

# Ursuline Catholic Primary School Curriculum Overview: You, Me, Everyone - RSHE, PSHE & Wellbeing



**Ursuline**  
Catholic Primary School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	<p><b>Lesson 1 – establish Group Agreement</b></p> <p>No Outsiders You Choose by Nick Sharratt – To choose what I like</p> <p>The Family Book by Todd Parr – All families are different</p> <p>Hello Hello by Brendan Wenzel – I can make friends with different people.</p> <p>Safeguarding NSPCC – Pants Song <a href="#">NSPCC - PANTS</a></p> <p>Online Safety</p>	<p>LTF:</p> <p>Module 1 Unit 1 <a href="#">Story Sessions: Handmade With Love</a></p> <p>Module 1 Unit 2: <a href="#">Session 1: I Am Me</a> <a href="#">Session 2: Heads, Shoulders, Knees and Toes</a> <a href="#">Session 3: Ready Teddy?</a></p> <p>JIL: The wonder of being special and unique LI: To recognise the joy of being a special person in my family.</p> <p>Firework Safety</p>	<p>LTF:</p> <p>Module 1 Unit 3: <a href="#">Session 1: I Like, You Like, We All Like!</a> <a href="#">Session 2: Good Feelings, Bad Feelings</a> <a href="#">Session 3: Let's Get Real</a></p> <p>Module 1 Unit 4: <a href="#">Session 1: Growing Up</a></p>	<p>LTF:</p> <p>Module 2 Unit 1: <a href="#">Session 1: Role Model</a></p> <p>Module 2 Unit 2: <a href="#">Session 1: Who's Who?</a> <a href="#">Session 2: You've Got a Friend in Me</a> <a href="#">Session 3: Forever Friends</a></p> <p>JIL: The wonder of being special and unique LI: To recognise that we are all different and unique</p>	<p>LTF:</p> <p>Module 2 Unit 3: <a href="#">Session 1: Safe Inside and Out</a> <a href="#">Session 2: My Body, My Rules</a> <a href="#">Session 3: Feeling Poorly</a> <a href="#">Session 4: People Who Help Us</a></p> <p>JIL: The wonder of being special and unique LI: To celebrate the joy of being a special person in God's family.</p>	<p>LTF:</p> <p>Module 3 Unit 1: <a href="#">Session 1: God is Love</a> <a href="#">Session 2: Loving God, Loving Others</a></p> <p>Module 3 Unit 2 <a href="#">Session 1: Me, You, Us</a></p> <p>TRANSITION Preparing to move to a new class/year group</p>

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 1	<p>Lesson 1 – establish Group Agreement</p> <p>No Outsiders Elmer by David McKee – to know how to make my class welcoming</p> <p>Max the Champion by Stockdale &amp; Strick – That everyone is different and you can't always see difference.</p> <p>Hair, It's a family affair by Mylo Freeman – Proud to be me</p> <p>Safeguarding NSPCC – Pants Song Safeguarding NSPCC – Pants Song <a href="#">NSPCC - PANTS</a></p> <p>Online Safety</p>	<p>LTF:</p> <p>Mod 1 Unit 1: SS <a href="#">KS1.1.1 Let the Children Come</a></p> <p>Let the Children Come Mod 2 Unit 1: <a href="#">KS1.2.1.1 God Loves You</a></p> <p>JIL: We meet God's Love in our family LI: To recognise signs that I am loved in my family.</p> <p>Firework Safety</p>	<p>LTF:</p> <p>Mod 2 Unit 2: <a href="#">KS1.2.2.1 Special People</a> <a href="#">KS1.2.2.2 Treat Others Well...</a> <a href="#">KS1.2.2.3 ...And Say Sorry</a></p> <p>JIL: We meet God's Love in our family LI: To recognise how I am cared for and kept safe in my family.</p>	<p>LTF</p> <p>Mod 2 Unit 3: <a href="#">KS1.2.3.1 Being Safe</a> <a href="#">KS1.2.3.2 Good Secrets and Bad Secrets</a> <a href="#">KS1.2.3.3 Physical Contact</a> <a href="#">KS1.2.3.4 Harmful Substances</a> <a href="#">KS1.2.3.3 Can You Help Me?</a></p> <p>Vaccinations and Immunisations</p>	<p>LTF</p> <p>Mod 3 Unit 1: <a href="#">KS1.3.1.1 Three in One</a> <a href="#">KS1.3.1.2 Who Is My Neighbour?</a></p> <p>Mod 3 Unit 2: <a href="#">KS1.3.2.1 The Communities We Live In</a></p> <p>JIL: We meet God's Love in our family LI: To celebrate ways that God loves and cares for us.</p>	<p>TRANSITION Preparing to move to a new class/year group</p> <p>Keeping Safe: Sun safety, fire safety, road safety, beach safety. How to call 999</p>

