



St. Anthony's Catholic Primary School



Whole School Overview PHSE

KS1

PSHE and RSE Key Themes and Content		
	Health and Wellbeing	<ul style="list-style-type: none"> • The art of learning/growth mindset • Mental and physical health • Social and emotional development • Personal safety
	Relationships RSE (Ten:Ten)	<ul style="list-style-type: none"> • Created and loved by God • Personal relationships • Keeping safe • Created to live in the community • Living in the wider world
	Living in the Wider World	<ul style="list-style-type: none"> • Belonging to a community • Economic wellbeing



St. Anthony's Catholic Primary School



Whole School Overview PHSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 2	Summer 2
Year 1	Belonging to a Community Week 1: Equality and Diversity text-based lessons: Happy to be me The Art of learning/ Growth Mindset Week 2: Zones of Regulation Week 3: How the brain works and how to look after it (include how we learn and practise skills) Week 4: Beautiful Oops- Barney Saltzberg Week 5: The Power of YET (Growth Mindset) Week 6: How to keep healthy (Cover-food, water, exercise, sleep and people who help us stay healthy) Belonging to a Community Week 7: Black History Month	RSE – Created & Loved by God Week 1: Assessment Activity We Belong and God Loves You RSE - Personal relationships: Week 2: Assessment Activity Being with others and Special people Week 3: Treat others well Week 4: And say sorry... (Redo the end of unit assessment in a different colour) Mental and Physical Health Week 5: How can we practise good hygiene (washing, teeth, stopping germs spreading) Week 6: How do I feel? (Recognising and naming different feelings and how they impact my body) Week 7: How do you feel? (Identifying feelings in others, recognising not everyone feels the same) Week 8: How full is your bucket?	Personal Safety Week 1: Pants are Private (NSPCC) Social and Emotional Development Week 2: What makes me special and unique? (Read Simon Sock) Week 3: Try, Try again (What to do when you find things difficult) Week 4: Trauma Informed session (The blob tree-discussing feelings) Week 5: Children's Mental Health week Personal Safety Week 6: Safer internet day (How to safely use the internet)	RSE – Keeping Safe Week 1: Assessment Activity Safe or Unsafe and Being safe Week 2: Good secrets and bad secrets Week 3: Physical contact Week 4: Harmful substances Week 5: Can you help me? (Part 1) Week 6: Can you help me? (Part 2) (Redo end of unit assessment in a different colour) Personal Safety Week 7: Stranger Danger	Social and Emotional Development Week 1: What makes a good friend? (Include what to do if a friendship is making them unhappy) Week 2: Can I play? (How we can play together, taking turns) Week 3: Resisting pressure (Cover asking permission and consent) Belonging to a community Week 4: International day of families Economic Wellbeing Week 5: Money, money, money (What money is, where it comes from and why we use it. Spending vs saving, difference between needs and wants and how we look after money)	RSE – Created to live in the community Week 1: Assessment Activity Thinking about God and Three in One Week 2: Who is my Neighbour? (Redo end of unit assessment in a different colour) RSE – Living in the Wider World Week 3: Assessment Activity Me & My Community and The communities we live in Belonging to a community Week 4: We all have different strengths (People with different strengths do different jobs) Week 5: Why we have rules (Include when appropriate to tell the teacher something/telling tales) Week 6: British Values – Democracy, rule of law, respect, tolerance and individual liberty.



