



PSHE Overview 2026-2027

Yellow – Lessons to be planned using the TenTen website

Blue – British values lessons that you need to resource.

<https://www.tentenresources.co.uk/programmes/life-to-the-full-plus/5overview> (INTERACTIVE OVERVIEW)

EYFS AUTUMN 1

Lesson	Module / Value	Session title	Session Length	Objectives
L1	British Values	Rule of Law	10 minutes	What rules are, why they are needed, and why different rules are needed for different situations
L2	British Values	Democracy	10 minutes	● To recognise that their opinions are important and that each child's thoughts and feelings should be listened to and valued. ● To recognise that sometimes we are given the power to choose and make decisions as individuals and as a group. ● To learn to take turns and share with others.
L3	Module 1, Unit 1	Story Sessions: Handmade with Love	5x 15 minute sessions over 5 days	● We are created individually by God as part of His creation plan ● We are all God's children and are special ● Our bodies were created by God and are good. We can give thanks to God!



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EYFS AUTUMN 2				
Lesson	Module / Value	Session title	Session Length	Objectives
L1	Module 1, Unit 2	I am me	20 Mins	To know we are each unique, with individual gifts, talents and skills. Whilst we all have similarities because we are made in God's image, difference is part of God's plan!
L2	Module 1, Unit 2	Heads, shoulders, knees and toes	20 Mins	- That their bodies are good and made by God - The names of the parts of the body (not genitalia)
L3	Module 1, Unit 2	Ready teddy	20 Mins	- That our bodies are good and we need to look after them - What constitutes a healthy lifestyle, including exercise, diet, sleep, and personal hygiene
L4	British Values	Mutual Respect and Tolerance	0 minutes	- To treat each other kindly. - To help each other. - To share with others.
L5	British Values	Individual Liberty	10 minutes	To learn that we can make our own choices within reason.



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EYFS SPRING 1				
Lesson	Module / Value	Session title	Session Length	Objectives
L1	Module 1, unit 3	I like you, you like, we all like	20 Mins	To help children consider what likes and dislikes they have in common.
L2	Module 1, unit 3	All the feelings	20 Mins	To discuss how they are feeling, what feelings can look like in their bodies and what contributes to their feelings.
L3	Module 1, unit 3	Let's get real	20 Mins	To understand that actions have consequences;
L4	Module 1, Unit 4	Growing up	20 Mins	To know that growing up is part of God's plan
L5	Module 1, Unit 4	New people, new places + classroom shorts	20 Mins	To know that changes part of growing up



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EYFS SPRING 2				
Lesson	Module / Value	Session title	Session Length	Objectives
L1	Module 2, Unit 1	Role Model	2x 15 minute sessions	• We are part of God's family • Jesus cared for others and wanted them to live good lives like Him • We should love other people in the same way God loves us
L2	Module 2, Unit 2	Who's Who?	15 minutes	• To identify special people (e.g. parents, carers, friends) and what makes them special • The importance of the nuclear family and of the wider family • The importance of being close to and trusting of 'special people' and telling them is something is troubling them.
L3	Module 2, Unit 2	You've Got A Friend In Me	15 minutes	• How their behaviour affects other people and that there is appropriate and inappropriate behaviour • The characteristics of positive and negative relationships • About different types of teasing and that all bullying is wrong and unacceptable
L4	Module 2, Unit 2	Forever Friends	15 minutes	• To recognise when they have been unkind to others and say sorry. • That when we are unkind, we hurt God and should say sorry. • To recognise when people are being unkind to them and others and how to respond. • That we should forgive like Jesus forgives.
L5	Economic Well-Being: Money	Work and money	30 minutes	• To explore why we go out to work, earning money.



