



St. Anthony's Catholic Primary School



Personal, Social and Health Education, including RSE 2022-2023

	Autumn term Nursery	Autumn term Reception	Spring term- Nursery	Spring term- reception	Summer term- nursery	Summer term reception
EYFS	<p><u>Key resources</u></p> <ul style="list-style-type: none"> Hands are not for hitting Feet are not for kicking Jonathan James and the What if monster by Nelson Schmitt <p>RSE</p> <p><u>Assessment Activity:</u> <u>Our World</u></p> <p><u>Story Sessions:</u> <u>Handmade With Love</u></p> <p><u>Assessment Activity:</u> <u>Friends and Family</u></p> <p><u>Session 1:</u> <u>Who's Who?</u></p> <p><u>Session 2:</u> <u>You've Got A Friend in Me</u></p> <p><u>Session 3:</u> <u>Forever Friends</u></p>	<p><u>Key resources</u></p> <ul style="list-style-type: none"> The cow tripped over the moon The empty pot The wonderful things you will be E Winefield Martin <p>RSE</p> <p><u>Assessment Activity:</u> <u>Our World</u></p> <p><u>Story Sessions:</u> <u>Handmade With Love</u></p> <p><u>Assessment Activity:</u> <u>I Am Special</u></p> <p><u>Session 1:</u> <u>I Am Me</u></p> <p><u>Session 2:</u> <u>Heads, Shoulders, Knees and Toes</u></p> <p><u>Session 3:</u> <u>Ready Teddy</u></p>	<p><u>Key resources</u></p> <ul style="list-style-type: none"> My truck is stuck Frederick The Day the Crayons Quit by D Daywalt <p>RSE</p> <p><u>Assessment Activity:</u> <u>My Body</u></p> <p><u>Session 1:</u> <u>Safe Inside and Out</u></p> <p><u>Session 2:</u> <u>My Body, My Rules</u></p> <p><u>Session 3:</u> <u>Feeling Poorly</u></p> <p><u>Session 4:</u> <u>People Who Help Us</u></p>	<p><u>Key resources</u></p> <ul style="list-style-type: none"> Lama Lama red pajama Owen Be Happy by M Sheehan <p>RSE</p> <p><u>Assessment Activity:</u> <u>Feelings, Likes and Needs</u></p> <p><u>Session 1:</u> <u>I Like, You Like, We All Like!</u></p> <p><u>Session 2:</u> <u>Good Feelings, Bad Feelings</u></p> <p><u>Session 3:</u> <u>Let's Get Real</u></p>	<p><u>Key resources</u></p> <ul style="list-style-type: none"> The little engine that could Oh, the places you'll go by Dr Seuss The most magnificent thing <p>RSE</p> <p><u>Assessment Activity:</u> <u>All Together</u></p> <p><u>Session 1:</u> <u>God Is Love</u></p> <p><u>Session 2:</u> <u>Loving God, Loving Others</u></p> <p><u>Assessment Activity:</u> <u>Helping Out</u></p> <p><u>Session 1:</u> <u>Me, You, Us</u></p>	<p><u>Key resources</u></p> <ul style="list-style-type: none"> Brontorina Pete the cat by E. Litwin Making a splash by Carol E Riley <p>RSE</p> <p><u>Assessment Activity:</u> <u>In My Life</u></p> <p><u>Session 1:</u> <u>Growing Up</u></p> <p><u>Assessment Activity:</u> <u>All Together</u></p> <p><u>Session 1:</u> <u>God Is Love</u></p> <p><u>Session 2:</u> <u>Loving God, Loving Others</u></p> <p><u>Assessment Activity:</u> <u>Helping Out</u></p> <p><u>Session 1:</u> <u>Me, You, Us</u></p>



