

## PHSE/ RSE Long Term Plan 25 26

	Term	EYFS Module and Unit	Session Title
EYFS	Autumn	Module 1, Unit 1 Module 1, Unit 2	Handmade With Love (5 short sessions across a week) Session 1: I Am Me Session 2: Heads, Shoulders, Knees and Toes Session 3: Ready Teddy?
	Additional	School Mission Anti-Bullying Week NSPCC Pants Session Emotions (Colour Monster)	Non Statutory L1: Shared responsibility – what are rules, why are rules needed – class rules
	Spring 1	Module 1, Unit 3  Module 1, Unit 4	Session 1: I like, You like, We all like Session 2: Good feelings, Bad feelings Session 3: Let's Get Real Session 1: Growing Up
	Spring 2	Module 2, Unit 1 Module 2, Unit 2	Session 1: Role Model (2 sessions) Session 1: Who's Who? Session 2: You've got a friend in me Session 3: Forever Friends
	Additional	Children's Mental Health Week E-Safety	
	Summer 1	Module 2, Unit 3	Session 1: Safe inside and out Session 2: My Body, My Rules Session 3: Feeling Poorly Session 4: People Who Help US
	Summer 2	Module 3, Unit 1  Module 3, Unit 2	Session 1: God is Love Session 2: Loving God, Loving Others Session 1: Me, You Us
	Additional	E-Safety Transition	

	Term	Module and Unit	Session Title
Year 1	Autumn 1 Twinkl PHSE& Citizenship	Aiming High	<ol style="list-style-type: none"> <li>1. Star Qualities</li> <li>2. Positive Learners</li> <li>3. Bright Futures</li> <li>4. Jobs for all</li> <li>5. Going for goals</li> <li>6. Looking forward</li> </ol>
	Autumn 2 TenTen RSE & Health Education	KS1 Module 1  KS1 Module 2 Unit 2	<ol style="list-style-type: none"> <li>1. Story Sessions - Let the children come</li> <li>2. God Loves You</li> <li>1. Special people</li> <li>2. Treat others well</li> <li>3. Say sorry</li> </ol>
	Additional Suggestions for autumn term	School Mission - Sept Class Rules – Sept – inc trusted adults Anti-Bullying Week – Nov E-Safety (Computing)	
	Spring 1 Twinkl PHSE& Citizenship	Diverse Britain	<ol style="list-style-type: none"> <li>1. My School</li> <li>2. My Community</li> <li>3. My Neighbourhood</li> <li>4. My Country</li> <li>5. British People</li> <li>6. What makes me proud to be British?</li> </ol>
	Spring 2 TenTen RSE & Health Education	Ks1 Module 2, Unit 4	<ol style="list-style-type: none"> <li>1. Good and Bad Secrets</li> <li>2. Physical Contact</li> <li>3. Harmful Substances</li> <li>4. Can you help me? part 1</li> <li>5. Can you help me? part 2</li> </ol>
	Additional Suggestions for spring term	Children's Mental Health Week - Feb E-Safety - Feb NSPCC Pants	
	Summer 1 Twinkl PHSE& Citizenship	One World	<ol style="list-style-type: none"> <li>1. Families</li> <li>2. Homes</li> <li>3. Schools</li> <li>4. Environments</li> <li>5. Resources</li> <li>6. Planet Protectors</li> </ol>
	Summer 2 TenTen RSE & Health Education	KS1 Module 3, Unit 1  Ks1 Module 3, Unit 2	<ol style="list-style-type: none"> <li>1. Three in one</li> <li>2. Who is my neighbour?</li> <li>1. The communities we live in</li> </ol>
	Additional	E-Safety Transition into next class (moving on) inc trusted adults	