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EYFS SUMMER 1				
Lesson	Module / Value	Session title	Session Length	Objectives
L1 +2	Module 2 Unit 3	What is the internet? Playing online	2 x 15 minutes	• That the internet connects us to others • That the internet helps us in lots of ways • Only Jesus can help us with everything • About safe and unsafe situations online. • That they can ask for help from their special people.
L3	Module 2: Unit 4	Safe Inside and Out	15 minutes	• About safe and unsafe situations indoors and outdoors, including online. • That they can ask for help from their special people.
L4		My Body, My Rules	15 minutes	• To know they are entitled to bodily privacy • That they can and should be open with ‘special people’ they trust if anything troubles them • That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest.
L5		Feeling Poorly	15 minutes	• Medicines should only be taken when a parent or doctor gives them to us. • Medicines are not sweets. • We should always try to look after our bodies because God created them and gifted them to us.
L6		People Who Help Us	15 minutes	• There are lots of jobs designed to help us. • Paramedics help us in a medical emergency. • First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance



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EYFS SUMMER 2

Lesson	Module / Value	Session title	Session Length	Objectives
L1	Module 3 Unit 1	Session 1: God is Love	15 minutes	• That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others
L2		Session 2: Loving God, Loving Others	15 minutes	• What a community is, and that God calls us to live in community with one another • Some Scripture illustrating the importance of living in a community • No matter how small our offerings, they are valuable to God and He can use them for His glory.
L3	Module 3: Unit 2	Session 1: Me, You, Us	15 minutes	• That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. That we have a duty of care for others and for the world we live in (charity work, recycling, etc.) • About what harms and what improves the world in which they live
L4	Module 3: Unit 2	When I grow up + classroom shorts	20 Mins	• To learn how work can contribute to a sense of fulfilment.



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YEAR ONE- AUTUMN 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Rule of Law	40 mins	- About what rules are, why they are needed, and why different rules are needed for different situations. - To be able to distinguish right from wrong.
L2	British Values	Democracy	40 mins	To recognise that sometimes we are given the power to choose and make decisions as individuals and as a group.
L3	Module 1, Unit 1	Story sessions: Let the children come	5 x 10 mins 2 lessons*	- We are created individually by God; - God wants us to talk to Him often through the day and treat Him as our best friend; - God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness; - We are created as a unity of body, mind and spirit: who we are matters and what we do matters; - We can give thanks to God in different ways.



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YEAR ONE- AUTUMN 2

Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Mutual respect and tolerance	20 mins	• To accept responsibility for their behaviour • To understand how they can contribute positively in their families and at school.
L2	British Values	Individual Liberty	20 minutes	• To learn that we can make our own choices within reason.
L3	Module 2, Unit 1	Session 1: God loves you	40 mins	• We are part of God's family; • Saying sorry is important and can mend friendships; • Jesus cared for others and had expectations of them and how they should act; • We should love other people in the same way God loves us.



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YEAR ONE -SPRING 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 2, Unit 2	Session 1: Special people	30 mins	- To identify ‘special people’ (their parents, carers, friends, parish priest) and what makes them special; - The importance of nuclear and wider family; - The importance of being close to and trusting special people and telling them if something is troubling them.
L2		Session 2: Treat others well	35 mins	- How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; - The characteristics of positive and negative relationships; - Different types of teasing and that all bullying is wrong and unacceptable.
L3		Session 3: ...and day sorry	30 mins	- To recognise when they have been unkind and say sorry; - To recognise when people are being unkind to them and others and how to respond; - To know that when we are unkind to others, we hurt God also and should say sorry to him as well; - To know that we should forgive like Jesus forgives.
L4	Economic wellbeing: Money	Money	60 mins	- What money is; forms that money comes in; that money comes from different sources. - To know about the difference between needs and wants; that sometimes people may not always be able to have the things they want.



