

St Joseph's Primary School RSHE and PSHE Curriculum 2022-2023



Core theme	Autumn 1 and 2 (14 Sessions)			
	Module 1: Created and loved by God			
	Autumn 1 (7 Weeks)		Autumn 2 (7 Weeks)	
	Unit 1 Religious Understanding	Unit 2 Me, my body, my health	Unit 3 Emotional well-being	Unit 4 Lifecycles
EYFS	Unit Prayer Assessment Activity Story sessions – Handmade with Love	Unit Prayer Assessment Activity Session 1 I Am Me Session 2 Heads, Shoulders, Knees and Toes Session 3 Ready Teddy?	Unit Prayer Assessment Activity Session 1 I Like, You Like, We All Like! Session 2 Good Feelings, Bad Feelings Session 3 Let's Get Real	Unit Prayer Assessment Activity Session 1 Growing Up
Year 1	Unit Prayer Assessment Activity Story Sessions: Let the Children Come	Unit Prayer Assessment Activity Session 1 I am Unique Session 2 Girls and Boys	Unit Prayer Assessment Activity Session 1 Feelings, Likes and Dislikes Session 2 Feeling Inside Out Session 3	Unit Prayer Assessment Activity Session 1: The Cycle of Life

			<p>Session 3 & 4 (two sessions): Clean & Healthy KAPOW</p> <p>Economic Well-Being</p> <p>Lesson 1 – Introduction to Money Lesson 2 – Looking After Money</p>	<p>Super Susie Gets Angry KAPOW</p> <p>Economic Well-Being</p> <p>Lesson 3 – Banks And Building Societies Lesson 4 – Saving and Spending Lesson 5 – Jobs in School</p>	
Year 2	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Story Sessions: Let the Children Come</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1 I am Unique Session 2 Girls and Boys Session 3 & 4 (two sessions): Clean & Healthy KAPOW</p> <p>Economic Well-being</p> <p>Lesson 1 – Where Money Comes From Lesson 2 – Needs and Wants</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: Feelings, Likes and Dislikes Session 2: Feeling Inside Out Session 3: Super Susie Gets Angry</p> <p>KAPOW</p> <p>Economic Well-being</p> <p>Lesson 3 – Wants and Needs Lesson 4 – Looking After Money Lesson 5 - Jobs</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: The Cycle of Life</p>	
Year 3	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p>	<p>KAPOW</p> <p>Economic Well-Being</p> <p>Lesson 1 – Ways Of Paying</p>	

		The Sacraments	<p>We Don't Have To Be The Same</p> <p>Session 2</p> <p>Respecting Our Bodies</p> <p>KAPOW</p> <p><u>Health and Well-being</u></p> <p>Lesson 5 – Resilience and breaking down barriers</p>	<p>What Am I Feeling?</p> <p>Session 2</p> <p>What Am I Looking At?</p> <p>Session 3</p> <p>I am Thankful!</p>	<p>Lesson 2 – Budgeting</p> <p>Lesson 3 – How Spending Affects Other</p> <p>Lesson 4 – Impact of Spending</p> <p>Lesson 5 – Jobs and Careers</p> <p>Lesson 6 – Gender and Careers</p>
Year 4	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>The Sacraments</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>We Don't Have To Be The Same</p> <p>Session 2</p> <p>Respecting Our Bodies</p> <p>Session 3</p> <p>What is Puberty?</p> <p>Session 4</p> <p>Changing Bodies</p> <p>Session 5 (Optional)</p> <p>Discussion Groups</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>What Am I Feeling?</p> <p>Session 2</p> <p>What Am I Looking At?</p> <p>Session 3</p> <p>I am Thankful!</p> <p>KAPOW</p> <p><u>Economic well-being</u></p> <p>Lesson 1 - Spending choices</p> <p>Lesson 2 - Keeping track of money</p> <p>Lesson 3 - Looking after money</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Life Cycles</p> <p>KAPOW</p> <p><u>Economic well-being</u></p> <p>Lesson 4 - Influences on career choices</p> <p>Lesson 5 - Changing job</p>	
Year 5	<p>Unit Prayer</p> <p>Story Session</p> <p>Calming the Storm</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Gifts and Talents</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Body Image</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Making Babies (Part One)</p>	

			Session 2 Girls' Bodies Session 3 Boys' Bodies Session 4 Spots And Sleep	Session 2 Peculiar Feelings Session 3 Emotional Changes Session 4 Seeing Stuff Online	Session 2 Making Babies (Part Two)
Year 6	Unit Prayer Story Session Calming the Storm	Unit Prayer Assessment Activity Session 1 Gifts and Talents Session 2 Girls' Bodies Session 3 Boys' Bodies Session 4 Spots And Sleep	Unit Prayer Assessment Activity Session 1 Body Image Session 2 Peculiar Feelings Session 3 Emotional Changes Session 4 Seeing Stuff Online	Unit Prayer Assessment Activity Session 1 Making Babies (Part One) Session 2 Making Babies (Part Two)	
Spring 1 and 2 (12 Weeks) Module 2: Created to love others					
	Spring 1 (6 Weeks)			Spring 2 (6 Weeks)	
	Unit 1 Religious Understanding	Unit 2 Personal Relationships		Unit 3 Keeping safe	
EYFS	Assessment Activity Session 1	Assessment Activity Session 1		Assessment Activity Session 1	