	Term	Module and Unit	Session Title
Year 2	Autumn 1 Twinkl PHSE& Citizenship	Aiming High	<ol style="list-style-type: none"> <li>1. Star Qualities</li> <li>2. Positive Learners</li> <li>3. Bright Futures</li> <li>4. Jobs for all</li> <li>5. Going for goals</li> <li>6. Looking forward</li> </ol>
	Autumn 2 TenTen RSE & Health Education	KS1 Module 1  KS1 Module 1, Unit 2	<ol style="list-style-type: none"> <li>1. I am unique</li> <li>2. Girls and Boys</li> <li>3. Clean and Healthy part 1</li> <li>4. Clean and Healthy part 2</li> <li>5. NSPCC PANTS</li> </ol>
	Additional Suggestions for autumn term	School Mission – Sept – inc trusted adults Anti-Bullying Week – Nov E safety	
	Spring 1 Twinkl PHSE& Citizenship	Diverse Britain	<ol style="list-style-type: none"> <li>1. My School</li> <li>2. My Community</li> <li>3. My Neighbourhood</li> <li>4. My Country</li> <li>5. British People</li> <li>6. What makes me proud to be British?</li> </ol>
	Spring 2 TenTen RSE & Health Education	Ks1 Module 1, Unit 4 Ks1 Module 1, Unit 3	<ol style="list-style-type: none"> <li>1. Good and Bad secrets</li> <li>2. Feelings, likes and dislikes</li> <li>3. Feeling inside out</li> <li>4. Super Susie gets angry</li> </ol>
	Suggestions for spring term	Children’s Mental Health Week – Feb: E-Safety - Feb	
	Summer 1 Twinkl PHSE& Citizenship	Money Matters	<ol style="list-style-type: none"> <li>1. Money</li> <li>2. Where money comes from</li> <li>3. Look after it</li> <li>4. Save or spend?</li> <li>5. Want or need?</li> <li>6. Going shopping</li> </ol>
	Summer 2 TenTen RSE & Health Education	KS1 Module 3, Unit 1  KS1 Module 3, Unit 2	<ol style="list-style-type: none"> <li>1. The Cycle of Life</li> <li>2. Beginnings and endings</li> <li>3. Real Life Online</li> <li>4. Rules to help us</li> <li>5. Three in one</li> <li>6. Who is my neighbour ?</li> </ol>
	Additional	E-Safety Transition into next class (moving on) inc trusted adults	

	Term	LKS2 Module and Unit	Session Title
Year 3	Autumn 1 Twinkl PHSE& Citizenship	Aiming High	<ol style="list-style-type: none"> <li>1. Star Qualities</li> <li>2. Positive Learners</li> <li>3. Bright Futures</li> <li>4. Jobs for all</li> <li>5. Going for goals</li> <li>6. Looking forward</li> </ol>
	Autumn 1 TenTen RSE & Health Education	LKS2 Module 1, Unit 1  LKS2 Module 2, Unit 1	<ol style="list-style-type: none"> <li>1. Story sessions Get up</li> <li>2. The Sacraments</li> <li>3. Story Sessions Jesus, my friend</li> </ol>
	Additional	Class Rules – inc trusted adults School Mission Anti-Bullying Week NSPCC Pants	<p>L1: Shared responsibility – what are rules, why are rules needed, why are laws needed and what are the consequences of breaking rules and laws. (class rules)</p> <p>L7: Communities – To value different contributions that people and groups make in the community (inclusion, diversity)</p> <p>L8: diversity: what it means, benefits of living in a diverse community, valuing diversity</p>
	Spring 1 Twinkl PHSE& Citizenship	Diverse Britain	<ol style="list-style-type: none"> <li>1. My school</li> <li>2. My community</li> <li>3. My neighbourhood</li> <li>4. My country</li> <li>5. British People</li> <li>6. What makes me proud to be British?</li> </ol>
	Spring 2 TenTen RSE & Health Education	LKS2 Module 2, Unit 2  LKS2 Module 2, Unit 3  LKS2 Module 2, Unit 4	<ol style="list-style-type: none"> <li>1. Family, friends and others</li> <li>2. When things feel bad</li> </ol> <ol style="list-style-type: none"> <li>1. Sharing Online</li> <li>2. Chatting online</li> </ol> <ol style="list-style-type: none"> <li>1. Safe in my body</li> <li>2. Drugs, Alcohol and Tobacco</li> </ol>
	Additional	Children's Mental Health Week	
	Summer 1 Twinkl PHSE& Citizenship	One World	<ol style="list-style-type: none"> <li>1. Families</li> <li>2. Homes</li> <li>3. Schools</li> <li>4. Environments</li> <li>5. Resources</li> <li>6. Planet Protectors</li> </ol>
	Summer 2 TenTen RSE & Health Education	Module 2, Unit 4 Module 3, Unit 1  Module 3, Unit 2	<ol style="list-style-type: none"> <li>1. First Aid Heroes</li> <li>1. A Community of Love</li> <li>2. What is the Church?</li> <li>1. How do I love others?</li> </ol>
	Additional	Earth Day, E Safety and transition – inc trusted adults	