Personal, Social and Health Education, including RSE 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> International day of peace Black history month <p><u>The Art of Learning/ Growth mindset</u></p> <ul style="list-style-type: none"> The Big Idea-How the brain works Personal goals that help us to become better learners Beautiful oops! By Barney Saltzberg I can learn anything It's good to be me <p><u>Additional learning:</u></p> <ul style="list-style-type: none"> World Mental Health Day (10.10) 	<p><u>RSE – Created & Loved by God</u></p> <p>Assessment Activity:</p> <p>This Is Me</p> <p>Story Sessions:</p> <p>Let the Children Come</p> <p>Assessment Activity:</p> <p>Friends</p> <p>Session One:</p> <p>God Loves You</p> <p><u>RSE - Personal relationships:</u></p> <p>Assessment Activity:</p> <p>Being with Others</p> <ul style="list-style-type: none"> Special people Treat others well And say sorry... <p><u>Personal safety</u></p> <ul style="list-style-type: none"> Pants are private (NSPCC) Stranger danger 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Martin Luther King <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> My brain is a muscle-how to learn and practice skills It's all about the effort and the power of YET <p><u>Relationships</u></p> <ul style="list-style-type: none"> What makes a good friend? Key text- Feet are not for kicking; hands are not for hitting Simon Sock by Sue Hendra Pug hug by Zehra Hicks <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> How full is your bucket? 	<p><u>RSE- Keeping Safe</u></p> <p>Assessment Activity:</p> <p><u>Safe or Unsafe?</u></p> <p>Sessions:</p> <ul style="list-style-type: none"> Being safe Good secrets and bad secrets Physical contact Harmful substances Can you help me? <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> To recognise, name and deal with feelings in a positive way/to recognise how my behaviour affects other people <p><u>Additional Learning:</u></p> <ul style="list-style-type: none"> Safer Internet Day (8.02) 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Autism Awareness International Day of families <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> How to look after our brain and help our brain to grow stronger <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> What is right and wrong/Why do we have rules? 	<p><u>RSE- Created to live in Community</u></p> <p><u>Religious Understanding</u></p> <p>Assessment Activity:</p> <p>Thinking about God</p> <ul style="list-style-type: none"> Session One: Three in One Session Two: Who is my Neighbour? <p><u>RSE-Living in the wider world</u></p> <p>Assessment Activity:</p> <p>Me & My Community</p> <ul style="list-style-type: none"> The communities we live in <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> Why it's important to listen carefully to other people How to play effectively with others Celebrating differences
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2



Personal, Social and Health Education, including RSE 2022-2023

Year 2	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> International day of peace Black history month <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> The Big Idea-How the brain works Personal goals that help us to become better learners How to make my brain even stronger My fantastic elastic brain by JoAnn Deak <p><u>Staying safe</u></p> <ul style="list-style-type: none"> Keeping myself safe on the roads Keeping myself safe at home- spot dangers and avoid them 	<p><u>RSE- Created and loved by God</u></p> <p>Religious Understanding:</p> <ul style="list-style-type: none"> Assessment Activity: This Is Me Story Sessions: Let the Children Come <p><u>RSE - Me, my body, my health:</u></p> <p>Assessment Activity: This Is Me (different to above)</p> <ul style="list-style-type: none"> I am unique Girls and boys Clean and healthy (2 sessions) <p><u>Social & emotional</u></p> <ul style="list-style-type: none"> What is fair and unfair?/Why do we have rules in our classroom and in our school? Kind, caring friends 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Martin Luther King Children's Mental Health Week <p><u>The Art of Learning</u></p> <ul style="list-style-type: none"> How to learn and practice skills for a special challenge How to record how well we are learning How to use what we have learnt to create our own special challenge. <p><u>Growth Mindset</u></p> <ul style="list-style-type: none"> My brain is a muscle It's all about the effort The power of YET 	<p><u>RSE- Created and loved by God</u></p> <p>Assessment Activity: Feelings</p> <p><u>Emotional Wellbeing</u></p> <ul style="list-style-type: none"> Feelings likes and dislikes Feeling inside out Super Susie gets angry <p>Assessment Activity: Lifelines</p> <ul style="list-style-type: none"> Cycle of Life Beginnings and Ends <p><u>Staying safe</u></p> <ul style="list-style-type: none"> What is right and wrong? Why do we have rules? <p><u>Social & emotional</u></p> <ul style="list-style-type: none"> To recognise, name and deal with feelings in a positive way. The importance of using kind words/to recognise how my behaviour affects other people 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Autism Awareness International Day of families <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> How to look after our brain Learning powers/ Giraffes can't dance by Giles Andrea 	<p><u>RSE- Created to live in Community</u></p> <p>Religious Understanding</p> <ul style="list-style-type: none"> Assessment Activity: Thinking about God Session One: Three in One Session Two: Who is my Neighbour? <p>Assessment Activity: Me & My Community</p> <ul style="list-style-type: none"> The communities we live in <p><u>Staying safe</u></p> <ul style="list-style-type: none"> Which choices keep me safe? What are medicines? Why do people use them <p><u>Social & emotional</u></p> <ul style="list-style-type: none"> Celebrating differences
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2



