



Subject Overview Please note majority of e-safety curriculum within computing planning overview)

Subject: Relationships, Sex and Health Education (RSHE)

Subject Leader: Grace Dougan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
E-Safety	To ensure version control please refer to school's computing curriculum for Online Safety programme of study.					
*	Denotes Sexual Health Curriculum to be taught after 6 th June, after information letters sent to parents.					
EYFS To be used with MAP B curriculum overview For RSE Year 1 curriculum will be followed	The most relevant early years outcomes for RSHE are taken from the following areas of learning: - Personal, Social and Emotional Development - Physical Development - Understanding the World - Communication and Language We will be using Ten:Ten Resources from 'Life to the Full'.					
	Welcome to school Feeling safe at school Making friends (Teacher lead within continuous EYFS provision)	Created and Loved by God EYFS Module 1 Unit 1 – Religious Understanding <i>Handmade with Love</i> Unit 2 – Me, My Body, My Health <i>I Am Me</i> <i>Heads, Shoulders, Knees and Toes</i> <i>Ready Teddy?</i>	Created and Loved by God EYFS Module 1 Unit 3 – Emotional Well-Being <i>I Like, You Like, We All Like!</i> <i>All The Feelings!</i> <i>Let's Get Real</i>	Created to Love Others EYFS Module 1 Unit 4 – Life Cycles <i>Growing up</i> EYFS Module 2 Unit 1 – Religious Understanding <i>Role Model</i>	Created to Love Others EYFS Module 2 Unit 2 – Personal Relationships <i>Who's Who?</i> <i>You've Got A Friend in Me</i> <i>Forever Friends</i> EYFS Module 2 Unit 3 - Life Online <i>What is the Internet?</i> <i>Playing Online</i>	Created to Love Others/Created to Live in Community EYFS Module 2 Unit 4*- Keeping Safe <i>Safe Inside and Out</i> <i>My Body, My Rules</i> <i>Feeling Poorly</i> <i>People Who Help Us</i> EYFS Module 3 Unit 1 – Religious Understanding <i>God is Love</i> Unit 2 – Living in the Wider World <i>Me, You, Us</i>
Empowerment Approach	5 Cs Comfortable	5 Cs Connection	5 Cs Count	5 Cs Capable	5 Cs Control	5 Cs Revisit all
Year 1	Teacher led	Created and Loved by God	Created and Loved by God	Created to Love Others	Created to Love Others	Created to Love Others/Created and

To be used with MAP A curriculum overview	Classroom rules/ contract/ boundaries Circle time –getting to know each other E-safety – see e-safety provision	KS1 Module 1 Unit 1 – Religious Understanding Let The Children Come Unit 2 – Me, My Body, My Health I Am Unique Clean and Healthy	KS1 Module 1 Unit 3 – Emotional Well-Being Feelings, Likes, Dislikes Feeling Inside Out Super Susie Gets Angry Unit 4 – Life Cycles The Cycle of Life Beginnings and Endings (taught in Year 2)	KS1 Module 2 Unit 1 – Religious Understanding God Loves You Unit 2 – Personal Relationships Special People Treat Others Well... ...And Say Sorry	KS1 Module 2 Unit 3 - Life Online Real Life Online Rules to Help Us KS1 Module 2 Unit 4 - Keeping Safe Good and Bad Secrets Harmful Substances Can You Help Me?	Loved by God/Created to Live in Community KS1 Module 2 Unit 4*- Keeping Safe Physical Contact (NSPCC Pants) KS1 Module 1 Unit 2*- Me, My Body, My Health Girls and Boys KS1 Module 3 Unit 1 – Religious Understanding Three In One Who Is My Neighbour? Unit 2 – Living in the Wider World The Communities We Live In
Empowerment Approach	5 Cs Comfortable	5 Cs Connection	5 Cs Count	5 Cs Capable	5 Cs Control	5 Cs Revisit all
Year 2	Teacher led – Classroom rules/ contract/ boundaries Circle time –getting to know each other E-safety – see e-safety provision	Created and Loved by God KS1 Module 1 Unit 1 – Religious Understanding Let The Children Come Unit 2 – Me, My Body, My Health I Am Unique Clean and Healthy	Created and Loved by God KS1 Module 1 Unit 3 – Emotional Well-Being Feelings, Likes, Dislikes Feeling Inside Out Super Susie Gets Angry Unit 4 – Life Cycles The Cycle of Life Beginnings and Endings (Yr 2)	Created to Love Others KS1 Module 2 Unit 1 – Religious Understanding God Loves You Unit 2 – Personal Relationships Special People Treat Others Well... ...And Say Sorry	Created to Love Others KS1 Module 2 Unit 3 - Life Online Real Life Online Rules to Help Us KS1 Module 2 Unit 4 - Keeping Safe Good and Bad Secrets Harmful Substances Can You Help Me?	Created to Love Others/Created and Loved by God/Created to Live in Community KS1 Module 2 Unit 4*- Keeping Safe Physical Contact (NSPCC Pants) KS1 Module 1 Unit 2*- Me, My Body, My Health Girls and Boys KS1 Module 3 Unit 1 – Religious Understanding Three In One Who Is My Neighbour? Unit 2 – Living in the Wider World The Communities We Live In

