



Sacred Heart Catholic Primary School - PSHE/RSE Curriculum Coverage (including British Values and safeguarding)

Please use the following website for resources/lessons and ideas related to British Values and keeping ourselves safe –

<https://www.pol-ed.co.uk/lessons/categories> (updated April 26) <https://www.tentenresources.co.uk/programmes/life-to-the-full-plus/> and <https://www.bbc.co.uk/teach/articles/z4pp7nb>

PSHE education is a subject through which pupils should develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

Pupils should learn about how to stay healthy and safe both online and in relationships.

Throughout all units and at all opportunities adults will reflect on consent and understanding safeguarding and keeping ourselves safe at an age-appropriate level and reinforce the British Values along with our Virtues for Life Programme

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Advent 1	-Understanding the World -People, Culture and Communities - Created by God -Consent -Democracy -NSPCC PANTS	-Health and Wellbeing -Ourselves - Growing and changing -We are Unique -Democracy -NSPCC PANTS	-Ourselves - Growing and changing -Body, mind and soul -Consent -Democracy -NSPCC PANTS -Anti-bullying	-Mental Health -Life is precious -Consent -Democracy -Catholic Social Teaching	-Mental Health -Life is precious -Consent -Democracy -Catholic Social Teaching	-Emotional Well-being - Body Image -Intense feelings -Consent -Democracy	-Health and Wellbeing -Me, My Body, My Health -Changes During Puberty -Consent -Democracy
Advent 2	-PSED Managing Self -Naming Body Parts -Healthy lifestyle -Staying Safe Online -Rule of Law -NSPCC PANTS -Catholic Social Teaching	-Healthy Personal Relationships -Bullying -Staying Safe Online -Rule of Law -NSPCC PANTS -Catholic Social Teaching	-Me, My Body, My Health -Naming Body Parts (inc. genitalia) -Staying Safe Online -Rule of Law -NSPCC PANTS	-Healthy Personal Relationships -Bullying -Staying Safe Online -Rule of Law	-Me, My Body, My Health -Puberty -Staying Safe Online -Rule of Law	-Health and Wellbeing -Life Cycles -Menstruation -Grief -Staying Safe Online -Rule of Law -Catholic Social Teaching	-Living in the Wider World -Media Literacy and Digital Resilience -Harmful online material -Staying Safe Online -Rule of Law
Lent 1	-Understanding the World -Past and Present -Growing, Changing and Transition -Consent -NSPCC PANTS	-Living in the Wider World -Media Literacy and Digital Resilience -What is the internet? -Consent -NSPCC PANTS	-Personal Health and Wellbeing -Emotional Wellbeing -Feelings -Consent -NSPCC PANTS	-Media Literacy and Digital Resilience -Sharing online -Consent	-Health and Wellbeing -Emotional Wellbeing -Hormones -Consent	-Safe Relationships -Cyberbullying -Consent -Exploitation and Grooming - Anti-Racism	-Health and Wellbeing -Life Cycles -Making Babies -Consent -Catholic Social Teaching

Lent 2	-PSED Building Positive Relationships -Making Friends -Staying Safe Online -Respect -NSPCC PANTS	-Safe Relationships - Respecting privacy and Getting Help -Keeping Safe - Medicines and Drugs -Staying Safe Online -Respect -NSPCC PANTS	-Health and Wellbeing -Life Cycles from Young to Old -Staying Safe Online -Respect -NSPCC PANTS -Catholic Social Teaching	-Relationships - Keeping Safe -Personal Boundaries -Drugs, Alcohol & Tobacco -Rules and Laws -Staying Safe Online -Respect -Catholic Social Teaching	-Health and Wellbeing -Life Cycles – The Human Life Cycle -Staying Safe Online -Respect -Sexism -Catholic Social Teaching	-Healthy Relationships - Keeping Safe - Drugs, Alcohol and Tobacco - Emergency First Aid (Dr ABC) -Staying Safe Online -Respect -Violence Against Women and Girls	-Healthy Personal Relationships -Consent -Prejudice -Staying Safe Online -Respect -Catholic Social Teaching
Pent 1	-PSED Building Relationships -People Who Help US -Consent -NSPCC PANTS -Liberty	-Health and Wellbeing -Keeping Safe and Calling 999 -Consent -Liberty -NSPCC PANTS	-Living in the Wider World Communities -Belonging -Consent -Liberty -NSPCC PANTS	-Living in the Wider World -Shared Responsibility -Community -Consent -Liberty	-Healthy Relationships - Keeping Safe -Female Genital Mutilation -Consent -Liberty	-Living in the Wider World -Shared Responsibility -Catholic Social Teaching -Consent -Liberty	-Healthy Relationships -Keeping Safe -Types of Abuse -Consent -Liberty -Catholic Social Teaching
Pent 2	-Understanding of the World People, Cultures and Community -Belonging to a Community -Gifts and talents -What is money? -Staying Safe Online -Tolerance of Others -NSPCC PANTS	-Living in the Wider World -Economic Wellbeing: Money Sources and Forms of Money. -Jobs are a way of earning money -Staying Safe Online -Tolerance of Others -NSPCC PANTS	-Living in the Wider World -Economic Wellbeing: Money Sources and Forms of Money -Jobs are a way of earning money -Staying Safe Online -Tolerance of Others -NSPCC PANTS	-Living in the Wider World -Economic Wellbeing - Types of Jobs, Money, Risks of Gambling -Staying Safe Online -Tolerance of Others	-Living in the Wider World -Economic Wellbeing - Types of Jobs, Money Risks of Gambling -Staying Safe Online -Tolerance of Others	-Living in the Wider World -Economic Wellbeing - Career Pathways -Money Saving and Spending -Staying Safe Online -Tolerance of Others	-Living in the Wider World -Economic wellbeing -Career Pathways, Money Saving and Spending -Staying Safe Online -Tolerance of Others