Whole School Overview

PHSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 2	Summer 2
Year 2	Belonging to a Community Week 1: Equality and Diversity text-based lessons: The Same but different too The Art of learning/ Growth Mindset Week 2: Zones of Regulation Week 3: Chemicals in my brain Week 4: My fantastic elastic (Text) Week 5: My brain is a muscle (YET) Week 6: Learning Powers (Text-Giraffes can't dance)	RSE – Me, My body, My Health Week 1: Assessment Activity This is Me and I am Unique Week 2: Girls and Boys Week 3: Clean and healthy (Redo assessment in a different colour) RSE – Emotional Wellbeing Week 4 : Assessment Activity Feelings and Feelings, likes and dislikes Week 5: Feeling Inside Out Week 6: Super Susie gets angry (Redo assessment in a different colour)	Personal Safety Week 1: Keeping safe at home Week 2: Road safety (Keeping safe outside the home) Week 3: Keeping my body safe (medicine, sun safety, drinking water) Mental and Physical Health Week 4: The importance of sleep (relaxation techniques) Week 5: Children's Mental Health week Personal Safety Week 6: Safer internet day (rules, risks, age restrictions, talking to an adult)	RSE – Life Cycles Week 1: Assessment Activity Lifelines and The Cycle of life Week 2: Beginnings and Endings (Redo assessment in a different colour) RSE – Life Online Week 3: Assessment activity When I'm online/offline and Real life online Week 4: Rules to help us (Redo assessment in a different colour) Economic Wellbeing Week 5: People who work in our community Week 6: Spending money (the difference between needs and wants) Week 7: My aspirations (hopes, jobs, explore why it is good to aspire and work towards things. Explore how jobs help us get money)	Social and Emotional Development Week 1: Different ways to learn and play (Taking time away from screens and devices) Week 2: That hurts! (Understanding people's bodies and feelings can be hurt by our words and actions. Bullying) Week 3: My personal space (Discuss the importance of consent and what is appropriate and not) Belonging to a community Week 4: International day of families Week 5: The same but different (We all need different things to thrive. We all have different talents and skills. Equality and equity)	RSE – Religious Understanding Week 1: Assessment Activity Thinking about God and Three in One Week 2: Who is my Neighbour? (Redo end of unit assessment in a different colour) RSE – Me and My Community Week 3: Assessment Activity Me & My Community and The communities we live in Belonging to a community Week 4: Embracing changes and new things (Transitioning to a new year group) Week 5: British Values – democracy, rule of law, respect, tolerance and individual liberty. (Right and wrong) Week 6: Caring for our community (Importance of respecting the environment)



Whole School Overview

PHSE

LKS2

PSHE and RSE Key Themes and Content		
	Health and Wellbeing	<ul style="list-style-type: none"> • The art of learning/growth mindset • Mental and physical health • Social and emotional development • Personal safety
	Relationships RSE (Ten:Ten)	<ul style="list-style-type: none"> • Created and loved by God • Personal relationships • Keeping safe • Created to live in the community • Living in the wider world
	Living in the Wider World	<ul style="list-style-type: none"> • Belonging to a community • Economic wellbeing
	KiVa	<ul style="list-style-type: none"> • 5 X 45-minute sessions throughout the year



