RSHE curriculum overview - EYFS

Autumn 1	• Zones of Regulation • Attendance • British Values: Rule of Law • British Values: Democracy
Autumn 2	• Module 1 Unit 1: Handmade with Love • Module 1 Unit 2: I Am Me • Module 1 Unit 2: Heads, Shoulders, Knees and Toes • Module 1 Unit 2: Ready Teddy • British Values: Mutual Respect and Tolerance • British Values: Individual Liberty
Spring 1	• Module 1 Unit 3: I Like You, You Like, We All Like • Module 1 Unit 3: All the Feelings • Module 1 Unit 3: Let's Get Real • Module 1 Unit 4: Growing Up • Children's Mental Health Week

Spring 2	• Module 1 Unit 4: New People, New Places • Module 2 Unit 1: Role Model • Module 2 Unit 2: Who's Who? • Module 2 Unit 2: You've Got a Friend in Me • Module 2 Unit 2: Forever Friends • Lifestyle Fitness: Healthy Eating
Summer 1	• Module 2 Unit 3: What Is the Internet? • Module 2 Unit 3: Playing Online • Module 2 Unit 4: Safe Inside and Out • Module 2 Unit 4: My Body, My Rules • Module 2 Unit 4: Feeling Poorly • Lifestyle Fitness: Sleep
Summer 2	• Module 2 Unit 4: People Who Help Us • Module 3 Unit 1: God Is Love • Module 3 Unit 1: Loving God, Loving Others • Module 3 Unit 2: Me, You, Us • Module 3 Unit 2: When I Grow Up • Module 3 Unit 2: Money Doesn't Grow on Trees • Economic Well-Being: Work and Money • Lifestyle Fitness: Physical Activity

RSHE curriculum overview - KS1

	Year 1	Year 2
Autumn 1	• Class Rules • Zones of Regulation • British Values: Rule of Law • British Values: Democracy • Black History Month • Attendance	• Class Rules • Zones of Regulation • British Values: Rule of Law • British Values: Democracy • Black History Month • Attendance
Autumn 2	• Module 1 Unit 1: Let the Children Come • British Values: Mutual Respect and Tolerance • Anti-Bullying Week • Road Safety Week • British Values: Individual Liberty • Module 2 Unit 1: God Loves You	• Module 1 Unit 1: Let the Children Come • British Values: Mutual Respect and Tolerance • Anti-Bullying Week • British Values: Individual Liberty • Road Safety Week • Module 1 Unit 2: I Am Unique • Module 1 Unit 2: Girls and Boys • Module 1 Unit 2: Clean and Healthy (My Body)
Spring 1	• Module 2 Unit 2: Special People • Module 2 Unit 2: Treat Others Well • Module 2 Unit 2: ...and Say Sorry • Lifestyle Fitness: Healthy Eating • Economic Well-Being: Money • Children's Mental Health Week	• Module 1 Unit 3: Feelings, Likes and Dislikes • Module 1 Unit 3: Feelings Inside Out • Module 1 Unit 3: Super Susie Gets Angry • Lifestyle Fitness: Healthy Eating • Economic Well-Being: Where Money Comes From • Children's Mental Health Week
Spring 2	• Module 2 Unit 4: Good and Bad Secrets • Module 2 Unit 4: Physical Contact • Module 2 Unit 4: Harmful Substances • Module 2 Unit 4: Can You Help Me? (Part 1) • Module 2 Unit 4: Can You Help Me? (Part 2)	• Module 1 Unit 4: The Cycle of Life • Module 1 Unit 4: Beginnings and Endings • Module 1 Unit 4: Change Is All Around
Summer 1	• Module 3 Unit 1: Three in One • Module 3 Unit 1: Who Is My Neighbour? • Lifestyle Fitness: Minimising Harm • Lifestyle Fitness: Healthy Relationships • Shared Responsibilities: Racism and Diversity	• Module 2 Unit 3: Real Life Online • Module 2 Unit 3: Rules to Help Us • Module 3 Unit 1: Three in One • Module 3 Unit 1: Who Is My Neighbour? • Lifestyle Fitness: Minimising Harm
Summer 2	• Module 3 Unit 2: The Communities We Live In • Module 3 Unit 2: Who Will I Be? • Lifestyle Fitness: Sleep • Lifestyle Fitness: Physical Activity	• Module 3 Unit 2: The Communities We Live In • Module 3 Unit 2: Needs and Wants • Lifestyle Fitness: Healthy Relationships • Lifestyle Fitness: Sleep • Lifestyle Fitness: Physical Activity

