



Our Lady & St. Joseph's Catholic Primary School
PSHE & RSE: Long Term Overview



Term	PSHE	Ten:Ten Life to the Full	Liturgical/Global Calendar	Other PD Links
Autumn 1 (8 weeks)	<p>EYFS Self-regulation: My feelings</p> <p>KS1 & KS2 Belonging to a community</p> <p>Y1/2 – Belonging to a group; roles and responsibilities; being the same and different in the community.</p> <p>Y3 - The value of rules and laws; rights, freedoms and responsibilities.</p> <p>Y4 - What makes a community; shared responsibilities.</p> <p>Y5 - protecting the environment; compassion towards others.</p> <p>Y6 - Valuing diversity; challenging discrimination and stereotypes.</p> <p>Safe Relationships</p> <p>Y1/2 – Managing secrets; resisting</p>	<p>EYFS: Module 2 Unit 2 Session 1, 2 and 3</p> <p>Y1/2: Module 2 Unit 2 Session 1, 2 & 3 & Module 2 Unit 3 Session 1</p> <p>Y3: Module 2 Unit 2 Session 1 & 2 & Module 2 Unit 3 Session 1 & 2</p> <p>Y4: Module 2 Unit 2 Session 1 & 2 & Module 2 Unit 3 Session 1 & 2</p> <p>Y5: Module 2 Unit 2 Session 1,2 & 3 & Module 2 Unit 4 Session 1</p> <p>Y6: Module 2 Unit 2 Session 1,2 & 3 & Module 2 Unit 4 Session 1</p>	<p>Safeguarding/Local Context</p> <p>13.9.25: Positive thinking day</p> <p>21.9.25: International Day of Peace</p> <p>22.9.25: <i>Recycle Week</i></p> <p>26.9.25: European day of languages</p> <p>26.9.25: Macmillan Coffee Morning</p> <p>October - Black History Month</p> <p>10.10.25: World mental health day</p> <p>16.10.25: World values day</p> <p>18.10.25: Show racism the red card</p> <p>21.10.25: Diwali</p> <p>Other faiths week – Judaism</p>	<p>British Value Focus: Individual Liberty</p> <p>No Outsiders Session – Week Beginning 22nd September</p>

	<p>pressure and getting help; recognising hurtful behaviour</p> <p>Y3 – Personal boundaries; safely responding to others; the impact of hurtful behaviour.</p> <p>Y4 – Responding to hurtful behaviour; managing confidentiality; recognising risks online.</p> <p>Y5 – Physical contact and feeling safe.</p> <p>Y6 - Recognising and managing pressure; consent in different situations.</p>			
<p>Autumn 2</p> <p>(7 Weeks)</p>	<p>EYFS – Building Relationships: Special Relationships</p> <p>KS1 & KS2 Keeping Safe</p> <p>Y1/2 – Safety in different environments; risk and safety at home; emergencies.</p> <p>Y3 – Risks and hazards; safety in the local environment and unfamiliar places.</p> <p>Y4 – Medicines and household products; drugs common to everyday. Life</p>	<p>EYFS: Module 2 Unit 3 Session 1 and 2 & Module 2 Unit 4 Session 1 and 2</p> <p>Y1/2: Module 2 Unit 3 Session 2 & Module 2 Unit 4 Session 1,2 & 3</p> <p>Y3: Module 2 Unit 4 Session 1, 2 & 3</p> <p>Y4: Module 2 Unit 4 Session 1, 2 & 3</p>	<p>1.11.25: All Saints Day</p> <p>5.11.25: Bonfire night (firework safety)</p> <p>10.11.25: Anti-bullying week</p> <p>11.11.25: Remembrance Day</p> <p>13.11.25: World kindness day</p> <p>16.11.25: Road Safety Week</p> <p>21.11.25: Children in Need</p> <p>23.11.25: Christ the King</p>	<p>British Value: Democracy</p> <p>No Outsiders Session – Week Beginning 17th November</p>