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YEAR ONE -SPRING 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 2, Unit 4	Session 1: Good and Bad Secrets	35 mins	- The difference between ‘good’ and ‘bad’ secrets and that they can and should be open with ‘special people’ they trust if anything troubles them; - How to resist pressure when feeling unsafe.
L2		Session 2: Physical contact	40 mins	- To know that they are entitled to bodily privacy; - That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.
L3		Session 3: Harmful substances	30 mins	- Medicines are drugs, but not all drugs are good for us. - Alcohol and tobacco are harmful substances. - Our bodies are created by God, so we should take care of them and be careful about what we consume.
L4		Session 4: Can You Help Me? (pt 1)	35 mins	- They should call 999 in an emergency and ask for ambulance, police and/or fire brigade - If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. - Some basic principles of First Aid
L5		Session 5: Can You Help Me? (pt 2)	35 mins	- They should call 999 in an emergency and ask for ambulance, police and/or fire brigade - If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. - Some basic principles of First Aid



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YEAR ONE –SUMMER 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3, Unit 1	Session 1: Three in One	25 mins	• That God is love: Father, Son and Holy Spirit; • That being made in his image means being called to be loved and to love others.
L2		Session 2: Who is My Neighbour	30 mins	• To know what a community is, and that God calls us to live in community with one another; • A scripture illustrating the importance of living in community as a consequence of this; • Jesus' teaching on who is my neighbour.
L3	Communities	Racism and Diversity	30 mins	• To know about the different roles and responsibilities people have in their community.



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YEAR ONE –SUMMER 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3, Unit 2	Session 1: The communities we live in	35 mins	• That they belong to various communities such as home, school, parish, the wider local community, nation and global community; • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc.; • That we have a duty of care for others and for the world we live in (charity work, recycling etc.); • About what harms and what improves the world in which we live.
L2 - RSE		Session 2: Who will I be? (Classroom shorts next lesson)	30 mins	• About some different types of jobs in the community • About some of the gifts, skills and strengths needed to do different jobs and that all jobs are open to boys and girls • Work is a part of our purpose (vocation) • God has given us all strengths, gifts and talents to do His work.
L3 - RSE		Session 2: Who will I be? Classroom shorts part	30 mins	• About some different types of jobs in the community • About some of the gifts, skills and strengths needed to do different jobs and that all jobs are open to boys and girls • Work is a part of our purpose (vocation) • God has given us all strengths, gifts and talents to do His work



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YEAR TWO –AUTUMN 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Rule of Law	30 minutes	To know about what rules are, why they are needed, and why different rules are needed for different situations
L2	British Values	Democracy	30 Minutes	- To recognise that sometimes we are given the power to choose and make decisions as individuals and as a group. - To recognise that choices that we make affect ourselves and others.
L3	Module 1 Unit 1	Story Sessions: Let the Children Come	5x 10 minutes over 5 days	- We are created individually by God; - God wants us to talk to Him often through the day and treat Him as our best friend; - God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness; - We are created as a unity of body, mind and spirit: who we are matters and what we do matters; - We can give thanks to God in different ways.



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YEAR TWO –AUTUMN 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Mutual Respect and Tolerance	30 minutes	- To recognise a range of differences between people. - To explore the ways they can show respect for differences between themselves and others.
L2	British Values	Individual Liberty	30 minutes	- To understand that we have the right to make our own choices, within reason. - To recognise that we must respect the choices of others.
L3	Module 1 Unit 2	Session 1: I Am Unique	30 minutes	To learn that we are unique, with individual gifts, talents and skills.
L4		Session 2: Girls and Boys	30-40 minutes	- The names of the parts of our bodies (please refer to the Module Overview for important guidance on discussing genitalia); - Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.
L5	Split over two lessons session 1	Session 3: Clean and Healthy (My Body)	40 minutes	- Our bodies are good and we need to look after them; - What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; - The importance of sleep, rest and recreation for our health; - How to maintain personal hygiene.
L6	Continued..... Session 2	Session 3: Clean and Healthy (My Body)	40 minutes	



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YEAR TWO –SPRING 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 1 Unit 3	Session 1: Feelings, Likes and Dislikes		● That it is natural for us to relate to and trust one another; ● That we all have different ‘tastes’ (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); ● A language to describe our feelings.
L2		Session 2: Feelings Inside Out		● Children will have a basic understanding that feelings and actions are two different things, and that our good actions can ‘form’ our feelings and our character.
L3		Session 3: Super Susie Gets Angry		● Simple strategies for managing feelings and for good behaviour; ● That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; ● That Jesus died on the cross so that we would be forgiven.
L4	Economic Well-Being: Money	Where Money Comes From	30 minutes	● that people make different choices about how to save and spend. ● that jobs help people to earn money to pay for things