Whole School Overview

PHSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 2	Summer 2
Year 3	KiVa Week 1: Let's get to know each other! (45mins) + survey Belonging to a community Week 1: Equality and Diversity text-based lessons: Super Duper Me The Art of learning/ Growth Mindset Week 2: Zones of Regulation (Introduce and explore self-regulation strategies) Week 3: The art of learning. How do we learn? (Introducing Ned the Neuron) Week 4: Practice makes our brain grow stronger. Supporting text: Salt in his shoes Week 5: Mistakes are learning opportunities. Supporting text: The girl who never made mistakes Belonging to a community Week 6: British Values – democracy, rule of law, respect, tolerance and individual liberty. (Focus on following rules and rules in society) Week 7: Black History Month	KiVa Week 1: Emotions (45mins) RSE – Created & Loved by God Week 2: Assessment Activity Tell Zog and The Sacraments Week 3: Assessment Activity Friendship Cake and Jesus, My Friend RSE - Personal relationships: Week 4: Assessment Activity My relationships and family, friends and others Week 5: When things feel bad. (Redo end of unit assessment in a different colour) Mental and Physical Health Week 6: I can make healthy choices (physical health) Week 7: How can I build healthy habits and a routine to have good physical health? Week 8: SMILE (Caring for my teeth)	KiVa Week 1: Our class- everyone is included (45mins) Personal Safety Week 2: What can I do if others try to convince me to take part in risky behaviour? (Consent/peer pressure) Social and Emotional Development Week 3: Who am I? (Recognise factors that contribute to who they are- hobbies, faith, ethnicity and to recognise their personal qualities. Include skills and achievements) Week 4: The choices I make. (Good and bad choices and how my actions can impact others) Week 5: World Mental Health Day Personal Safety Week 6: Safer internet day (Include information on regulations and how it can be used positively and negatively)	KiVa Week 1: Difference is richness (45mins) RSE – Keeping Safe Week 2: Assessment Activity Life Online and Sharing online Week 3: Chatting online (Redo assessment in different colour) Week 4: Assessment What harms? What helps? and Feel safe in my body Week 5: Drugs, alcohol and tobacco Week 6: First aid heroes (Redo end of unit assessment in a different colour) Personal Safety Week 7: Seeking and giving permission (consent). Different examples and situations. Discuss physical contact and appropriate strategies to respond with.	KiVa Week 1: We say no to bullying (45mins) Social and Emotional Development Week 2: Express yourself (The importance of expressing your feelings and exploring the vocabulary to do this) Week 3: Shame trauma lesson- Using your voice to combat shaming. Belonging to a community Week 4: International day of families Week 5: My community (The groups that make it, the contributions people make to a community. Discuss diversity)	KiVa Survey RSE – Religious Understanding Week 1: Assessment Activity God and me and A community of love Week 2: What is the church? (Redo end of unit assessment in a different colour) RSE – Living in the Wider World Week 3: Assessment Activity Love in action and How do we love others Economic Wellbeing Week 4: Attitudes to money (saving vs spending, what influences people's decisions, 'good value'. Different ways to pay.) Week 5: I can do great things. (Recognising positive things and achievements and achieving personal outcomes) Week 6: Thinking about the future (careers, aspirations and stereotypes)



Whole School Overview

PHSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 2	Summer 2
Year 4	KiVa Week 1: We will not join in on bullying! (45mins) + survey Belonging to a community Week 1: Equality and Diversity text-based lessons: Malala's Magic Pencil The Art of learning/ Growth Mindset Week 2: Zones of Regulation Week 3: Different viewpoints Week 4: The okay book- We can't be good at everything Week 5: Putting in the effort. (Believing in yourself) Belonging to a community Week 6: British Values – democracy, rule of law, respect, tolerance and individual liberty. Week 7: Black history month	KiVa Week 1: The bullied child needs your support (45mins) RSE – Me, my body, my health Week 2: Assessment Activity All <u>different, all loved and</u> <u>We don't have to be the same</u> Week 3: Respecting our bodies Week 4: <u>What is puberty?</u> Week 5: Changing bodies Week 6: Male/Female discussion groups (Re-do assessment activity in a different colour) Mental and Physical Health Week 7: What makes a healthy diet. (Avoid terminology such as good and bad foods. Use words such as nutritionally healthy and explore the benefits of eating different foods and a varied diet. Touch on the risks of obesity and tooth decay. Week 8: The importance of exercise. (Benefits on physical and mental health. Opportunities to be active and risks if not.)	KiVa Week 1: I will not be bullied! (45 mins) Personal Safety Week 2: Keeping safe in the local area- rail, water, roads, risks outside the home) Week 3: Power and balance. (Friendship dynamics) Mental and Physical Health Week 4: A good night's sleep. (The importance of sleep and the impact of a lack of sleep) Week 5: World mental health day (Strategies and behaviour to support mental health) Personal Safety Week 6: Safer internet day (The reliability of what you see online and making reliable choices. Reminders of e-safety)	KiVa Week 1: Literature lesson (45mins) RSE – Emotional Wellbeing Week 2: Assessment Activity My feelings and What am I feeling? Week 3: What am I looking at? Week 4: I am thankful (redo assessment in a different colour) RSE – Life cycles Week 5: Assessment Activity Joe's new sister and Life cycles Week 6: A time for everything (Redo assessment in a different colour) Mental and Physical Health Week 7: Fight flight freeze Trauma Informed lesson	KiVa Week 1: The KiVa contract (45mins) Social and Emotional Wellbeing Week 2: RESPECT (Recognising the importance of self-respect and how we should expect to be treated) Economic Wellbeing Week 3: How spending can impact the environment. (Fairtrade, single-use plastics, giving to charity) Week 4: Exploring jobs and careers. (What influences people's decisions about a job- family connections, strengths. Discuss stereotyping as a deterrent) Week 5: Some jobs pay more than others. (Factors and influences and why people may choose voluntary work)	KiVa Survey RSE – Religious Understanding Week 1: Assessment Activity God and me and <u>A community of love</u> Week 2: <u>What is the church?</u> (Redo end of unit assessment in a different colour) RSE – Living in the Wider World Week 3: Assessment Activity Love in action and How do we love others Belonging to a community Week 4: What are rights and responsibilities? What do I have a right to? Week 5: Challenging stereotypes Week 6: Prejudice and how we can respond