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Yr 2	<p>Lesson 1 – establish Group Agreement</p> <p>No Outsiders The Great Big Book of Families by Mary Hoffman- To understand what diversity is</p> <p>Just Because by Rebecca Elliot- I know that some bodies work in different ways</p> <p>What the Jackdaw Saw by Julia Donaldson- There are different ways to communicate</p> <p>Safeguarding NSPCC – Pants Song <a href="#">NSPCC - PANTS</a></p> <p>Online Safety</p>	<p>LTTF: Mod 1 Unit 1: SS <a href="#">KS1.1.1 Let the Children Come</a></p> <p>Democracy – Importance of rules</p> <p>JIL: We meet God’s love in the Community LI: To recognise the joy and friendship of belonging to a diverse community.</p> <p>Firework Safety</p>	<p>LTTF : Mod 1 Unit 2: <a href="#">KS1.1.2.1 I Am Unique (Me)</a> <a href="#">KS1.1.2.2 Girls and Boys (My Body)</a> <a href="#">KS1.1.2.3 Clean and Healthy (My Health) – 2 sessions</a></p> <p>JIL: We meet God’s love in the Community LI: To describe ways of being safe in communities</p>	<p>LTTF: Mod 1 Unit 3 <a href="#">KS1.1.3.1 Feelings, Likes and Dislikes</a> <a href="#">KS1.1.3.2 Feeling Inside Out</a> <a href="#">KS1.1.3.3 Super Susie Gets Angry</a></p> <p>How to manage when finding things difficult</p>	<p>LTTF; Mod 1 Unit 4: <a href="#">KS1.1.4.1 The Cycle of Life</a></p> <p>Mod 3 Unit 1: <a href="#">KS1.3.1.1 Three in One</a> <a href="#">KS1.3.1.2 Who Is My Neighbour?</a></p> <p>Mod 3 Unit 2: <a href="#">KS1.3.2.1 The Communities We Live In</a></p> <p>JIL: We meet God’s love in the Community LI: To celebrate ways of meeting God in our communities.</p>	<p>TRANSITION Preparing to move to a new class/year group</p> <p>Money &amp; Work: What money is? How to save and Spend money? Wants and needs? Looking after money? Jobs help people to earn money. Different jobs in the community.</p>

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Yr 3	<p>Lesson 1 – establish Group Agreement</p> <p>No Outsiders This is our house by Michael Rosen- To understand what discrimination means</p> <p>Beegu by Alexis Deacon- I understand how behaviour can impact others</p> <p>We are all wonders by R. J Palacio- To understand what a bystander is</p> <p>Mental health and Wellbeing How to support our own mental health Importance of expressing how we're feeling. Impact of others on others on our own wellbeing (Peer on peer abuse) Experiencing change and loss – managing grief and bereavement.</p> <p>LLTF Bereavement Resource: <a href="#">A Time for Everything</a></p>	<p>LTTF: Mod 1 Unit 1: SS <a href="#">LKS2.1.1 Get Up</a> <a href="#">LKS2.1.1.1 The Sacraments</a></p> <p>Mod 2 Unit 1: SS <a href="#">LKS2.2.1 Jesus My Friend</a></p> <p>Firework Safety</p> <p>JIL: How we live in love LI: To describe and give reasons how friendships make us feel happy and safe.</p>	<p>LTTF: Mod 2 Unit 2: <a href="#">LKS2.2.2.1 Family, Friends and Others</a> <a href="#">LKS2.2.2.2 When Things Feel Bad</a></p> <p>JIL: How we live in love LI: To describe and give reason why friendships can break down, how they can be repaired and strengthened.</p>	<p>LTTF: Mod 2 Unit 3: <a href="#">LKS2.2.3.1 Sharing Online</a> <a href="#">LKS2.2.3.2 Chatting Online</a> <a href="#">LKS2.2.3.3 Physical Contact</a> <a href="#">LKS2.2.3.4 Drugs, Alcohol and Tobacco</a> <a href="#">LKS2.2.3.5 First Aid Heroes</a></p> <p>Why social media, some computer games and online gaming, for example, are age restricted</p> <p>Vaccinations and immunisations</p>	<p>LTTF: Mod 3 Unit 1: <a href="#">LKS2.3.1.1 A Community of Love</a> <a href="#">LKS2.3.1.2 What is the Church?</a></p> <p>Mod 3 Unit 2: <a href="#">LKS2.3.2.1 How Do I Love Others?</a></p> <p>JIL: How we live in love LI: To celebrate the joy and happiness of living in friendship with God and others.</p>	<p>TRANSITION Preparing to move to a new class/year group</p> <p>Keeping Safe: Sun safety, fire safety, road safety, beach safety. How to call 999</p> <p>Healthy friendships Managing peer influence Strategies to resolve disputes Reconcile differences positively</p>