Empowerment Approach	5 Cs Comfortable	5 Cs Connection	5 Cs Count	5 Cs Capable	5 Cs Control	5 Cs Revisit all
Year 3	Teacher led – Classroom rules/ contract/ boundaries Circle time –getting to know each other E-safety – see e- safety provision	Created and Loved by God/Created to Live in Community LKS2 Module 1 Unit 1 – Religious Understanding Get Up! Sacraments LKS2 Module 3 Unit 1 – Religious Understanding A Community Of Love What Is The Church? Unit 2 – Living in the Wider World How Do I Love Others?	Created and Loved by God LKS2 Module 1 Unit 3 – Emotional Well-Being What Am I Feeling? What Am I Looking At? I Am Thankful Unit 4 – Life Cycles Life Cycles A Time For Everything (Yr 4)	Created to Love Others LKS2 Module 2 Unit 1 – Religious Understanding Jesus, My Friend Unit 2 – Personal Relationships Friends, Family and Others When Things Feel Bad Balancing Needs	Created to Love Others LKS2 Module 2 Unit 3 – Life Online Sharing Online Chatting Online Unit 4 – Keeping Safe Recognising Risk Drugs, Alcohol and Tobacco First Aid Heroes	Created and Loved by God/Created to Love Others LKS2 Module 1 Unit 2 * - Me, My Body, My Health We Don't Have To Be The Same Respecting Our Bodies What is Puberty (Yr4) Changing Bodies (Y4) Male/Female Discussion Groups (Yr4) LKS2 Module 2 Unit 4* - Keeping Safe Safe In My Body
Empowerment Approach	Executive Function Skills Emotional regulation	Executive Function Skills Emotional regulation	Executive Function Skills Impulse control	Executive Function Skills Impulse control	Executive Function Skills DOSE Revisit all	Executive Function Skills DOSE Revisit all
Year 4	Teacher led – Classroom rules/ contract/ boundaries Circle time –getting to know each other E-safety – see e- safety provision	Created and Loved by God/Created to Live in Community LKS2 Module 1 Unit 1 – Religious Understanding Get Up! Sacraments LKS2 Module 3 Unit 1 – Religious Understanding A Community Of Love What Is The Church? Unit 2 – Living in the Wider World	Created and Loved by God LKS2 Module 1 Unit 3 – Emotional Well-Being What Am I Feeling? What Am I Looking At? I Am Thankful Unit 4 – Life Cycles Life Cycles A Time For Everything (Yr 4)	Created to Love Others LKS2 Module 2 Unit 1 – Religious Understanding Jesus, My Friend Unit 2 – Personal Relationships Friends, Family and Others When Things Feel Bad Balancing Needs	Created to Love Others LKS2 Module 2 Unit 3 – Life Online Sharing Online Chatting Online Unit 4 – Keeping Safe Recognising Risk Drugs, Alcohol and Tobacco First Aid Heroes	Created and Loved by God/Created to Love Others LKS2 Module 1 Unit 2 * - Me, My Body, My Health We Don't Have To Be The Same Respecting Our Bodies What is Puberty (Yr4) Changing Bodies (Y4) Male/Female Discussion Groups (Yr4) LKS2 Module 2 Unit 4* - Keeping Safe Safe In My Body

