

St Anthony's Catholic Primary School

RHE/PSHE Curriculum Structure



RHE/PSHE		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Reception	Keeping Safe/On Line Safety	What is the internet?		Always ask and adult before you use. Asking an adult if anything pops up.		Being kind to others online. Playing Online	Safe Inside and Out My Body, My Rules Feeling Poorly People Who Help Us	
	Relationships				Who's Who? You've Got a Friend in Me Forever Friends	Safe Inside and Out My Body, My Rules		
	Emotional Well being	Starting School and All About Me		I Like, You Like, We all Like All the Feelings Let's Get Real				
	Me, My Body, My Health/Life Cycles	I am Me Head, shoulders, knees and toes. Ready Teddy		People Who Help Us The role of nurses, dentists etc in the community	Growing Up	Feeling Poorly People Who Help Us		
	Living in the Wider World	Golden Rules Anti-Bullying Week Black History Month Harvest-collecting for local food bank Remembrance Day		Library Visit Safer Internet Day Children's Mental Health Week Science Week			Me, You, Us	
							Celebration of Culture	
	Physical Education	Healthy Participation: All units of work promote moving safely with control, taking turns and being aware of space. The units of work develop agility, balance, co-ordination, speed and stamina.						

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Keeping Safe/On Line Safety	Real Life Online Rules to Help Us	Safely searching for images on-line	Understand how to communicate safely online	Using technology safely – creating a multi-media eBook	Good Secrets and Bad Secrets Physical Contact Harmful Substances Can You Help Me?	Using technology safely- using data to solve clues
	Relationships				Special people Treat Others Well ...and Say Sorry		
	Emotional Well being			Feelings, Likes and Dislikes Feeling Inside Out Super Suzie Gets Angry			
	Me, My Body, My Health/Life Cycles	Animals Including Humans The human body	I Am Unique Girls & Boys Clean & Healthy (My Body)	The Cycle of Life Beginnings and Endings			
	Living in the Wider World	Black History Month Harvest-collecting for local food bank	Anti-Bullying Week Remembrance Day	Safer Internet Day Children’s Mental Health Week	Science Week		The Communities We Live In Celebration of Culture
	Physical Education	Healthy Participation: All units of work promote moving safely with control, taking turns and working in their own safe space. The units of work develop agility, balance, co-ordination, speed, stamina, flexibility and strength.					

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Keeping Safe/On Line Safety	Real Life Online Rules to Help Us	Using technology safely and keeping personal information private- working out the rules for games	Using technology safely- taking, selecting and editing digital images	Researching a topic safely	Good Secrets and Bad Secrets Physical Contact Harmful Substances Can You Help Me?	Collecting data safely online
	Relationships				Special people Treat Others Well ...and Say Sorry		
	Emotional Well being			Feelings, Likes and Dislikes Feeling Inside Out Super Suzie Gets Angry			
	Me, My Body, My Health/Life Cycles	Animals Including Humans- Healthy Me The importance of exercise, hygiene and healthy foods	I Am Unique Girls & Boys Clean & Healthy (My Body)	The Cycle of Life Beginnings and Endings			Animals Including Humans- Little MasterChef The importance of exercise, hygiene and healthy foods
	Living in the Wider World	Black History Month Harvest-collecting for local food bank	Anti-Bullying Week Remembrance Day	Safer Internet Day Children's Mental Health Week	Science Week		The Communities We Live In Celebration of Culture
	Physical Education	Healthy Participation: All units of work promote moving safely with control, taking turns and working in their own safe space. The units of work develop agility, balance, co-ordination, speed, stamina, flexibility and strength.					