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Yr 4	<p>Lesson 1 – establish Group Agreement</p> <p>No Outsiders Dogs Don't do Ballet by Anna Kemp- To understand assertiveness</p> <p>King and King by Linda de Hann- To understand why people choose to get married</p> <p>When sadness comes to call by Eva Eland- Looking after my mental health</p> <p>Mental health and Wellbeing How to support our own mental health Importance of expressing how we're feeling. Impact of others on others on our own wellbeing (Peer on peer abuse) Experiencing change and loss – managing grief and bereavement.</p> <p>LLTF Bereavement Resource: <a href="#">A Time for Everything</a></p>	<p>LTTF: Mod 1 Unit 1: SS <a href="#">LKS2.1.1 Get Up</a></p> <p>Importance of how sleep contributes to a healthy lifestyle</p> <p>Firework Safety</p> <p>JIL: God loves us in our differences LI: To describe how we should all be accepted and respected.</p>	<p>LTTF: Mod 1 Unit 2: <a href="#">LKS2.1.2.1 We Don't Have To Be The Same</a> <a href="#">LKS2.1.2.2 Respecting Our Bodies</a> <a href="#">LKS2.1.2.3 What is Puberty?</a> <a href="#">LKS2.1.2.4 Changing Bodies</a></p> <p>JIL: God loves us in our differences LI: to describe how we should treat others making links with the diverse modern society we live in.</p>	<p>LTTF: Mod 1 Unit 3: <a href="#">LKS2.1.3.1 What Am I Feeling?</a> <a href="#">LKS2.1.3.2 What Am I Looking At?</a> <a href="#">LKS2.1.3.3 I Am Thankful!</a></p> <p>Money Attitudes towards money. Prioritising needs and wants Keeping track of money. Risks associated with gambling – money can be won, lost or stolen</p>	<p>LTTF: Mod 1 Unit 4: <a href="#">LKS2.1.4.1 Life Cycles</a></p> <p>Mod 3 Unit 1: <a href="#">LKS2.3.1.1 A Community of Love</a> <a href="#">LKS2.3.1.2 What is the Church?</a></p> <p>Mod 3 Unit 2: <a href="#">LKS2.3.2.1 How Do I Love Others?</a></p> <p>JIL: God loves us in our differences LI: To celebrate the uniqueness and innate beauty of each of us.</p>	<p>TRANSITION Preparing to move to a new class/year group</p> <p>Aspirations: work and career Broad range of jobs and careers. What might influence us about career choices. Money influencing careers choice.</p>