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Year 3	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Black history month <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> The Art of Learning- How do we learn? Learning powers To improve we need practice- practice makes our brain grow stronger The girl who never made mistakes by Mark Pett Mistakes are learning opportunities I can learn anything <p><u>Staying safe</u></p> <ul style="list-style-type: none"> Why do we have laws/What kind of things are illegal? 	<p><u>RSE - Created and Loved by God</u></p> <p><u>Assessment Activity:</u> Tell Zog</p> <p><u>Story Sessions:</u> Get Up!</p> <p><u>Session One:</u> The Sacraments</p> <p><u>Assessment Activity:</u> Friendship Cake</p> <p><u>Story Sessions:</u> Jesus, My Friend</p> <p><u>RSE -Personal Relationships</u></p> <p><u>Assessment Activity:</u> My Relationships</p> <p><u>Session 1:</u> Friends, Family & Others</p> <p><u>Session 2:</u> When Things Feel Bad</p> <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> Who's Clothes? Too much technology is not good for our health. 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Martin Luther King Children's Mental Health Week <p><u>The Art of Learning</u></p> <ul style="list-style-type: none"> How does our brain develop when we keep practising a skill? What do challenges do to our brain? <p><u>Growth Mindset</u></p> <ul style="list-style-type: none"> Salt in his shoes by Deloris Jordan Inspirational person What do you do with a problem by Kodi Yamada <p><u>Social & emotional</u></p> <ul style="list-style-type: none"> How do my actions affect other people? What is bullying and racism and how can people ask for help? 	<p><u>RSE -Personal Relationships</u></p> <p><u>Assessment Activity:</u> My Relationships</p> <ul style="list-style-type: none"> Friends family and others When things feel bad <p><u>RSE- Keeping Safe</u></p> <p><u>Assessment Activity:</u> Keeping Safe</p> <ul style="list-style-type: none"> Sharing online Chatting online Safe in my body Drugs, Alcohol and Tobacco First aid heroes 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> International Day of families <p><u>The Art of Learning</u></p> <ul style="list-style-type: none"> How are connections made/What are neurons-Ned the Neuron <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> What do I do if people try to convince me to take part in risky behaviours or things, I know are wrong? Where can I get help if I think someone is unwell? 	<p><u>RSE - Created to live in a community</u></p> <p><u>Assessment Activity:</u> God and Me</p> <p><u>Session 1:</u> Trinity House</p> <p><u>Session 2:</u> What is the Church?</p> <p><u>Assessment Activity:</u> Love in Action</p> <p><u>Session 1:</u> How Do I Love Others?</p> <p><u>Staying safe</u></p> <ul style="list-style-type: none"> To understand how everything, we hear might not necessarily be true. Who are safe adults? What are appropriate and positive relationships? <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> What's good about Me/I am special
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2