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YEAR TWO –SPRING 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 1 Unit 4	Session 1: The Cycle of Life	30 minutes	Children will know and appreciate that there are natural life stages from birth to death, and what these are.
L2		Session 2: Beginnings and Endings	40 minutes	- What ‘death’ means - About some feelings often connected with grief. What the Christian faith says about death and eternal life. Some ways to support themselves and others when they are grieving
L3 - RSE		Session 3: Change Is All Around (+Classroom Shorts next lesson)	30.Minutes	Change is a part of life. Managing our feelings about change helps to prepare us for future changes. God is with us as we change and grow.
L4		Session 3: Change Is All Around (+Classroom Shorts section)		



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YEAR TWO –SUMMER 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 2 Unit 3	Real life online	40 mins	• To start and understand how they use the internet, what they love, what they find difficult – and that we need to establish some rules to keep us safe.
L2		Rules to help us	40 mins	• For children to understand that being safe is not just about physical precautions, they also need to feel safe on the inside
L3	Module 3 Unit 1	Session 1: Three in One	25 minutes	• That God is love: Father, Son and Holy Spirit; • That being made in his image means being called to be loved and to love others.
L4		Session 2: Who is My Neighbour?	30 minutes	• To know what a community is, and that God calls us to live in community with one another; • A scripture illustrating the importance of living in community as a consequence of this; • Jesus' teaching on who is my neighbour.



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YEAR TWO –SUMMER 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 2	Session 1: The Communities We Live In	35 minutes	• That they belong to various communities such as home, school, parish, the wider local community, nation and global community; • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; • That we have a duty of care for others and for the world we live in (charity work, recycling etc.); • About what harms and what improves the world in which we live.
L2 - <u>RSE</u>	Module 3 Unit 2	Needs and Wants (+Classroom Shorts next lesson)	35 minutes	• That money is valuable and is used as an exchange for needs and wants. • That wants and needs are different. • About spending and saving choices. • That God's love and the love we share with others is more valuable than anything.
L3 - RSE	Continued..	Needs and Wants (+Classroom Shorts)	35 minutes	• That money is valuable and is used as an exchange for needs and wants. • That wants and needs are different. • About spending and saving choices. • That God's love and the love we share with others is more valuable than anything.



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YEAR THREE –AUTUMN 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Democracy	30 minutes	To understand the meaning of democracy and how it happens in our country.
L2	British Values	Rule of Law	30 minutes	To learn about the relationship between rights and responsibilities.
L3	Module 1 Unit 1	Story Sessions: Get Up!	5x 15 minutes over 5 days	- We are created individually by God who is Love, designed in His own image and likeness; - God made us with the desire to be loved and to love and ‘to make a difference’: each of us has a specific purpose (vocation); - Every human life is precious from the beginning of life (conception) to natural death; - Personal and communal prayer and worship are necessary ways of growing in our relationship with God; - In Baptism God makes us His adopted children and ‘receivers’ of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue); It is important to make a nightly examination of conscience.
L4		Session 2: The Sacraments	45 minutes	- That in Baptism God makes us His adopted children and ‘receivers’ of His love. - That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).



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YEAR THREE –AUTUMN 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Mutual Respect and Tolerance	30 minutes	● To understand the what mutual respect is and what it looks like
L2	British Values	Individual Liberty	30 minutes	To recognise that we must respect the rights of others to make their own choices.
L3	Module 2 Unit 1	Story Session: Jesus my Friend	5x 15 minutes over 5 days	● That Jesus loves, embraces, guides, forgives and reconciles us with him and one another; ● The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness; ● That relationships take time and effort to sustain; ● We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.