	Term	KS1 Module and Unit	Session Title
Year 4	Autumn 1 Twinkl PHSE& Citizenship	Aiming High	<ol style="list-style-type: none"> <li>1. Star Qualities</li> <li>2. Positive Learners</li> <li>3. Bright Futures</li> <li>4. Jobs for all</li> <li>5. Going for goals</li> <li>6. Looking forward</li> </ol>
	Autumn 1 TenTen RSE & Health Education	LKS2 Module 1, Unit 1 LKS2 Module 1, Unit 3	<ol style="list-style-type: none"> <li>1. Get Up</li> <li>2. What am I feeling?</li> <li>3. What am I looking at?</li> <li>4. I am thankful</li> </ol>
	Additional	School Mission – inc trusted adults Anti-Bullying Week NSPCC Pants	L1: Shared responsibility – what are rules, why are rules needed, why are laws needed and what are the consequences of breaking rules and laws.(class rules) L7: To value different people and groups make in the community (inclusion, diversity)
	Spring 1 Twinkl PHSE& Citizenship	Diverse Britain	<ol style="list-style-type: none"> <li>1. My School</li> <li>2. My Community</li> <li>3. My Neighbourhood</li> <li>4. My Country</li> <li>5. British People</li> <li>6. What makes me proud to be British?</li> </ol>
	Spring 2 TenTen RSE & Health Education	LKS2 Module 1, Unit 2	<ol style="list-style-type: none"> <li>1. We don't have to be the same</li> <li>2. Respecting our Bodies</li> <li>3. What is puberty?</li> <li>4. Changing Bodies</li> <li>5. Male/ Female Discussion Groups</li> </ol>
	Additional	Children's Mental Health Week Earth Day	L12:how to assess the reliability of sources of information online; make safe, reliable choices from search results
	Summer 1 Twinkl PHSE& Citizenship	Money Matters	<ol style="list-style-type: none"> <li>1. Money</li> <li>2. Where money comes from</li> <li>3. Look after it</li> <li>4. Save or spend?</li> <li>5. Want or need?</li> <li>6. Going shopping</li> </ol>
	Summer 2 TenTen RSE & Health Education	LKS2 Module 1, Unit 4  LKS2 Module 3, Unit 1  LKS2 Module 3, Unit 2	<ol style="list-style-type: none"> <li>1. Life Cycles</li> <li>2. A Time for Everything</li> <li>1. A Community of love</li> <li>2. What is the Church?</li> <li>1. How do I love others?</li> </ol>
	Additional	E-Safety Transition into next class (moving on)inc trusted adults	Transition – moving on to next class L5: Communities – learn about the different roles and responsibilities people have

	Term	UKS2 Module and Unit	Session Title
Year 5	Autumn 1 Twinkl PHSE& Citizenship	Aiming High	<ol style="list-style-type: none"> <li>1. Star Qualities</li> <li>2. Positive Learners</li> <li>3. Bright Futures</li> <li>4. Jobs for all</li> <li>5. Going for goals</li> <li>6. Looking forward</li> </ol>
	Autumn 1 TenTen RSE & Health Education	UKS2 Module 1, Unit 1 UKS2 Module 2, Unit 1 UKS2 Module 2, Unit 3	<ol style="list-style-type: none"> <li>1. Story Sessions Calming the Storm</li> <li>1. God is calling you</li> <li>1. Under Pressure</li> <li>2. Do you want a piece of cake?</li> <li>3. Self-Talk</li> </ol>
	Additional	School Mission/Class Rules inc trusted adults Anti-Bullying Week E safety	
	Spring 1 Twinkl PHSE& Citizenship	Diverse Britain	<ol style="list-style-type: none"> <li>1. My School</li> <li>2. My Community</li> <li>3. My Neighbourhood</li> <li>4. My Country</li> <li>5. British People</li> <li>6. What makes me proud to be British?</li> </ol>
	Spring 2 TenTen RSE & Health Education	UKS2 Module 2, Unit 3 UKS2 Module 2, Unit 4	<ol style="list-style-type: none"> <li>1. Sharing isn't always caring</li> <li>2. Cyberbullying</li> <li>1. Types of abuse</li> <li>2. Impacted Lifestyles</li> <li>3. Making good choices</li> <li>4. Giving assistance</li> </ol>
	Additional	Children's Mental Health Week Earth day E safety	
	Summer 1 Twinkl PHSE& Citizenship	Money Matters	<ol style="list-style-type: none"> <li>1. Money</li> <li>2. Where money comes from</li> <li>3. Look after it</li> <li>4. Save or spend?</li> <li>5. Want or need?</li> <li>6. Going shopping</li> </ol>
	Summer 2 TenTen RSE & Health Education	UKS2 Module 1, Unit 4 UKS2 Module 3, Unit 1 UKS2 Module	<ol style="list-style-type: none"> <li>1. Menstruation – alternatively, the mums and daughters chat</li> <li>1. The Holy Trinity</li> <li>2. Catholic Social Teaching</li> <li>1. Reaching Out</li> </ol>
	Additional	E-Safety	Transition – moving on to next class inc trusted adults

