

St. Bernadette's PSHE/RSHE Curriculum Overview



	Autumn Term				Spring Term			Summer Term	
	Unit 1 Religious Understanding	Unit 2 Me, my body, my health	Unit 3 Emotional well-being	Unit 4 Life cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
Nursery / Reception	Handmade with Love	I Am Me Heads, Shoulders, Knees and Toes Ready Teddy?	I Like, You Like, We All Like! Good Feelings, Bad Feelings Let's Get Real	Growing Up	Role Models	Who's Who? You've Got a Friend in Me Forever Friends	Safe Inside and Out My Body, My Rules Feeling Poorly People Who Help Us	God is Love Loving God, Loving Others	Me, You, Us
Year 1 / 2	Let the Children Come	I am Unique Girls and Boys Clean & Healthy	Feelings, Likes and Dislikes Feeling Inside Out Super Susie Gets Angry	The Cycle of Life	God Loves You	Special People Treat Others Well... ...and Say Sorry	Being Safe Good Secrets & Bad Secrets Physical Contact Harmful Substances Can You Help Me?	Three in One: Who Is My Neighbour?	The Communities We Live In
Year 3 / 4	Get Up! The Sacraments	We Don't Have To Be The Same Respecting Our Bodies	What Am I Feeling? What Am I Looking At?	(Yr4+): Life Cycles	Jesus, My Friend	Friends, Family and Others When Things Feel Bad	Sharing Online Chatting Online	A Community of Love What is the Church?	How Do I Love Others?

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		(Yr4+) What is Puberty? (Yr4+) Changing Bodies	I Am Thankful!				Safe in My Body Drugs, Alcohol and Tobacco First Aid Heroes		
Year 5 / 6	Calming the Storm	Gifts and Talents Girls' Bodies Boys' Bodies Spots and Sleep	Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online	Making Babies Menstrua tion	Is God Calling You?	Under Pressure Do You Want a Piece of Cake? Self- Talk	Sharing Isn't Always Caring Cyberbullying Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	The Trinity Catholic Social Teaching	Reaching Out