognise that I am loved in my family	Physical; To recognise how I am cared and kept safe	Spiritual; To celebrate ways that God loves and cares for us						
Diversity and equality	Elmer			Ten Little Pirates Youtube			Amazing Steve Antony		

YEAR TWO

PSHE	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working co-operatively	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is needs and wants; looking after money	Why sleep is important; medicines and keeping healthy keeping teeth healthy managing feelings and asking for help	Growing older naming body parts moving class or year	Safety in different environments; risks and safety at home; emergencies
RED	Creation and Covenant Season of Creation	Prophecy and Promise Season of Advent		Galilee to Jerusalem Season of Christmas	Desert to Garden Season of Lent		Ends of the Earth Season of Easter	Dialogue and Encounter	
RSE Journey In Love				Social and Emotional; To recognise the joy and friendship pf belonging to a diverse community	Physical; To describe ways of being safe in communities	Spiritual; To celebrate ways of meeting God in our Communities			
Diversity and equality	The Odd Egg Youtube			The Perfect Fit Naomi Jones			Is That Your Mama? Patrice Lawrence		

YEAR THREE

PSHE	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect, courtesy and being polite	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	Health choices and habits what affects feelings; expressing feelings	Personal strengths and achievements managing and reframing setbacks	Risks and hazards safety in the local environment and unfamiliar places
RED	Creation and Covenant Season of Creation	Prophecy and Promise Season of Advent		Galilee to Jerusalem Season of Christmas	Desert to Garden Season of Lent		Ends of the Earth Season of Easter	Dialogue and Encounter	

RSE Journey In Love	Social and Emotional; To describe and give reasons how friendships make us feel happy and safe	Physical; To describe and give reasons why friendships break down and how they can be repaired	Spiritual; ti celebrate the joy and happiness of living in friendship with God and others						
Diversity and equality			How to be a Lion Ed Vere	We are all Wonders R.J. Palacio			Big Bob Little Bob Youtube		

YEAR FOUR

PSHE	Positive friendships including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing differences sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products drugs common to everyday life
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RED	Creation and Covenant Season of Creation	Prophecy and Promise Season of Advent	Galilee to Jerusalem Season of Christmas	Desert to Garden Season of Lent	Ends of the Earth Season of Easter	Dialogue and Encounter
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RSE Journey In Love			Social and Emotional; To describe how we should all be accepted and respected				Physical; To describe how we should treat others making links with the diverse modern society we live in	Spiritual; To celebrate the uniqueness and innate beauty if each of us	
Diversity and equality		Julian is a Mermaid Jessica Love		When Sadness Comes to Call Eva Elland			Red – A Crayon’s Story Michael Hall		

YEAR FIVE

PSHE	Managing friendships and peer influence	Physical contact and feelings safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted different media types, their roles and impact	Identifying job interests and aspirations; what influences career choices; work places stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
RED	Creation and Covenant Season of Creation	Prophecy and Promise Season of Advent		Galilee to Jerusalem Season of Christmas	Desert to Garden Season of Lent		Ends of the Earth Season of Easter	Dialogue and Encounter	
RSE Journey In Love							Social and Emotional; to show knowledge and understanding of emotional relationship changes as we grow and develop	Physical; to show knowledge and understanding of the physical changes in puberty	Spiritual; to celebrate the joy of growing physically and spiritually
Diversity and equality			The Cow who climbed a tree Youtube	And Tango makes Three Youtube				The Girls Lauren Ace Jenny Loulie	
YEAR SIX									
PSHE	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity: challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
RED	Creation and Covenant Season of Creation	Prophecy and Promise Season of Advent		Galilee to Jerusalem Season of Christmas	Desert to Garden Season of Lent		Ends of the Earth Season of Easter	Dialogue and Encounter	

RSE Journey In Love	Social and Emotional; to develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families							Physical; Explain how human life is conceived	Spiritual; to show understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others
Diversity and equality	My Princess Boy Youtube			The Proudest Blue Ibtihaj Muhammad					Dreams of Freedom Youtube