		How Do I Love Others?				
Empowerment Approach	Executive Function Skills Working memory	Executive Function Skills Working memory	Executive Function Skills Impulse control	Executive Function Skills Impulse control	Executive Function Skills DOSE Revisit all	Executive Function Skills DOSE Revisit all
Year 5	Teacher led – Classroom rules/ contract/ boundaries Circle time –getting to know each other E-safety – see e- safety provision	Created and Loved by God/Created to Love Others UKS2 Module 1 Unit 1 – Religious Understanding Calming The Storm UKS2 Module 2 Unit 3 – Life Online Sharing Isn't Always Caring Cyberbullying Unit 4 – Keeping Safe Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	Created to Love Others UKS2 Module 2 Unit 1 – Religious Understanding Is God Calling You? UKS2 Module 2 Unit 2 – Personal Relationships Under Pressure Do You Want A Piece Of Cake? Self-Talk Confidence vs Control Build Others Up	Created to Live in Community UKS2 Module 3 Unit 1 – Religious Understanding The Trinity Catholic Social Teaching UKS2 Module 3 Unit 2 – Living in the Wider World Reaching Out	Created and Loved by God UKS2 Module 1 Unit 3 – Emotional Well-Being Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online	Created and Loved by God UKS2 Module 1 Unit 2 * - Me, My Body, My Health Gifts and Talents Girls' Bodies Boys' Bodies Spots and Sleep UKS2 Module 1 Unit 4 * - Life Cycles Making Babies (part 1) Making Babies (part 2) Menstruation Hope Beyond Death
Empowerment Approach	Executive Function Skills Flexible thinking	Executive Function Skills Flexible thinking	Executive Function Skills Attention control	Executive Function Skills Attention control	Executive Function Skills DOSE Revisit all	Executive Function Skills DOSE Revisit all
Year 6	Teacher led – Classroom rules/ contract/ boundaries Circle time –getting to know each other E-safety – see e- safety provision	Created and Loved by God/Created to Love Others UKS2 Module 1 Unit 1 – Religious Understanding Calming The Storm	Created to Love Others UKS2 Module 2 Unit 1 – Religious Understanding Is God Calling You? UKS2 Module 2	Created to Live in Community UKS2 Module 3 Unit 1 – Religious Understanding The Trinity Catholic Social Teaching	Created and Loved by God UKS2 Module 1 Unit 3 – Emotional Well-Being Body Image Peculiar Feelings Emotional Changes	Created and Loved by God UKS2 Module 1 Unit 2 * - Me, My Body, My Health Gifts and Talents Girls' Bodies Boys' Bodies

		UKS2 Module 2 Unit 3 – Life Online Sharing Isn't Always Caring Cyberbullying Unit 4 – Keeping Safe Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	Unit 2 – Personal Relationships Under Pressure Do You Want A Piece Of Cake? Self-Talk Confidence vs Control Build Others Up	UKS2 Module 3 Unit 2 – Living in the Wider World Reaching Out	Seeing Stuff Online	Spots and Sleep UKS2 Module 1 Unit 4 * - Life Cycles Making Babies (part 1) Making Babies (part 2) Menstruation Hope Beyond Death
Empowerment Approach	Executive Function Skills Emotional regulation	Executive Function Skills Impulse control	Executive Function Skills Working memory	Executive Function Skills Thinking speed	Executive Function Skills Flexible thinking	Executive Function Skills Attention control

Whole school using the following programmes: **Ten Ten Resources** **Where to find on TenTen** **Empowerment Approach**