RSHE curriculum overview - Lower KS2

	Year 3	Year 4
Autumn 1	• Class rules • Zones of Regulation • British Values • Black History Month • Attendance	• Class rules • Zones of Regulation • British Values • Black History Month • Attendance
Autumn 2	• Module 1 Unit 1: The Sacraments • British Values: Mutual Respect and Tolerance • Anti-Bullying Week • Road Safety Week • British Values: Individual Liberty • Module 1 Unit 1: Get Up! • Module 2 Unit 1: Jesus My Friend	• Module 1 Unit 1: Get Up! • British Values: Mutual Respect and Tolerance • Anti-Bullying Week • Road Safety Week • British Values: Individual Liberty • Module 1 Unit 2: We Don't Have to be the Same
Spring 1	• Module 2 Unit 2: Friends, Family and Others • Module 2 Unit 2: When Things Feel Bad • Module 2 Unit 3: Sharing Online • Module 2 Unit 3: Chatting Online • Feet First Preparation • Children's Mental Health Week	• Module 1 Unit 2: Respecting our Bodies • Module 1 Unit 2: What is Puberty? • Module 1 Unit 2: Changing Bodies • Module 1 Unit 2: Male/Female Discussion Groups • Lifestyle Fitness: Healthy Eating • Children's Mental Health Week
Spring 2	• Module 2 Unit 4: Safe In My Body • Module 2 Unit 4: Drugs, Alcohol and Tobacco • Module 2 Unit 4: First Aid Heroes • Module 2 Unit 4: Rights and Responsibilities • Lifestyle Fitness: Healthy Eating	• Module 1 Unit 3: What Am I Feeling? • Module 1 Unit 3: What Am I Looking At? • Module 1 Unit 3: I Am Thankful • Economic Well-Being: Making Wise Choices
Summer 1	• Module 3 Unit 1: A Community of Love • Module 3 Unit 1: What is the Church? • Economic Well-Being: Keeping a Record • Shared Responsibilities: Racism and Diversity • Lifestyle Fitness: Sleep	• Module 3 Unit 1: Life Cycles • Module 1 Unit 4: A Time for Everything • Module 1 Unit 4: Big Changes, Little Changes • Shared Responsibilities: Racism and Diversity • Lifestyle Fitness: Sleep
Summer 2	• Module 3 Unit 2: How Do I Love Others? • Module 3 Unit 2: Working Together • Lifestyle Fitness: Mental Health	• Module 3 Unit 1: A Community of Love • Module 3 Unit 1: What is the Church? • Module 3 Unit 2: How Do I Love Others? • Module 3 Unit 2: Money Matters • Lifestyle Fitness: Mental Health

RSHE curriculum overview - Upper KS2

	Year 5	Year 6
Autumn 1	• Class rules • Zones of Regulation • British Values • Black History Month • Attendance	• Class rules • Zones of Regulation • British Values • Black History Month • Attendance
Autumn 2	• Module 1 Unit 1: Calming the Storm • Anti-Bullying Week • Road Safety Week • Module 2 Unit 1: Is God Calling You? • British Values: Mutual Respect and Tolerance • Module 2 Unit 3: Under Pressure • Module 2 Unit 3: Do You Want a Piece of Cake? • Module 2 Unit 3: Self-Talk	• Module 1 Unit 1: Calming the Storm • Anti-Bullying Week • Road Safety Week • Module 1 Unit 2: Gifts and Talents • Module 1 Unit 2: Girls' Bodies • Module 1 Unit 2: Boys' Bodies • Module 1 Unit 2: Spots and Sleep • British Values: Individual Liberty
Spring 1	• Module 2 Unit 3: Sharing Isn't Always Caring • Module 2 Unit 3: Cyberbullying • Lifestyle Fitness: Healthy Eating • Lifestyle Fitness: Healthy Eating • Economic Well-Being: Shopping Sense • Children's Mental Health Week	• Module 1 Unit 3: Body Image • Module 1 Unit 3: Peculiar Feelings • Module 1 Unit 3: Emotional Changes • Lifestyle Fitness: Healthy Eating • Children's Mental Health Wee
Spring 2	• Module 2 Unit 4: Types of Abuse • Module 2 Unit 4: Impacted Lifestyles • Module 2 Unit 4: Making Good Choices • Module 2 Unit 4: Giving Assistance	• Lifestyle Fitness: Physical Activity • Lifestyle Fitness: Minimising Harm • Module 1 Unit 4: Hope Beyond Death • Module 1 Unit 4: Coping With Change
Summer 1	• Module 3 Unit 1: The Holy Trinity • Module 3 Unit 1: Catholic Social Teaching • Shared Responsibilities: Racism and Diversity • Lifestyle Fitness: Physical Activity • Lifestyle Fitness: Minimising Harm	• Module 2 Unit 2: Build Others Up • Module 3 Unit 1: The Holy Trinity • Module 3 Unit 1: Catholic Social Teaching • Lifestyle Fitness: Sleep • Economic Well-Being: Sustainable Choices
Summer 2	• Module 3 Unit 2: Reaching Out • Module 3 Unit 2: The World of Work • Lifestyle Fitness: Minimising Harm	• Module 3 Unit 2: Reaching Out • Module 3 Unit 2: Money and Me • Shared Responsibilities: Racism and Diversity • Module 1 Unit 4: Making Babies (Part 1) • Module 1 Unit 4: Making Babies (Part 2) • Module 1 Unit 4: Menstruation • Lifestyle Fitness: Minimising Harm