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Yr 5	<p>Lesson 1 – establish Group Agreement</p> <p>No Outsiders Rose Blanche by Ian McEwan- To understand that sometimes we must make difficult decisions</p> <p>And Tango makes Three by Justin Richardson- To accept people who are different from me</p> <p>Mixed by Arree Chung- To understand what racism is</p> <p>Mental health and Wellbeing How to support our own mental health Importance of expressing how we're feeling. Impact of others on others on our own wellbeing (Peer on peer abuse) Experiencing change and loss – managing grief and bereavement.</p> <p>LLTF Bereavement Resource: <a href="#">A Time for Everything</a></p>	<p>LTTF: Mod 1 Unit 1: SS <a href="#">UKS2.1.1 Calming the Storm</a></p> <p>Mod 2 Unit 1: <a href="#">UKS2.2.1.1 Is God Calling You?</a></p> <p>Firework Safety</p> <p>JIL: God loves un in our changing and developing. LI: To show knowledge and understanding of emotional relationship changes as we grow and develop.</p>	<p>LTTF: Mod 2 Unit 2: <a href="#">UKS2.2.2.1 Under Pressure</a> <a href="#">UKS2.2.2.2 Do You Want a Piece of Cake?</a> <a href="#">UKS2.2.2.3 Self-Talk</a></p> <p>Managing hurtful behaviour Discrimination</p>	<p>LTTF: Mod 2 Unit 3: <a href="#">UKS2.2.3.1 Sharing Isn't Always Caring</a> <a href="#">UKS2.2.3.2 Cyberbullying</a> <a href="#">UKS2.2.3.3 Types of Abuse</a> <a href="#">UKS2.2.3.4 Impacted Lifestyles</a> <a href="#">UKS2.2.3.5 Making Good Choices</a> <a href="#">UKS2.2.3.6 Giving Assistance</a></p> <p>Why social media, some computer games and online gaming, for example, are age restricted</p> <p>JIL: God loves un in our changing and developing. To show knowledge and understanding of the physical changes in puberty.</p>	<p>LTTF: Mod 3 Unit 1: <a href="#">UKS2.3.1.1 Trinity House</a> <a href="#">UKS2.3.1.2 Catholic Social Teaching</a></p> <p>Mod 3 Unit 2 <a href="#">UKS2.3.2.1 Reaching Out</a></p> <p>JIL: God loves un in our changing and developing. LI: To celebrate the joy of growing physically and spiritually.</p>	<p>TRANSITION Preparing to move to a new class/year group</p> <p>Keeping Safe: Sun safety, fire safety, road safety, beach safety. How to call 999</p> <p>Rights and responsibilities Human Rights Democracy</p>
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Yr 6	<p>Lesson 1 – establish Group Agreement</p> <p>No Outsiders My Princess Boy by Cheryl Lilodavis- To understand diversity and to accept other people’s differences</p> <p>Dreams of Freedom by Amnesty International- To understand the rights of a child</p> <p>King of the sky by Nicola Davis- To consider the responses to immigration</p> <p>Mental health and Wellbeing How to support our own mental health Importance of expressing how we’re feeling. Impact of others on others on our own wellbeing (Peer on peer abuse) Experiencing change and loss – managing grief and bereavement.</p> <p>LLTF Bereavement Resource: <a href="#">A Time for Everything</a></p>	<p>LTTF: Mod 1 Unit 1: SS <a href="#">UKS2.1.1 Calming the Storm</a></p> <p>Mod 1 Unit 2: <a href="#">UKS2.1.2.1 Gifts and Talents</a> <a href="#">UKS2.1.2.2 Girls’ Bodies</a> <a href="#">UKS2.1.2.3 Boys’ Bodies</a> <a href="#">UKS2.1.2.4 Spots and Sleep</a></p> <p>Firework Safety</p> <p>JIL: The wonder of God’s love in creating New Life LI: To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p>	<p>LTTF: Mod 1 Unit 3: <a href="#">UKS2.1.3.1 Body Image</a> <a href="#">UKS2.1.3.2 Funny Feelings</a> <a href="#">UKS2.1.3.3 Emotional Changes</a> <a href="#">UKS2.1.3.4 Seeing Stuff Online</a></p> <p>JIL: The wonder of God’s love in creating New Life LI: Explain how human life is conceived.</p>	<p>LTTF: Mod 1 Unit 4 <a href="#">UKS2.1.4.1 Making Babies (Part 1)</a> <a href="#">UKS2.1.4.3 Menstruation</a></p>	<p>LTTF: Mod 3 Unit 1: <a href="#">UKS2.3.1.1 Trinity House</a> <a href="#">UKS2.3.1.2 Catholic Social Teaching</a></p> <p>Mod 3 Unit 2 <a href="#">UKS2.3.2.1 Reaching Out</a></p> <p>JIL: The wonder of God’s love in creating New Life LI: Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.</p>	<p>TRANSITION Preparing to move to a new school</p> <p>Gender stereotypes Respect for others Prejudice and discrimination Coercion County lines/gang culture</p> <p>What kind of jobs would they like to do? Routes into different careers.</p>

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