	<p>Y5 – Keeping safe in different situations, including responding in emergencies, first aid.</p> <p>Y6 – Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.</p>	<p>Y5: Module 2 Unit 4 Session 2&3 & Module 3 Unit 2 Session 1</p> <p>Y6: Module 2 Unit 4 Session 2&3 & Module 3 Unit 2 Session 1</p>	<p>28.11.25: Youth Friday</p> <p>30.11.25: Remembrance Day for lost species</p> <p>30.11.25: First Sunday of Advent</p> <p>2.12.25: Giving Tuesday</p> <p>7.12.25: Second Sunday of Advent</p> <p>10.12.25: Human Rights Day</p> <p>11.12.25: Christmas jumper day</p> <p>14.12.25: Third Sunday of Advent</p> <p>20.12.25: International Human solidarity day</p> <p>21.12.25: Fourth Sunday of Advent</p>	
<p>Spring 1 (7 Weeks)</p>	<p>EYFS Managing self: Taking on Challenges</p> <p>KS1 & KS2</p> <p>Respecting ourselves and others</p> <p>Y1/2 – Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p>EYFS: Module 2 Unit 4 Session 3 & 4 & Module 3 Unit 2 Session 1</p> <p>Y1/2: Module 2 Unit 3 Session 4 & Module 3 Unit 2 Session 1</p>	<p>18.1.26: Week of prayer for Christian Unity begins</p> <p>18.1.26: World religion day</p> <p>24.1.26: International Day of Education</p> <p>February: The big legal lesson (Young citizens)</p>	<p>British Value: Rule of Law</p> <p>No Outsiders Session – Week Beginning 19th January</p>

	<p>Y3 - Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p> <p>Y4 - Respecting differences and similarities; discussing difference sensitively.</p> <p>Y5 - Responding respectfully to a wide range of people; recognising prejudice and discrimination.</p> <p>Y6 - Expressing opinions and respecting other points of view, including discussing topical issues.</p> <p>Physical health and wellbeing</p> <p>Y1/2 – Why sleep is important; medicines and keeping healthy; managing feelings and asking for help</p> <p>Y3 – Health choices and habits; what affects feelings; expressing feelings</p> <p>Y4 – maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>Y5 – Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p>	<p>Y3: Module 2 Unit 4 Session 4 & Module 3 Unit 2 Session 1</p> <p>*Also Keeping Safe (UKS2) 10:10 M2 U4 Session 4 Giving Assistance</p> <p>Y4: Module 2 Unit 4 Session 4 & Module 3 Unit 2 Session 1</p> <p>*Also Keeping Safe (UKS2) 10:10 M2 U4 Session 4 Giving Assistance</p> <p>Y5: Module 3 Session 2 & Module 1 Unit 2 Session 1</p> <p>*Also Me My Body and My Health 10:10 M1 U2 (LKS2) Session 3 What is puberty? & Me My Body and My Health 10:10 M1 U2 (LKS2) Session 4 Changing Bodies</p>	<p>9.2.26: Children’s mental health week</p> <p>10.2.26: Safer internet day</p> <p>17.2.26: Chinese New Year</p> <p>18.2.26: Ash Wednesday</p> <p>20.2.26: World day of social justice</p>	
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	<p>Y6 - What affects mental health and ways to take care of it; managing change, loss and bereavement managing time online</p>	<p>Y6: Module 3 Session 2 & Module 1 Unit 2 Session 1</p> <p>*Also Me My Body and My Health 10:10 M1 U2 (LKS2) Session 3 What is puberty? & Me My Body and My Health 10:10 M1 U2 (LKS2) Session 4 Changing Bodies</p>		
<p>Spring 2 (5 Weeks)</p>	<p>EYFS – Self-regulation: Listening and following instructions</p> <p>Media Literacy and Digital Resilience</p> <p>Y1/2 -</p> <p>Y3 – How the internet is used; assessing information online.</p> <p>Y4 – How data is shared and used</p> <p>Y5 – How information online is targeted; different media types, their role and impact</p> <p>Y6 - Evaluating media sources; sharing things online</p>	<p>EYFS: Module 3 Unit 2 Session 2 and 3 & Module 1 Unit 2 Session 1</p> <p>Y1/2: Module 3 Unit 3 Session 2 & 3 & Module 1 Unit 2 Session 1</p> <p>Y3: Module 3 Unit 2 Session 2 & 3</p> <p>*Also Living in the Wider World UKS2 10:10 M3 Session 3 Money and Me</p> <p>Y4: Module 3 Unit 2 Session 2 & 3</p>	<p>8.3.26: International women’s day</p> <p>18.3.26: Global recycling day</p> <p>20.3.26: International day of happiness</p> <p>22.3.26: World water day</p> <p>22.3.26: National Stephen Lawrence day</p> <p>23.4.26: St. George’s Day</p>	<p>British Values: Mutual respect, Tolerance and Diversity</p> <p>Citizenship and Character Development: Science week</p> <p>No Outsiders Session – Week Beginning 16th March</p>

