



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



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Whole School Overview

PHSE

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



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



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PHSE

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 2 | Summer 2 |
|--------|---|--|--|---|---|--|
| Year 4 | <p>KiVa Week 1: We will not join in on bullying! (45mins) + survey</p> <p>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</p> | <p>KiVa Week 1: The bullied child needs your support (45mins)</p> <p>RSE – Me, my body, my health Week 2: Assessment Activity All different, all loved and We don't have to be the same Week 3: Respecting our bodies Week 4: What is puberty? Week 5: Changing bodies Week 6: Male/Female discussion groups (Re-do assessment activity in a different colour)</p> <p>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.)</p> | <p>KiVa Week 1: I will not be bullied! (45 mins)</p> <p>Personal Safety Week 2: Keeping safe in the local area- rail, water, roads, risks outside the home) Week 3: Power and balance. (Friendship dynamics)</p> <p>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)</p> <p>Personal Safety Week 6: Safer internet day (The reliability of what you see online and making reliable choices. Reminders of e-safety)</p> | <p>KiVa Week 1: Literature lesson (45mins)</p> <p>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)</p> <p>RSE – Life cycles Week 5: Assessment Activity Joe's new sister and Life cycles</p> <p>Week 6: A time for everything (Redo assessment in a different colour)</p> <p>Mental and Physical Health Week 7: Fight flight freeze Trauma Informed lesson</p> | <p>KiVa Week 1: The KiVa contract (45mins)</p> <p>Social and Emotional Wellbeing Week 2: RESPECT (Recognising the importance of self-respect and how we should expect to be treated)</p> <p>Economic Wellbeing Week 3: How spending can impact the environment. (Fairtrade, single-use plastics, giving to charity)</p> <p>Week 4: Exploring jobs and careers. (What influences people's decisions about a job- family connections, strengths. Discuss stereotyping as a deterrent)</p> <p>Week 5: Some jobs pay more than others. (Factors and influences and why people may choose voluntary work)</p> | <p>KiVa Survey</p> <p>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)</p> <p>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</p> |



St. Anthony's Catholic Primary School



Whole School Overview

PHSE

UKS2

| PSHE and RSE Key Themes and Content | | |
|-------------------------------------|--|---|
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| | 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 |



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



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Whole School Overview

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| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 2 | Summer 2 |
|--------|---|--|---|---|---|--|
| Year 6 | <p>KiVa Week 1: Consequences of bullying (45mins) + survey</p> <p>Belonging to a Community Week 1: Equality and Diversity text-based lessons: Dreams of Freedom 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) Week 7: Belonging to a community Week 7: Black history month</p> | <p>KiVa Week 1: The group and bullying (45 mins)</p> <p>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) Week 5: Mental and Physical Health Week 6: What to do with negative thoughts (Include the importance of seeking support from others) Week 7: Navigating changes (problem solving when things don't go right, adaptability and coping with change) Week 8: Belonging to a community Week 8: British Values – democracy, rule of law, respect, tolerance and individual liberty. (Focus on exploring different people's</p> | <p>KiVa Week 1: Communicating Support (45 mins)</p> <p>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 Week 5: Mental and Physical Health Week 6: World Mental Health Day (focus on the impact we can have on others mental health too) Week 7: Personal Safety Week 8: Belonging to a community</p> | <p>KiVa Week 1: Stick up for yourself (45 mins)</p> <p>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) Week 6: RSE – Life Cycles Week 7: Menstruation (Whole Class session)</p> | <p>KiVa Week 1: KiVa School – Let's do it together (45 mins)</p> <p>RSE – Life Cycles - Continued Week 2: Hope beyond death (Redo assessment in a different colour) Week 3: Economic Wellbeing 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) Week 5: Belonging to a community International day of families</p> | <p>KiVa Survey</p> <p>RSE – Personal Relationships Week 1: Build Others up (No assessment for this session it is a one off)</p> <p>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)</p> <p>RSE – Created to Live in a Community Week 4: Assessment Activity Created to live in a community and Reaching Out</p> <p>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?)</p> |

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