RSHE/PSHE CURRICULUM –" LIFE TO THE FULL" 2026-2027

Year Group	Advent	Lent	Pentecost
EYFS	**Module 1 Unit 1** Handmade with love **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • The Creation **Module 1 Unit 2** S1 I am me, S2 Heads, shoulder, Knees and Toes, S3 Ready Teddy **THEME: ME, MY BODY, MY HEALTH** Topics covered. • Differences • Gifts • Talents **Module 1 Unit 3** S1 I like **THEME - EMOTIONAL WELLBEING** Topics covered: • Similarities and differences • Feelings • Actions, Consequences & Forgiveness.	**Module 1 Unit 3 Continued.** S2 Feelings, S3 Let's get real **THEME - EMOTIONAL WELLBEING** Topics covered: • Feelings • Actions, Consequences & Forgiveness. **Module 2 Unit 1** S1 Role model **THEME – RELIGIOUS UNDERSTANDING** Topics covered: • Love one another **Module 2 Unit 4** S1 Safe inside and Out, S2 My Body, My rules, S3 Feeling Poorly, S4 People who help us? **THEME- KEEPING SAFE** Topics covered: • Staying Safe • Body Privacy • People who help us	**Module 2 Unit 3** S1 What is the internet, S2 Playing Online **THEME -LIFE ONLINE** Topics covered: • Introduction to the internet • Basic safety online **Module 3 Unit 1** S1 God is Love, S2 Loving others **THEME – RELIGIOUS UNDERSTANDING** Topics covered: • Trinity • Loving the wider community **Module 3 Unit 2** S1 Me, You and Us, S2 When I grow up, S3 Money doesn't grow on trees. **THEME: LIVING IN THE WIDER WORLD** Topics covered: • Responsibilities • Money

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1	**Module 1 Unit 1** S1 Let the Children Come **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • Created out of God's love (plus extended activities) **Module 2 Unit 1** S1 God loves you **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • God loves us (plus extended activities)	**Module 2 Unit 2** S1 Special people, S2 Treat others well and S3 Say sorry. **THEME - PERSONAL RELATIONSHIPS** • Special People • Social situations and dilemmas • Saying sorry and forgiveness **Module 2 Unit 4** S1 Good and bad secrets, S2 physical contact, S3 Harmful substances, S4 Can you help me? S5 Can you help me? (part 2) **THEME- KEEPING SAFE** Topics covered: • good and bad secrets • Boundaries • Harmful substances (alcohol and tobacco) • First Aid	**Module 3 Unit 2** S1 The communities I live in. S2 Who will I be? **THEME: LIVING IN THE WIDER WORLD** Topics covered: • Different communities • Rights and responsibilities

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2	**Module 1 Unit 1** S1 Let the Children Come **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • Created out of God's love **Module 1 Unit 2** S1I am unique, S2 Girls and Boys, S3 Clean and Healthy **THEME - ME, MY BODY, MY HEALTH** Topics covered: • Similarities and differences • Physical differences between boys and girls • Personal hygiene	**Module 1 Unit 3** Feelings S1, S2 S3 **THEME - EMOTINAL WELLBEING** Topics covered: • Managing feelings • Actions and consequences **Module 1 Unit 4** Life cycles, beginning and end, Changes. **THEME - LIFE CYCLE** Topics covered: • Human lifecycle • Transition • Changes **Module 2 Unit 4** S4 Can you help me? S5 Can you help me? (part 2) **THEME- KEEPING SAFE** Topics covered: • First Aid	**Module 2 Unit 3** S1 Real life online and S2 Rules to help us **THEME - LIFE ONLINE** Topics covered: • Feeling safe on the internet **Module 3 Unit 2** The communities I live in. Needs and wants **THEME: LIVING IN THE WIDER WORLD** Topics covered: • Different communities • Rights and responsibilities • Value of money

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3	**Module 1 Unit 1 -** S1 Get up **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • How we should live **Module 2 Unit 1** S1 Jesus, my friend **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • Sin and forgiveness **Module 2 Unit 2** S1 Family, friends, others. S2 When things feel bad. **THEME - PERSONAL RELATIONSHIPS** Topics covered: • Family structures • Healthy Relationships	**Module 2 Unit 4** S1 Safe in my body, S2 Recognising Risk, S3 First aid heroes, S4 Drug, alcohol and tobacco, S5 rights and responsibilities **THEME- KEEPING SAFE** Topics covered: • Types of abuse • Drugs, alcohol and tobacco • First Aid/ Emergency • Rights and responsibilities	**Module 2 Unit 3** S1 Sharing and S2 Chatting Online **THEME - LIFE ONLINE** Topics covered: • Sharing online • Digital World and Media • Cyberbullying • Staying Safe **Module 1 Unit 3** S1 What am I feeling? S2 What am I looking at? **THEME - EMOTIONAL WELLBEING** Topics covered: • Feelings and actions • Being emotionally healthy • Acceptable behaviours • Resilience