	Term	UKS2 Module and Unit	Session Title
Year 6	Autumn 1 Twinkl PHSE& Citizenship	Aiming High	<ol style="list-style-type: none"> <li>1. Star Qualities</li> <li>2. Positive Learners</li> <li>3. Bright Futures</li> <li>4. Jobs for all</li> <li>5. Going for goals</li> <li>6. Looking forward</li> </ol>
	Autumn 1 TenTen RSE & Health Education	UKS2 Module 1, Unit 2  UKS2 Module 1, Unit 3	<ol style="list-style-type: none"> <li>1. Gifts and Talents</li> <li>2. Girls' Bodies</li> <li>3. Boys' Bodies</li> <li>4. Spots and Sleep</li> </ol> <ol style="list-style-type: none"> <li>1. Body image</li> <li>2. Peculiar Feelings</li> </ol>
	Additional	School Mission inc trusted adults Anti-Bullying Week E safety	
	Spring 1 Twinkl PHSE& Citizenship	Diverse Britain	<ol style="list-style-type: none"> <li>1. My School</li> <li>2. My Community</li> <li>3. My Neighbourhood</li> <li>4. My Country</li> <li>5. British People</li> <li>6. What makes me proud to be British?</li> </ol>
	Spring 2 TenTen RSE & Health Education	UKS2 Module 1, Unit 3	<ol style="list-style-type: none"> <li>1. Emotional Changes</li> <li>2. Seeing Stuff Online</li> <li>3. Making Babies Part 1</li> <li>4. Making Babies Part 2</li> <li>5. Menstruation</li> <li>6. Hope Beyond Death</li> </ol>
	Additional	Children's Mental Health Week E-safety	<p>L13: about some of the different ways information and data is shared and used online, including for commercial purposes</p> <p>L14: about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information</p> <p>L16: about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation</p>
	Summer 1 Twinkl PHSE& Citizenship	One World	<ol style="list-style-type: none"> <li>1. Families</li> <li>2. Homes</li> <li>3. Schools</li> <li>4. Environments</li> <li>5. Resources</li> <li>6. Planet Protectors</li> </ol>
	Summer 2	UKS2 Module 2, Unit 2	<ol style="list-style-type: none"> <li>1. Build others up</li> </ol>

		<p>UKS2 Module 3, Unit 1</p> <p>UKS2 Module 3, Unit 2</p>	<ol style="list-style-type: none"> <li>1. The Holy Trinity</li> <li>2. Catholic Social Teaching</li> <li>1. Reaching Out</li> <li>2. TRANSITION TO Y7</li> <li>3. E Safety</li> </ol>
	<p>Extra (Non-statutory PHSE topics not covered by TenTen)</p>	<p><b>Economic Well-being: Money (twinkl)</b></p> <p>19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)</p> <p>L20. to recognise that people make spending decisions based on priorities, needs and wants</p> <p>L21. different ways to keep track of money</p> <p>L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe</p> <p>L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations</p> <p>L24. to identify the ways money can impact on people's feelings and emotions</p>	<p><b>Economic Well-Being: Aspirations, work and career (Twinkl)</b></p> <p>L27: about stereotypes in the workplace and that a person's career aspirations should not be limited by them</p> <p>L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)</p> <p>L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid</p> <p>L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation</p> <p>L31. to identify the kind of job that they might like to do when they are older</p> <p>L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)</p>