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Year 4	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> International day of peace Black history month <p><u>The Art of Learning</u></p> <ul style="list-style-type: none"> Inside our brain Learning skills Different viewpoints <p><u>Sleep</u></p> <ul style="list-style-type: none"> What effect does sleep have on our bodies? Why is sleep so important? What can help a good night's sleep? 	<p><u>RSE- Created and Loved by God</u></p> <p>Religious Understanding</p> <p><u>Assessment Activity:</u></p> <p>Tell Zog</p> <p><u>Story Sessions:</u></p> <p>Get Up!</p> <p><u>Assessment Activity:</u></p> <p>All Different: All Loved</p> <p>Me, my body, my health</p> <ul style="list-style-type: none"> We don't have to be the same Respecting our bodies What is puberty? Changing bodies Boy/Girl discussion groups (This is not a whole class session) <p><u>Staying safe</u></p> <ul style="list-style-type: none"> Who can I tell if I think that I or someone I know is not happy or safe? 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Martin Luther King Children's Mental Health Week <p><u>The Big Life Journal/ Growth Mindset</u></p> <ul style="list-style-type: none"> Believe in Yourself Effort is key Love Learning The Ok book by Amy Krouse Rosenthal We can't be good at everything- nobody is perfect 	<p><u>RSE- Emotional Wellbeing</u></p> <p><u>Assessment Activity:</u></p> <p><u>My Feelings</u></p> <ul style="list-style-type: none"> What am I feeling? What am I looking at? I am thankful <p><u>Assessment Activity:</u></p> <p>(Yr4+)</p> <p>Joe's New Sister</p> <ul style="list-style-type: none"> Life cycles A Time for Everything <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> We are all different/ We all have strengths and they are all different too How do we respect others? Social development- to discuss and debate topical issues How would I respond in different scenarios? 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Autism Awareness International Day of families <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> Mistakes are learning opportunities. Famous failures 	<p><u>RSE- Created to live in Community</u></p> <p><u>Assessment Activity:</u></p> <p>God and Me</p> <p><u>Session 1:</u></p> <p>Trinity House</p> <p><u>Session 2:</u></p> <p>What is the Church?</p> <p><u>RSE - Living in the Wider World</u></p> <p><u>Assessment Activity:</u></p> <p>Love in Action</p> <p><u>Session 1:</u></p> <p>How Do I Love Others?</p> <p><u>Staying safe</u></p> <ul style="list-style-type: none"> I have a right to be safe I have a right to be respected How do I keep myself safe outside of school? Saying no to peer pressure What are rights and responsibilities?/What do I have a right to? Link to staying safe unit.
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2



Year 5	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Black history month <p><u>The Art of Learning</u></p> <ul style="list-style-type: none"> Neurons and the brain- Ned the neuron Exercise and Food- fuel for our brains Learning powers and how to maximise my learning skills <p><u>Growth Mindset</u></p> <ul style="list-style-type: none"> Thanks for the feedback, I think by Julia Cook No excuses by Wayne Dyer With perseverance we can achieve anything <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> Relaxation and meditation 	<p><u>RSE- Created to Love Others</u></p> <p>Religious Understanding</p> <p><u>Assessment Activity:</u></p> <p>A Faithful God</p> <p><u>Story Sessions:</u></p> <p>Calming the Storm</p> <p><u>RSE - Personal Relationships</u></p> <p><u>Assessment Activity:</u></p> <p>‘Pete Under Pressure’</p> <ul style="list-style-type: none"> Under pressure Do you want a piece of cake? Self-talk Build Others Up <p><u>Extension sessions:</u></p> <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> How can social media be dangerous? What is safe to do online? <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> Who do our actions affect? Doing the right thing despite peer pressure 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Martin Luther King Children’s Mental Health Week <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> Memory- how does it work? Short term and long-term memory Does practising a skill help me to remember it? How do connections in the brain happen? It’s all about the effort The power of YET <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> Exercise, food and brain health 	<p><u>RSE Keeping Safe</u></p> <p><u>Assessment Activity:</u></p> <p>Dear Diary</p> <ul style="list-style-type: none"> Sharing isn’t always caring Chatting online Types of abuse Impacted lifestyles Making good choices Giving assistance <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> Who can I tell if I feel something isn’t quite right? 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> International Day of families <p><u>The Art of Learning/ Growth Mindset</u></p> <ul style="list-style-type: none"> Emotions and Learning- The power of positive thinking Helpful strategies for our emotions. Fixed or growth mindset quiz/How do I develop my mindset and aspirations? 	<p><u>RSE- Religious Understanding</u></p> <ul style="list-style-type: none"> <u>Assessment Activity:</u> Loving Our Neighbour <u>Session 1:</u> The Trinity <u>Session 2:</u> Catholic Social Teaching <p><u>RSE - Living in the Wider World</u></p> <p><u>Assessment Activity:</u></p> <p>Created to Live in Community</p> <p><u>Session 1:</u></p> <p>Reaching Out</p> <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> Say no to bullying/What do I do if I’m or someone I know is being bullied? How can social media be dangerous? What is safe to do online? <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> To recognise the impact of bullying and racism on individuals and communities
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Real Love Rocks is to be covered in Year 5. It will consist of 4 hour long sessions. This is in addition to PSHE.