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YEAR THREE –SPRING 1

Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 2 Unit 2	Session 1: Friends, Family and Others...	45 minutes	- Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; - That there are different types of relationships including those between acquaintances, friends, relatives and family; - That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; - The difference between a group of friends and a 'clique'.
L2		Session 2: When Things Feel Bad	45 minutes	- Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; - Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.
L3	Module 2 Unit 3	Session 1 : Sharing Online	45 minutes	- To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; - How to use technology safely; - That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.
L4		Session 2: Chatting Online (+Classroom Shorts – LTTFP)	45 minutes	- How to use technology safely; - That bad language and bad behaviour are inappropriate; - That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.



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YEAR THREE –SPRING 2

Lesson	Module/Value	Session title	Session length	Objectives
L1 + 2	Module 2 Unit 4	Session 3: Safe In My Body (+Classroom Shorts - LTTFP)	Split this lesson into two lessons if needed	● To judge well what kind of physical contact is acceptable or unacceptable and how to respond; ● That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.
L3		Session 4: Drugs, Alcohol and Tobacco	30 minutes	● Medicines are drugs, but not all drugs are good for us. ● Alcohol and tobacco are harmful substances. ● Our bodies are created by God, so we should take care of them and be careful about what we consume.
L4		Session 5: First Aid Heroes	30 minutes	● In an emergency, it is important to remain calm. ● Quick reactions in an emergency can save a life. ● Children can help in an emergency using their First Aid knowledge.
L5 - RSE	Module 2 Unit 4	Session 4: Rights and Responsibilities	40 minutes	● It is our responsibility to follow the rules at home, school and in our country. ● Some of our rules and laws are based on our rights. ● Rights protect us and ensure everyone is treated equally. ● Rules and rights are based on our values as a community. ● Our Christian/Gospel values promote the dignity and equality of all because we are all loved children of God.



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YEAR THREE –SUMMER 1

Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 1	Session 1: A Community of Love	30 minutes	• God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’; • The human family is to reflect the Holy Trinity in mutual charity and generosity.
L2		Session 2: What is the Church?	45 minutes	• That the human family is to reflect the Holy Trinity in mutual charity and generosity; • The Church family comprises of home, school and parish (which is part of the diocese).
L3	Economic Well-Being: Money	Keeping a Record:	30 minutes	• To learn about the different ways to keep track of money and keep it safe. • To learn about the different ways to pay for things and the choices people have about this.
L4	Shared Responsibilities	Racism and Diversity	30 minutes	• To value the different contributions that people and groups make to the community.



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YEAR THREE –SUMMER 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 2	Session 1: How Do I Love Others?	50 minutes	● To know that God wants His Church to love and care for others. ● To devise practical ways of loving and caring for others.
L2 + 3	Module 3 Unit 2	Session 2 Working Together (+Classroom Shorts could be done next lesson if needed)	40 minutes	● To know that there are many different jobs and types of work. ● To understand some of the factors that influence people's choice of work. ● To explore their own interests, skills and gifts in relation to their job aspirations. ● To know that God calls us to work together to share His love and care for each other and the world.



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YEAR FOUR–AUTUMN 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Rule of Law	60 minutes	● To recognise reasons for rules and laws and the consequences of not adhering to them. ● To recognise the importance of having respect for the laws in countries.
L2	British Values	Democracy	60 minutes	● To show an understanding of how citizens can influence decision-making through the election and voting system.
L3	Module 1 Unit 1	Story Sessions: Get Up!	5x 15 minute over 5 days	● We are created individually by God who is Love, designed in His own image and likeness; ● God made us with the desire to be loved and to love and ‘to make a difference’: each of us has a specific purpose (vocation); ● Every human life is precious from the beginning of life (conception) to natural death; ● Personal and communal prayer and worship are necessary ways of growing in our relationship with God; ● In Baptism God makes us His adopted children and ‘receivers’ of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue); ● It is important to make a nightly examination of conscience.



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YEAR FOUR–AUTUMN 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Mutual Respect and Tolerance	30 Min	● To respect the choices that other people make for themselves.
L2	British Values	Individual Liberty	30 min	● To know what individual liberty means for them. To learn about the diverse cultures in our school and locality.
L3 – RSE	Module 1 Unit 2	Session 1: We Don't Have to be the Same	45 minutes	● Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; ● Self-confidence arises from being loved by God (not status, etc.).