		<p>Role Model</p>	<p>Who's Who?</p> <p>Session 2</p> <p>You've Got A Friend In Me</p> <p>Session 3</p> <p>Forever Friends</p>	<p>Safe Inside And Out</p> <p>Session 2</p> <p>My Body, My Rules</p> <p>Session 3</p> <p>Feeling Poorly</p> <p>Session 4</p> <p>People Who Help Us</p>
Year 1	<p>Assessment Activity</p> <p>Session 1</p> <p>God Loves You</p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Special People</p> <p>Session 2</p> <p>Treat Others Well</p> <p>Session 3</p> <p>And Say Sorry...</p> <p>KAPOW</p> <p><u>Health and well-being</u></p> <p>Lesson 5 – Handwashing and personal hygiene</p> <p>Lesson 6 – Sun safety</p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Being Safe</p> <p>Session 2</p> <p>Good Secrets and Bad Secrets</p> <p>Session 3</p> <p>Physical Contact</p> <p>Session 4</p> <p>Harmful Substances</p> <p>Session 5 (2 Sessions)</p> <p>Can you help me?</p> <p>Session 6</p> <p>Can you help me?</p>	
Year 2	<p>Assessment Activity</p> <p>Session 1</p> <p>God Loves You</p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Special People</p> <p>Session 2</p> <p>Treat Others Well</p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Being Safe</p> <p>Session 2</p> <p>Good Secrets and Bad Secrets</p>	

			<p>Session 3</p> <p>And Say Sorry...</p> <p>KAPOW</p> <p><u>Health and well-being</u></p> <p>Lesson 5 – Developing a Growth Mindset</p> <p>Lesson 7 – Looking after our teeth</p>	<p>Session 3</p> <p>Physical Contact</p> <p>Session 4</p> <p>Harmful Substances</p> <p>Session 5 (1 Session)</p> <p>Can you help me?</p>
Year 3	<p>Assessment Activity</p> <p>Session 1</p> <p>Jesus, My Friend</p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Friends, Family And Others</p> <p>Session 2</p> <p>When Things Feel Bad</p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Sharing Online</p> <p>Session 2</p> <p>Chatting Online</p> <p>Session 3</p> <p>Safe In My Body</p> <p>Session 4</p> <p>Drugs, Alcohol, Tobacco</p> <p>Session 5</p> <p>First Aid Heroes</p>	
Year 4	<p>Assessment Activity</p> <p>Session 1</p> <p>Jesus, My Friend</p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Friends, Family And Others</p> <p>Session 2</p> <p>When Things Feel Bad</p> <p>KAPOW</p> <p><u>Health and Well-being</u></p>	<p>Assessment Activity</p> <p>Session 1</p> <p>Sharing Online</p> <p>Session 2</p> <p>Chatting Online</p> <p>Session 3</p> <p>Safe In My Body</p>	

			<p>Lesson 1 – Looking after our teeth</p> <p>Lesson 3 – Celebrating mistakes</p> <p>Lesson 7 – Mental health</p>	<p>Session 4</p> <p>Drugs, Alcohol, Tobacco</p> <p>Session 5</p> <p>First Aid Heroes</p>
Year 5	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Is God Calling You?</p> <p>KAPOW</p> <p><u>Economic well-being</u></p> <p>Lesson 1 – Borrowing</p> <p>Lesson 2 – Income and Expenditure</p> <p>Lesson 3 – Risks with money</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Under Pressure</p> <p>Session 2</p> <p>Do You Want A Piece Of Cake?</p> <p>Session 3</p> <p>Self-Talk</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Sharing Isn't Always Caring</p> <p>Session 2</p> <p>Cyber-Bullying</p> <p>Session 3</p> <p>Types Of Abuse</p> <p>Session 4</p> <p>Impacted Lifestyles</p> <p>Session 5</p> <p>Making Good Choices</p> <p>Session 6</p> <p>Giving Assistance</p>	
Year 6	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Is God Calling You?</p> <p>KAPOW</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Under Pressure</p> <p>Session 2</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1</p> <p>Sharing Isn't Always Caring</p> <p>Session 2</p>	

