



PSHE Curriculum 2023-2024

Ten:Ten
Resources



		EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
Autumn	Created and loved by God	Unit 1: Religious Understanding: Handmade with Love	Unit 1: Religious Understanding: Let the Children Come	Unit 1: Religious Understanding: 1. Get Up! 2. The Sacraments	Unit 1: Religious Understanding: 1. Calming the Storm
		Unit 2: Me, my body, my health 1. I am me 2. Head, shoulders, knees and toes 3. Ready teddy	Unit 2: Me, my body, my health 1. I Am Unique (Me) 2. Girls and boys 3. Clean and healthy (My Body) Key Decision: Girls and boys unit – See policy for vocabulary in Year 1 and Year 2	Unit 2: Me, my body, my health 1. We Don't Have To Be The Same 2. Respecting Our Bodies Key Decision: Year 4 only sessions on puberty/changing bodies are not taught in LKS2 – these sessions are taught in Year 5	Unit 2: Me, my body, my health Year 5 and 6: 1. Gifts and Talents 2. Girls' Bodies 3. Boys' Bodies 4. Spots and Sleep 5. Key decision: Cover the LKS2 lessons on What is puberty & Changing bodies
		Unit 3: Emotional well-being 1. I Like, You Like, We All Like! 2. All the feelings 3. Let's get real	Unit 3: Emotional well-being 1. Feelings, Likes, Dislikes 2. Feelings Inside Out 3. Super Susie Gets Angry	Unit 3: Emotional well-being 1. What Am I Feeling? 2. What Am I Looking At? 3. I Am Thankful!	Unit 3: Emotional well-being 1. Body Image 2. Peculiar Feelings 3. Emotional Changes 4. Seeing Stuff Online
		Unit 4: Life cycles 1. Growing up 2. New people, new places	Unit 4: Life cycles 1. The cycle of life 2. Beginnings and endings 3. Change is all around	Unit 4: Life cycles 1. Life Cycles Key Decision: Year 5 only 2. A time for everything. 3. Big changes, little changes	Unit 4: Life cycles 1. Key decision: Cover the LKS2 lesson on life cycles – Year 5 2. Making babies part 1 - Year 6 only 3. Making babies part 2 – Year 6 only 4. Menstruation 5. Hope beyond death 6. Coping with change
		Themed days to cover during PSHE this term: World Mental Health Day 10 th October			

		Bonfire Night 5 th November Remembrance Day 11 th November #BeKind Week 13 th - 17 th November Road Safety Week 19-25 th November Crucial Crew – UKS2			
Spring	Created to love others	Unit 1: Religious Understanding: Role model	Unit 1: Religious Understanding: God loves you	Unit 1: Religious Understanding: Jesus, My Friend	Unit 1: Religious Understanding: Is God calling you?
		Unit 2: Personal Relationships 1. Who's Who? 2. You've got a friend in me 3. Forever friends	Unit 2: Personal Relationships 1. Special People 2. Treat Others Well... 3. ... and say sorry!	Unit 2: Personal Relationships 1. Friends, Family & Others 2. When things feel bad	Unit 2: Personal Relationships 1. Under pressure 2. Do You Want A Piece of Cake? 3. Self-talk 4. Build others up
		Unit 3: Life online 1. What is the internet? 2. Playing online	Unit 3: Life online 1. Real Life Online 2. Rules to help us	Unit 3: Life online 1. Sharing online 2. Chatting online	Unit 3: Life online 1. Sharing Isn't Always Caring 2. Cyber bullying
		Unit 4: Keeping Safe 1. Safe Inside and Out 2. My body, my rules 3. Feeling poorly 4. People who help us	Unit 4: Keeping Safe 1. Good secrets/bad secrets 2. Physical contact 3. Harmful substances 4. Can you help me? Part 1 5. Can you help me? Part 2	Unit 4: Keeping Safe 1. Safe in my body 2. Drugs, alcohol and Tobacco 3. First aid heroes 4. Rights and Responsibilities	Unit 4: Keeping Safe 1. Types of Abuse 2. Impacted lifestyles 3. Making good choices 4. Giving assistance
		Themed days to cover during PSHE this term: Life Education Workshops 22 nd -24 th January Children's Mental Health Week 5 th - 11 th February Safer Internet Day 6 th February NSPCC Speak Out, Stay Safe date TBC World Water Day 22 nd March			

Summer	Created to live in the community	Unit 1: Religious Understanding: 1. God's love 2. Loving God and loving others	Unit 1: Religious Understanding: 1. Three in One 2. Who is my neighbour?	Unit 1: Religious Understanding: 1. A community of love 2. What is the church?	Unit 1: Religious Understanding: 1. The trinity 2. Catholic social teaching
		Unit 2: Living in the Wider World 1. Me, You, Us 2. When I grow up... 3. Money doesn't grow on trees	Unit 2: Living in the Wider World 1. The Communities We Live In 2. Who will I be? 3. Needs and Wants 4.	Unit 2: Living in the Wider World 1. How Do I Love Others? 2. Working together 3. Money matters	Unit 2: Living in the Wider World 1. Reaching out 2. The world of work 3. Money and Me
		Themed days to cover during PSHE this term: Mental Health Awareness Month – May World Environment Day 5 th June National Drowning Prevention Day 25 th July International Day of Friendship 30 th July			

Yellow highlighted information show where our 'Key Desicisions' are

Green text indicates new content