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YEAR FOUR–SPRING 1

Lesson	Module/Value	Session title	Session length	Objectives
L1 – RSE	Module 1 Unit 2	Session 2: Respecting our Bodies	45 minutes	● About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.
L2		Session 3: What is Puberty?	45 minutes	● Learn what the term puberty means; ● Learn when they can expect puberty to take place; ● Understand that puberty is part of God's plan for our bodies.
L3		Session 4: Changing Bodies	45 minutes	● Learn correct naming of genitalia; ● Learn what changes will happen to boys during puberty; ● Learn what changes will happen to girls during puberty.
L4		Session 5: Male/Female Discussion Groups (optional)	45 minutes	● Groups to address questions that the children may have in light of the learning in the module. To be led by male and female members of staff.



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YEAR FOUR–SPRING 2

Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 1 Unit 3	Session 1: What Am I Feeling?	45 minutes	• That emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action; • What emotional well-being means; • Positive actions help emotional well-being (beauty, art, etc. lift the spirit); • Talking to trusted people help emotional well-being (e.g. parents/carers/teacher/parish priest).
L2		Session 2: What Am I Looking At?	45 minutes	• To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
L3		Session 3: I Am Thankful	45 minutes	• Some behaviour is wrong, unacceptable, unhealthy and risky; • Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.
L4	Economic Well-Being: Money	Making Wise Choices	40 minutes	• To recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what makes something ‘good value for money’ • To recognise that people make spending decisions based on priorities, needs and wants.



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YEAR FOUR–SUMMER 1

Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 1	Session 1: Life Cycles	45 minutes	• That they were handmade by God with the help of their parents. • How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; • How conception and life in the womb fits into the cycle of life; • That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.
L2	Module 1 Unit 4	Session 2: A Time for Everything	45 minutes	• To understand what 'death' means • To learn about some feelings often connected with grief • To know what the Christian faith says about death and eternal life • To explore some ways to support themselves and others when they are grieving
L3 - RSE		Session 3: Big Changes, Little Changes (+Classroom Shorts)	40 minutes	• To understand that change is a part of life and that there are different kinds of change. • To learn about some feelings often associated with change. • To know that God is always with us as we change and grow. • To learn coping strategies to support themselves and others.
L4	Shared Responsibilities	Racism and Diversity	1 hour	• To know what diversity means; the benefits of living in a diverse community; about valuing diversity within communities.



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YEAR FOUR–SUMMER 2

Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 1	Session 1: A Community of Love	30 minutes	● God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’; ● The human family is to reflect the Holy Trinity in mutual charity and generosity.
L2		Session 2: What is the Church?	45 minutes	● That the human family is to reflect the Holy Trinity in mutual charity and generosity; ● The Church family comprises of home, school and parish (which is part of the diocese).
L3	Module 3 Unit 2	Session 1: How Do I Love Others?	50 minutes	● To know that God wants His Church to love and care for others. ● To devise practical ways of loving and caring for others.
L4	Module 3 Unit 2	Session 2: Money Matters (+Classroom Shorts)	40 minutes	● All forms of money have advantages and disadvantages. ● Our attitude to money and choices about spending, saving and giving impacts on ourselves and others. ● Budgeting helps to keep track of spending and saving. ● Our faith guides our values and reminds us of the importance of love for God and others.



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YEAR FIVE- AUTUMN 1

Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Democracy	1 hour	● To understand the role of the Houses of Parliament in delivering democratic rights. ● To understand the relationship between the monarchy and the UK government.
L2	British Values	Rule of Law	1 hour	● To understanding of how citizens can influence decision-making through the democratic process. ● To recognise and understand that respect should be shown to public institutions and services in England.
L3	Module 1 Unit 1	Story Sessions: Calming the Storm	5x 15 minutes sessions over 5 days	● We were created individually by God who cares for us and wants us to put our faith in Him. ● Physically becoming an adult is a natural phase of life. ● Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!
L4	Module 2: Unit 1	Session 1: Is God Calling You?	45-60 minutes	● To know that God calls us to love others. ● To know ways in which we can participate in God's call to us.