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<p>Summer 1 (5 Weeks)</p>	<p>EYFS – Building Relationships: My Family and Friends</p> <p>KS1 & KS2</p> <p>Families and Friendships</p> <p>Y1/2 - Making friends; feeling lonely and getting help</p> <p>Y3 – What makes a family; features of family life.</p> <p>Y4 – Positive friendships, including online.</p> <p>Y5 – Managing friendships and peer influence</p>	<p>EYFS: Module 1 Unit 2 Session 2 & 3</p> <p>Y1/2: Module 1 Unit 2 Session 2 & 3</p> <p>Y3: Module 1 Unit 2 Session 1 & 2</p> <p>Y4: Module 1 Unit 2 Session 1 & 2</p> <p>Y5: Module 1 Unit 3 Session 1 & 2</p> <p>Y6:</p>	<p>May - National walking month begins May - Knife crime awareness week</p> <p>20.5.26: Walk to school week</p> <p>25.5.26: Africa day</p>	<p>Citizenship and Character Development: Art week</p> <p>No Outsiders Session – Week Beginning 4th May</p>
<p>Summer 2 (7 Weeks)</p>	<p>EYFS – Managing Self: My Wellbeing</p> <p>KS1 & KS2</p>	<p>EYFS: Module 1 Unit 3 Session 1, 2 & 3 & Module 1 Unit 4 Session 1 & 2</p>	<p>5.6.26: World Environment day</p> <p>20.6.26 – World Refugee Day</p> <p>22.6.26 – Clean Air Day</p>	<p>Citizenship and Character Development: Sports week</p>

	<p>Money and work</p> <p>Y1/2 – Strengths and interests; jobs in the community</p> <p>Y3 –Different jobs and skills; job stereotypes; setting personal goals.</p> <p>Y4 – Making decisions about money; using and keeping money safe.</p> <p>Y5 – Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p> <p>Y6 - Influences and attitudes to money; money and financial risks</p>	<p>Y1/2: Module 1 Unit 3 Session 1,2 & 3 & Module 1 Unit 4</p> <p>Y3: Module 1 Unit 3 Session 2 & 3 & Module 1 Unit 4</p> <p>Y4: Module 1 Unit 3 Session 2 & 3 & Module 1 Unit 4</p> <p>Y5: Module 1 Unit 3 Session 3 & 4</p> <p>*Also Life Cycles 10:10 M1 U4 LKS2 Session 1 Life Cycles</p> <p>Y6: Module 1 Unit 3 Session 3 & 4</p> <p>*Also Life Cycles 10:10 M1 U4 LKS2 Session 1 Life Cycles</p> <p>*Module 1 Unit 4 Session 2 (SLT Notify)</p> <p>*Module 1 Unit 4 Session 5 (Optional)</p>	<p>27.6.26 – Armed Forces Day</p> <p>18.7.26 – Nelson Mandela Day</p> <p>July – Plastic Free July</p>	<p>Careers: Meet the professional Day</p> <p>No Outsiders Session – Week Beginning 15th June</p>
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