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Keeping Safe/On Line Safety	Sharing Online Chatting Online				Safe In My Body Drugs, Alcohol and Tobacco First Aid Heroes	
	Relationships				Friends, Family and Others When Things Feel Bad		
	Emotional Well being			What Am I feeling? What Am I looking At? I Am Thankful?			
	Me, My Body, My Health/Life Cycles	Animals Including Humans Food and our bodies Nutrition	We Don't Have to Be the Same Respecting Our Bodies				
	Living in the Wider World	Black History Month Harvest-collecting for local food bank	Anti-Bullying Week Remembrance Day	Safer Internet Day Children's Mental Health Week	Science Week		How Do I Love Others?
							Celebration of Culture
	Physical Education	Healthy Participation: All units of work promote moving safely with control, taking turns and working in their own safe space. The units of work develop agility, balance, co-ordination, speed, stamina, flexibility and strength.					

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Keeping Safe/On Line Safety	Sharing Online Chatting Online				Safe In My Body Drugs, Alcohol and Tobacco First Aid Heroes	
	Relationships				Friends, Family and Others When Things Feel Bad		
	Emotional Well being			What Am I feeling? What Am I looking At? I Am Thankful?			
	Me, My Body, My Health/Life Cycles	Animals Including Humans Teeth & Eating	We Don't Have to Be the Same Respecting Our Bodies What Is Puberty? Changing Bodies	Life Cycles A Time for Everything			
	Living in the Wider World	Black History Month Harvest-collecting for local food bank	Anti-Bullying Week Remembrance Day	Safer Internet Day Children's Mental Health Week	Science Week	Swimming	How Do I love Others? Celebration of Culture
	Physical Education	Healthy Participation: All units of work promote moving safely with control, taking turns and working in their own safe space. The units of work develop agility, balance, co-ordination, speed, stamina, flexibility and strength. Pupils identify areas for improvement and should not compare themselves with others in the class					

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Year 5	Keeping Safe/On Line Safety	Sharing Isn't Always Caring Cyberbullying					Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	
	Relationships				Under Pressure Do You Want a Piece of Cake? Self-Talk Build Others Up			
	Emotional Well being			Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online				
	Me, My Body, My Health/Life Cycles			Gifts & Talents Girls' Bodies Boys' Bodies Spots & Sleep	Menstruation Hope Beyond Death		My emotions	Animals Including Humans (Growing Up and Growing Old) Puberty
							All Living Things (The Circle of Life) Life Cycles and reproduction	
Living in the Wider World	Black History Month Harvest-collecting for local food bank	Anti-bullying week Remembrance Day James Ross Hunter Foundation Youth Support/MET Police	Safer Internet Day Children's Mental Health Week	Science Week	Reaching Out	Celebration of Culture		
	Physical Education	Healthy Participation: All units of work promote moving safely with control, taking turns and working in their own safe space. The units of work develop agility, balance, co-ordination, speed, stamina, flexibility and strength. Pupils identify areas for improvement and should not compare themselves with others in the class						

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Keeping Safe/On Line Safety	Sharing Isn't Always Caring Cyberbullying					Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance
	Relationships				Under Pressure Do You Want a Piece of Cake? Self-Talk Build Others Up		
	Emotional Well being			Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online			
	Me, My Body, My Health/Life Cycles		Gifts & Talents Girls' Bodies Boys' Bodies Spots & Sleep	Menstruation Hope Beyond Death	Evolution and Inheritance		
			Animals Including Humans (Healthy Bodies)				
Living in the Wider World	Black History Month Harvest-collecting for local food bank	Anti-Bullying Week Remembrance Day James Ross Hunter Foundation Youth Support/MET Police	Safer Internet Day Children's Mental Health Week	Science Week	Reaching Out	Junior Citizen Scheme Celebration of Culture	
	Physical Education	Healthy Participation: All units of work promote moving safely with control, taking turns and working in their own safe space. The units of work develop agility, balance, co-ordination, speed, stamina, flexibility and strength. Pupils identify areas for improvement and should not compare themselves with others in the class					
British Values	<ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance of different faiths and beliefs 						
Whole School Events and Initiatives	Mini Vinnies School Council Spelling Bee- KS1 & KS2 Sing-A-Book Black Thrive World Book Day Maths Week						



Ten Ten



Computing



Science



PE