Whole School Overview

PHSE

UKS2

PSHE and RSE Key Themes and Content		
	Health and Wellbeing	<ul style="list-style-type: none"> • The art of learning/growth mindset • Mental and physical health • Social and emotional development • Personal safety
	Relationships RSE (Ten:Ten)	<ul style="list-style-type: none"> • Created and loved by God • Personal relationships • Keeping safe • Created to live in the community • Living in the wider world
	Living in the Wider World	<ul style="list-style-type: none"> • Belonging to a community • Economic wellbeing
	KiVa	<ul style="list-style-type: none"> • 5 X 45-minute sessions throughout the year • Survey at the beginning and end of the school year



Whole School Overview

PHSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 2	Summer 2
Year 5	KiVa Week 1: Respect for everyone (45mins) + survey Belonging to a Community Week 1: Equality and Diversity text-based lessons: Young Gifted and Black The Art of learning/ Growth Mindset Week 2: Zones of Regulation (introduce the zones and discuss strategies for self-regulation) Week 3: Neurons in the brain with Ned the Neuron (Connections in the brain and neuroplasticity) Week 4: Thanks for the feedback I think (Text) Week 5: No Excuses (Text) Discuss the importance of resilience and perseverance Week 6: The power of YET (fixed or growth mindset) Belonging to a community Week 7: Black history month	KiVa Week 1: In a group (45 mins) RSE – Religious Understanding Week 2: Assessment Activity Talking to God and God is calling you Week 3: Assessment Activity Pete under Pressure and Under Pressure Week 4: Do you want a piece of cake? Week 5: Self-Talk Week 6: Build others up (Redo assessment in a different colour) Mental and Physical Health Week 7: Understanding my mental health (Signs of poor mental health and ways to build good mental health. Discuss how to seek support) Week 8: The internet and my mental health (Discuss the benefits but also the negative impacts it can have. Discuss strategies for managing screen time)	KiVa Week 1: Recognising Bullying (45 mins) Personal Safety Week 2: What can I do if others try to convince me to take part in risky behaviour? (Consent/peer pressure) Week 3: Algorithms and shared information (How what we search influences what we see) Week 4: Grooming Mental and Physical Health Week 5: World Mental Health Day Personal Safety Week 6: Safer internet day	KiVa Week 1: Hidden forms of bullying (45 mins) RSE – Life Online Week 2: Assessment Activity Dear Diary and Sharing isn't always caring Week 3: Cyberbullying (Redo assessment in a different colour) RSE – Keeping Safe Week 4: Assessment Rights and wrongs and Types of abuse Week 5: Impacted lifestyles Week 6: Making good choices Week 7: Giving assistance (Redo assessment in a different colour)	KiVa Week 1: Responsibly online (45 mins) Social and Emotional Development Week 2: Relaxation and meditation Week 3: Trauma Informed lesson: Chemicals in the brain Week 4: Communicating differently (Discuss individual needs, equity, ways we can communicate our needs) Belonging to a community Week 5: International day of families	KiVa Survey RSE – Religious Understanding Week 1: Assessment Activity Loving our neighbour and The Holy Trinity Week 2: Catholic Social Teaching (Redo assessment in a different colour) RSE – Living in the Wider World Week 3: Assessment Activity Created to live in a community and Reaching out Belonging to a community Week 4: British Values – democracy, rule of law, respect, tolerance and individual liberty. Economic Wellbeing Week 5: Looking after our money (Keeping track of money & risks associated) Week 6: Budgeting (Priorities, needs and wants thinking about our spending decisions)