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Year 6	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Black history month <p><u>The Art of Learning</u></p> <ul style="list-style-type: none"> All we know so far about our brain and how our brain works Personal learning goals Relaxation and meditation <p><u>Growth Mindset</u></p> <ul style="list-style-type: none"> Emmanuel's dream by Laurie Thompson Aspirational people Going above and beyond by effort and determination <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> A simple act of kindness- We feel good when we make other people feel good 	<p><u>RSE- Created and Loved by God</u></p> <p><u>Assessment Activity:</u> A Faithful God</p> <p><u>Story Sessions:</u> Calming the Storm</p> <p><u>RSE Me, My body, My health</u></p> <p><u>Assessment Activity:</u> My Beautiful Body</p> <p><u>Session 1:</u> Gifts and Talents</p> <p><u>Session 2:</u> Girls' Bodies</p> <p><u>Session 3:</u> Boys' Bodies</p> <p><u>Session 4:</u> Spots and Sleep</p> <p><u>Staying safe</u></p> <ul style="list-style-type: none"> Internet safety/ Appropriate use of the internet Cyberbullying 	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> Martin Luther King Children's Mental Health Week <p><u>The Art of Learning</u></p> <ul style="list-style-type: none"> The makeup of my brain How relaxation helps to prepare us for learning How can we improve our memory? All about the water <p><u>Growth Mindset</u></p> <ul style="list-style-type: none"> My brain is a muscle- positive thinking of the brain Relaxation and meditation I am peace- A book of mindfulness by S. Verde 	<p><u>RSE- Emotional Wellbeing</u></p> <p><u>Assessment Activity:</u> This Is Me</p> <p><u>Session 1:</u> Body Image</p> <p><u>Session 2:</u> Peculiar Feelings</p> <p><u>Session 3:</u> Emotional Changes</p> <p><u>Session 4:</u> Seeing Stuff Online</p> <p><u>RSE - Life Cycles</u></p> <p><u>Assessment Activity:</u> Growing Up</p> <p><u>Session 1:</u> Making Babies (part one)</p> <p><u>Session 2:</u> Making Babies (part two) May be omitted</p> <p><u>Session 3:</u> Menstruation</p> <p><u>Session 4:</u> Hope Beyond Death</p>	<p><u>Equality, Diversity and Community</u></p> <ul style="list-style-type: none"> International Day of families <p><u>Staying safe</u></p> <ul style="list-style-type: none"> Making new appropriate friends Making safe choices if people we meet are taking part in risky behaviours <p><u>Social & emotional development</u></p> <ul style="list-style-type: none"> What makes a good friend? Using the internet positively to be kind to people and make people feel good 	<p><u>RSE- Religious Understanding</u></p> <p><u>Assessment Activity:</u> Loving Our Neighbour</p> <p><u>Session 1:</u> The Trinity</p> <p><u>Session 2:</u> Catholic Social Teaching</p> <p><u>RSE - Living in the Wider World</u></p> <p><u>Assessment Activity:</u> Created to Live in Community</p> <p><u>Session 1:</u> Reaching Out</p> <p><u>Staying safe</u></p> <ul style="list-style-type: none"> Deepen understanding of alcohol and drugs and the dangers and basic concepts of addiction Explain how to respond to peer pressure to do things that are wrong or bad for our bodies. <p><u>Social & emotional</u></p> <ul style="list-style-type: none"> Getting rid of those negative thoughts
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