		<p><u>Economic Well-being</u></p> <p>Lesson 1 – Attitudes to money</p> <p>Lesson 2 – Keeping money safe</p> <p>Lesson 3 - Gambling</p>	<p>Do You Want A Piece Of Cake?</p> <p>Session 3</p> <p>Self-Talk</p>	<p>Cyber-Bullying</p> <p>Session 3</p> <p>Types Of Abuse</p> <p>Session 4</p> <p>Impacted Lifestyles</p> <p>Session 5</p> <p>Making Good Choices</p> <p>Session 6</p> <p>Giving Assistance</p>	
	<p>Summer 1 and 2 (12 Weeks)</p> <p>Module 3:</p> <p>Created to live in the community</p>				
		<p>Summer 1 (7 Weeks)</p>		<p>Summer 2 (7 Weeks)</p>	
		<p>Unit 1</p> <p>Religious Understanding</p>		<p>Unit 2</p> <p>Living in the Wider World</p>	
	EYFS	<p>Unit Prayer</p> <p>Assessment Activity</p> <p><u>Session 1</u></p> <p>God is Love</p> <p><u>Session 2</u></p> <p>Loving God, Loving Others</p>		<p>Unit Prayer</p> <p>Assessment Activity</p> <p><u>Session 1</u></p> <p>Me, You, Us</p>	
	Year 1	<p>Unit Prayer</p> <p>Assessment Activity</p>		<p>Unit Prayer</p> <p>Assessment Activity</p>	

		<p><u>Session 1</u> Three in One</p> <p><u>Session 2</u> Who Is My Neighbour?</p>	<p><u>Session 1</u> The Communities We Live In KAPOW</p> <p><u>Citizenship</u> Lesson 1 - Rules Lesson 2 – Caring for others and animals Lesson 3 – The needs of others Lesson 4 – Similar, yet different Lesson 5 – Belonging Lesson 6 – Democratic Decisions Lesson 7 - Year 1 Transition Lesson</p>
	<p>Year 2</p>	<p>Unit Prayer Assessment Activity</p> <p><u>Session 1</u> Three in One</p> <p><u>Session 2</u> Who Is My Neighbour?</p> <p><u>KAPOW</u></p> <p><u>Citizenship</u> Lesson 1 – Rules beyond school Lesson 2 – Our school environment</p>	<p>Unit Prayer Assessment Activity</p> <p>Session 1 The Communities We Live In <u>KAPOW</u></p> <p><u>Citizenship</u> Lesson 3 – Our local environment Lesson 4 – Job roles in our local community Lesson 5 – Similar-yet different – my local community Lesson 6 – School Council Lesson 7 – Giving my opinion Year 2 Transition lesson</p>

	<p>Year 3</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: A Community of Love</p> <p>Session 2: What is the Church?</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: How Do I Love Others?</p> <p>KAPOW</p> <p><u>Citizenship</u></p> <p>Lesson 1 – Rights of the child</p> <p>Lesson 2 – Rights and Responsibilities</p> <p>Lesson 3 – Recycling</p> <p>Lesson 4 – Local Community Groups</p> <p>Lesson 5 – Charity</p> <p>Lesson 6 – Local Democracy</p> <p>Year 3 Transition Lesson</p>
	<p>Year 4</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: A Community of Love</p> <p>Session 2: What is the Church?</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: How Do I Love Others?</p> <p>KAPOW</p> <p><u>Citizenship</u></p> <p>Lesson 1 – What are Human Rights?</p> <p>Lesson 2 – Caring for the Environment</p> <p>Lesson 3 – Community</p> <p>Lesson 4 – Contributing</p> <p>Lesson 5 – Diverse Communities</p> <p>Lesson 6 – Local Councilors</p> <p>Year 4 Transition Lesson</p>

	<p>Year 5</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: The Trinity</p> <p>Session 2: Catholic Social Teaching</p> <p>KAPOW</p> <p><u>Citizenship</u></p> <p>Lesson 1 – Breaking the Law</p> <p>Lesson 2 – Rights and Responsibilities</p> <p>Lesson 3 – Protecting the Planet</p> <p>Lesson 4 – Contributing to the Community</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: Reaching Out</p> <p>KAPOW</p> <p><u>Economic Well-being</u></p> <p>Lesson 4 – Prioritising Spending</p> <p>Lesson 5 – Stereotypes in the Workplace</p> <p>KAPOW</p> <p><u>Citizenship</u></p> <p>Lesson 5 – Pressure Groups</p> <p>Lesson 6 – Parliament</p> <p>KAPOW</p> <p><u>Health and well-being</u></p> <p>Lesson 7 – Sun Safety</p> <p>Year 5 – Transition Lesson</p>
	<p>Year 6</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: The Trinity</p> <p>Session 2: Catholic Social Teaching</p> <p>KAPOW</p> <p><u>Citizenship</u></p> <p>Lesson 1 – Human Rights</p> <p>Lesson 2 – Food Choices and the Environment</p>	<p>Unit Prayer</p> <p>Assessment Activity</p> <p>Session 1: Reaching Out</p> <p>KAPOW</p> <p><u>Economic Well-being</u></p> <p>Lesson 4 – What jobs are available?</p> <p>Lesson 5 – Career routes</p> <p>KAPOW</p> <p><u>Citizenship</u></p>

Lesson 3 – Caring for Others
Lesson 4 – Prejudice and Discrimination

Lesson 5 – Valuing diversity
Lesson 6 – National democracy
KAPOW
Health and well-being
Lesson 4 – The impact of technology on health
Year 6 – Transition Lesson