Whole School Overview

PHSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 2	Summer 2
Year 6	KiVa Week 1: Consequences of bullying (45mins) + survey Belonging to a Community Week 1: Equality and Diversity text-based lessons: Dreams of Freedom The Art of learning/ Growth Mindset Week 2: Zones of Regulation (Discuss the different zones. Create a calm mat) Week 3: The Make-up of my Brain and how it works (Discuss neuroplasticity) Week 4: Meditation and Relaxation I am Peace (Text) Week 5: The power of positive thinking (setting personal goals and believing in yourself) Week 6: Memory (How we can improve our memory and train our brain) Belonging to a community Week 7: Black history month	KiVa Week 1: The group and bullying (45 mins) RSE – Me, My Body, My Health Week 2: Assessment Activity My Beautiful Body and Gifts and Talents Week 3: Girls Bodies and Boys Bodies (sessions taught separately) Week 4: Spots and sleep (Redo assessment in a different colour) Mental and Physical Health Week 5: What to do with negative thoughts (Include the importance of seeking support from others) Week 6: Navigating changes (problem solving when things don't go right, adaptability and coping with change) Week 7: Looking after myself (physical health lesson- the importance of making positive choices and the impact of a few small changes. Discuss hygiene) Belonging to a community Week 8: British Values – democracy, rule of law, respect, tolerance and individual liberty. (Focus on exploring different people's	KiVa Week 1: Communicating Support (45 mins) Personal Safety Week 2: Using my voice (speaking out against peer pressure, consent, speaking up if we see something wrong or bad, who to speak to) Week 3: Managing risks (how to navigate risky situations and the longer impacts of our decisions) Week 4: Grooming Mental and Physical Health Week 5: World Mental Health Day (focus on the impact we can have on others mental health too) Personal Safety Week 6: Safer internet day (my voice online, showing kindness to others online, discuss cyber bullying and the positives and negatives of the internet)	KiVa Week 1: Stick up for yourself (45 mins) RSE – Emotional Wellbeing Week 2: Assessment Activity This is me and Body Image Week 3: Peculiar Feelings Week 4: Emotional Changes Week 5: Seeing Stuff Online (Redo assessment in a different colour) RSE – Life Cycles Week 6: These sessions should be combined and completed over one afternoon. Parental consent should be sought for teaching 'Making Babies Part 2') Assessment Growing up and Making Babies (Part 1) and Making Babies (Part 2) Week 7: Menstruation (Whole Class session)	KiVa Week 1: KiVa School – Let's do it together (45 mins) RSE – Life Cycles - Continued Week 2: Hope beyond death (Redo assessment in a different colour) Economic Wellbeing Week 3: Jobs and Careers (Exploring the jobs children would like to do and the routes into them) Week 4: Building skills for a career (importance of teamwork, collaboration, negotiation and constructively challenging a point of view) Belonging to a community Week 5: International day of families	KiVa Survey RSE – Personal Relationships Week 1: Build Others up (No assessment for this session it is a one off) RSE – Religious Understanding Week 2: Assessment Activity Loving our Neighbour and The Holy Trinity Week 3: Catholic Social Teaching (Redo assessment in a different colour) RSE – Created to Live in a Community Week 4: Assessment Activity Created to live in a community and Reaching Out Social and Emotional Development Week 5: Moving on Up (transition to high school, worries, embracing new opportunities, strategies to support, embracing new opportunities etc) Week 6: What makes a good friend (Power imbalances, consent, peer pressure. Include romantic partnerships? What do I look for in a partner?)

		views on various topics, lifestyle choices and religion etc... explore how to debate these fairly and appropriately)				
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