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4	**Module 1 Unit 1 -** S2 The Sacraments. **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • Baptism • Reconciliation **Module 1 Unit 3** - S1 What I'm feeling, S2 What am I looking at? S3 I am thankful **THEME - EMOTINAL WELLBEING** Topics covered: • Feelings and actions • Being emotionally healthy • Acceptable behaviours • Resilience	**Module 1 Unit 2 -** S1 We don't have to be the same. S2 Respecting our bodies. S3 What is Puberty? S4 Changing bodies. **THEME - ME, MY BODY, MY HEALTH** Topics covered: • Similarities and differences • Physical and emotional changes of puberty. **Module 1 Unit 4** S2 A time for everything, S3 changes. **THEME - LIFE CYCLE** Topics covered: • Grief • Big changes **Module 2 Unit 4** S3 (only) First Aid Heroes **THEME- KEEPING SAFE** Topics covered: • First Aid	**Module 2 Unit 3** S1 Sharing isn't always caring, S2 Cyber bullying **THEME - LIFE ONLINE** Topics covered: • Sensible decisions about online content • What you should and shouldn't share • Cyber bullying **Module 3 Unit 2** How do I love others? Money Matters (S3) **THEME: LIVING IN THE WIDER WORLD** Topics covered: • Catholic Social Teaching • Stewardship • Budgeting • Financial Risk

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5	**Module 1 Unit 2** S1 Gifts and talents, S2/S3 Girls and Boys Bodies, S3 Spots and Sleep **THEME - ME, MY BODY, MY HEALTH** Topics covered: • Self confidence • Physical changes • Puberty **Module 1 Unit 4** S3 (only) Menstruation **Module 2 Unit 1** S1 God is calling you **THEME - RELIGIOUS UNDERSTANDING** • Hearing God's call in our lives	**Module 2 Unit 2** S1 Under pressure, S2 Do you want a piece of cake, S3 Self Talk. **THEME - PERSONAL RELATIONSHIPS** Topics covered: • Pressures/Consent • Bullying • Prejudice • Discrimination • Gender stereotyping **Module 2 Unit 4** S1 Types of abuse, S2 Impacted Lifestyle, S3 Making good choices, S4 Giving Assistance **THEME- KEEPING SAFE** Topics covered: • Types of abuse • Forced marriage • Drugs, alcohol and tobacco • First Aid	**Module 2 Unit 3** S1 Sharing isn't always caring, S2 Cyber bullying **THEME - LIFE ONLINE** Topics covered: • Sensible decisions about online content • What you should and shouldn't share • Cyber bullying **Module 3 Unit 1** S1 Holy Trinity, S2 Catholic Social Teaching **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • Self giving/ self sacrifice. **Module 3 Unit 2** S1 Reaching Out, S2 The World of Work, S3 Money and me **THEME: LIVING IN THE WIDER WORLD** Topics covered: • Social Relationships • Stewardship • Jobs • Aspirations

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6	**Module 2 Unit 2** Build Others Up **THEME - PERSONAL RELATIONSHIPS** Topics covered: • Relationship and conflict • Pressures • Bullying • Prejudice • Discrimination • Gender stereotyping **Module 2 Unit 3** S1 Sharing isn't always caring, S2 Cyber bullying **THEME – LIFE ONLINE** Topics covered: • Sensible decisions about online content • What you should and shouldn't share • Cyber bullying	**Module 1 Unit 1** Story Session - Calming the storm **THEME - RELIGIOUS UNDERSTANDING** Topics covered: • Change • Growth • Development • Independence and responsibility **Module 1 Unit 2** S2/S3 Girls and Boys Bodies, S4 Spots and Sleep **THEME - ME, MY BODY,MY HEALTH** Topics covered: • Self confidence • Physical changes • Puberty • Healthy Friendships **Module 1 Unit 4** S1 Making babies, S2 Making babies, S3 Menstruation **THEME - LIFE CYCLE** Topics covered: • Menstruation • Fertility • Conception • Foetal development • Childbirth	**Module 1 Unit 4** S4 Hope Beyond Death, S5 Coping with change. **THEME - LIFE CYCLE** Topics covered: • Menstruation • Fertility • Conception • Foetal development • Childbirth **Module 1 Unit 3** S1 Body Image, S2 Peculiar feelings, S3 Emotional changes. S4 Seeing Stuff Online **THEME - EMOTIONAL WELLBEING** Topics covered: • Pressure • Resilience • Coping with difficult feelings • Explicit Images/ videos