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YEAR FIVE- AUTUMN 2

Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Individual Liberty	30 minutes	To recognise why others might make different choices to those which we would choose for ourselves.
L2	British Values	Mutual Respect and Tolerance	30 minutes	To understand that mutual respect and tolerance are ways of treating other people that show we understand and value the differences between us.
L3	Module 2 Unit 3	Session 1: Under Pressure	45-60 minutes	- Pressure comes in different forms, and what those different forms are; - There are strategies that they can adopt to resist pressure.
L4		Session 2: Do You Want a Piece of Cake?	45-60 minutes	- Understand what consent and bodily autonomy means; - Discuss and reflect on different scenarios in which it is right to say 'no'.
L5		Session 3: Self-Talk	45-60 minutes	- Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; - Apply this approach to personal friendships and relationships



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YEAR FIVE- SPRING 1

Term	Module/Value	Session title	Session length	Objectives
L1	Module 2 Unit 3	Session 1: Sharing Isn't Always Caring	45-60 minutes	● To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. ● How to use technology safely. ● That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. ● How to report and get help if they encounter inappropriate materials or messages.
L2		Session 2: Cyberbullying (+Classroom Shorts)	45-60 minutes	● What the term cyberbullying means and examples of it; ● What cyberbullying feels like for the victim; ● How to get help if they experience cyberbullying.
L3	Economic Well-Being: Money	Shopping Sense	1. hour	● To identify the ways that money can impact on people's feelings and emotions ● To explore how things are paid for and what happens when we click or tap.



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YEAR FIVE- SPRING 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1 LETTER TO GO TO PARENTS		Session 3: Types of Abuse (+Classroom Shorts)	45-60 minutes	● To judge well what kind of physical contact is acceptable or unacceptable and how to respond. ● That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.
L2		Session 4: Impacted Lifestyles (+Classroom Shorts)	45-60 minutes	● Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. ● Learn how to make good choices about substances that will have a positive impact on their health. ● Know that our bodies are created by God, so we should take care of them and be careful about what we consume.
L3		Session 5: Making Good Choices	45-60 minutes	● Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco ● Learn that they are entitled to say “no” for all sorts of reasons, but not least in order to protect their God-given bodies
L4		Session 6: Giving Assistance	45-60 minutes	● The recovery position can be used when a person is unconscious but breathing. ● DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.



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YEAR FIVE- SUMMER 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 1	Session 1: The Holy Trinity	45-60 minutes	- Children will know that God is Trinity - a community of persons - Children will know that the Church is the Body of Christ.
L2		Session 2: Catholic Social Teaching	45-60 minutes	- Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: - Just, understanding that the way we live has an impact on others locally, nationally and globally - Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation - Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice.
L3	Shared Responsibilities	Racism and Diversity	1 hour	Understand about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.



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YEAR FIVE- SUMMER 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 2	Session 1: Reaching Out	45-60 minutes	● Pupils will learn to apply the principles of Catholic Social Teaching to current issues. ● Pupils will find ways in which they can spread God's love in their community.
L2	Module 3 Unit 2	Session 2: The World of Work (Classroom shorts – can be taught in the next lesson if not enough time)	60 minutes	● To learn about the process of getting a job and consider factors that influence job choices. ● To understand how stereotyping can affect work aspirations and learn to challenge such attitudes. ● To consider jobs in different sectors, learning pathways to work and their own job aspirations.
L3	Module 3 Unit 2	Session 2: The World of Work (Classroom shorts)	60 minutes	● To learn about the process of getting a job and consider factors that influence job choices. ● To understand how stereotyping can affect work aspirations and learn to challenge such attitudes. ● To consider jobs in different sectors, learning pathways to work and their own job aspirations.



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YEAR SIX- AUTUMN 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	British Values	Democracy	1 hour	● To recognise how democracy ensures that laws are passed fairly for the good of all. ● To recognise that not all peoples live as part of a democratic society.
L2	British Values	Rule of law	1 hour	● To understand what rule of law is and have respect for this.
L3	Module 1 Unit 1	Story Sessions: Calming the Storm	5x 15 minutes sessions over 5 days	● We were created individually by God who cares for us and wants us to put our faith in Him. ● Physically becoming an adult is a natural phase of life. ● Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!



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YEAR SIX- AUTUMN 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 1 Unit 2	Session 1: Gifts and Talents	45-60 minutes	• Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc.).
L2		Session 2: Girls' Bodies	45-60 minutes	• That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries.
L3		Session 3: Boys' Bodies	45-60 minutes	• That human beings are different in kind to other animals; • About the unique growth and development of humans, and the changes that boys will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries.
L4		Session 4: Spots and Sleep	45-60 minutes	• How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.
L5	British Values	Mutual Respect and Tolerance	1 hour	• To understand how multiculturalism and diversity play a big part in teaching us about respect.
L6	British Values	Individual Liberty	1 hour	• To consider the impact that the choices people make have on us and others.



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YEAR SIX- SPRING 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 1 Unit 3	Session 1: Body Image	45-60 minutes	● To recognise that images in the media do not always reflect reality and can affect how people feel about themselves ● That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media
L2		Session 2 – Peculiar feelings		● To consider how people behave and react to their feelings and emotions, and how these feelings can change quickly
L3		Session 3 – Emotional changes		● To understand how to manage feelings that can seem uncontrollable.
L4		Session 4 – Seeing stuff online (including pornography)		● To be able to explain the effect that these videos and images will have on his young brain.



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YEAR SIX- SPRING 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 1 Unit 4	Session 1: Making Babies (Part 1)	45-60 minutes	How a baby grows and develops in its mother's womb.
L2		Session 2 Making Babies (Part 2) May be omitted or may be set as homework task with parents.	45-60 minutes	- Basic scientific facts about sexual intercourse between a man and woman; - The physical, emotional, moral and spiritual implications of sexual intercourse; - The Christian viewpoint that sexual intercourse should be saved for marriage. *Optional. See your Programme Coordinator
L3		Session 3: Menstruation	45-60 minutes	- About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; - Some practical help on how to manage the onset of menstruation.
L4 SENSITIVE	Module 1 Unit 4	Session 4: Hope Beyond Death	60 minutes	- What 'death' means - About some feelings often connected with grief - What the Christian faith says about death and eternal life - Some ways to support themselves and others when they are grieving
L5		Session 5: Coping With Change (+Classroom Shorts)	60 minutes	- That there are many emotions and feelings connected with change. - That gratitude and positivity help build resilience. - Coping strategies to manage changes. - That God is always with them.



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YEAR SIX- SUMMER 1				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 2 Unit 2	Session 4: Build Others Up	60 minutes	- About prejudice, bullying and discrimination: what they mean and how to challenge them. - About protected characteristics from the Equality Act 2010 such as race, age and disability. - That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.
L2	Module 3 Unit 1	Session 1: The Holy Trinity	45-60 minutes	- Children will know that God is Trinity - a community of persons - Children will know that the Church is the Body of Christ.
L3		Session 2: Catholic Social Teaching	45-60 minutes	- Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: - Just, understanding that the way we live has an impact on others locally, nationally and globally - Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation - Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice.
L4	Economic Well-Being: Money	Sustainable Choices	1 hour	- To know that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) - To explore earnings, deductions and the choices that we make around spending and our lifestyle.



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YEAR SIX- SUMMER 2				
Lesson	Module/Value	Session title	Session length	Objectives
L1	Module 3 Unit 2	Session 1: Reaching Out	45-60 minutes	● Pupils will learn to apply the principles of Catholic Social Teaching to current issues. ● Pupils will find ways in which they can spread God's love in their community.
L2	Module 3 Unit 2	Session 3: Money and Me (+Classroom Shorts)	60 minutes	● There are a wide variety of payment options. ● The importance of budgeting and tracking spending and saving. ● About the hierarchy of needs and other influences on spending choices. ● Some people have more money than others. ● God asks us to be good stewards of our money and resources
L3	Shared Responsibilities	Racism and Diversity	1 hour	● To know about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.