



St Bernadette's PSHE/RSHE Curriculum Overview

5 Ways of Well Being / **TEN:TEN** / **Journey In Love** / **No Outsiders**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>5 Ways of Well being Connect</p> <p>Module 1: Unit 1 Handmade with Love</p> <p>To Choose What I Like 'You Choose' by Nick Sharratt and Pippa Goodheart</p>	<p>5 Ways of Well being Be Active</p> <p>Module 1: Unit 2 I am me Heads, shoulders, knees and toes Ready Teddy</p> <p>Social and Emotional – JIL</p> <p>It's OK to like different things 'Red Rockets and Rainbow Jelly' by Sue Heap and Nick Sharratt</p>	<p>5 Ways of Well being Take Notice</p> <p>Module 1 Unit 3 I like, you like, we all like! Good feelings, bad feelings Let's get real</p> <p>Physical – JIL</p> <p>To say hello 'Hello Hello' by Brendan Wenze</p>	<p>5 Ways of Well being Keep Learning</p> <p>Module 3: Unit 1 God is love Loving God, loving others.</p> <p>All families are different. 'The Family Book' by Todd Parr</p>	<p>5 Ways of Well being Give</p> <p>Module 3: Unit 2 Me, You, Us</p> <p>Spiritual – JIL</p> <p>To Celebrate my Family 'Mommy, Mama and me' by Leaslea Newman, Carol Thompson</p> <p>To make a new friend 'Blue Chameleon' by Emily Gravett</p>	
Year 1	<p>5 Ways of Well being Connect</p> <p>Module 2: Unit 1 God Loves You</p>	<p>5 Ways of Well being Be Active</p> <p>Module 2: Unit 2 Special People Treat Others Well</p>	<p>5 Ways of Well being Take Notice</p> <p>Module 2: Unit 3 Real Life Online Rules To Help Us Module 2: Unit 4</p>	<p>5 Ways of Well being Keep Learning</p> <p>Module 2: Unit 4 Physical Contact Harmful Substances Can You Help Me?</p>	<p>5 Ways of Well being Give</p> <p>Module 3: Unit 1 Three in One Who is My Neighbour?</p>	

	Social and Emotional – JIL I like the way I am 'Elmer' by David Mckee	...And Say Sorry To join in 'Going to the Volcano' by Andy Stanton	Good and Bad Secrets To find ways to play together 'Want to play trucks' by Ann Stott and Bob Graham	Physical – JIL Proud to be me 'Hair it's a Family Affair' Mylo Freeman	Spiritual – JIL I share the world with lots of people 'My World Your World' by Melanie Wlash To work together 'Errol's Garden' by Gillian Hibbs
Year 2	5 Ways of Well being Connect Module 1: Unit 1 Let the Children Come To welcome different people 'Can I Join Your Club' by John Kelly and Steph Laberis	5 Ways of Well being Be Active Module 1: Unit 2 I am Unique Girls and Boys Clean & Healthy Social and Emotional – JIL To have self-confidence 'How To Be a Lion' by Ed Vere	5 Ways of Well being Take Notice Module 1: Unit 3 Feelings, Likes and Dislikes Feelings Inside Out Super Susie Gets Angry To understand what diversity is 'The Great Big Book of Families' by Mary Hoffman and Ros Asquith	5 Ways of Well being Keep Learning Module 1: Unit 4 The Cycle of Life Physical – JIL To think about what makes a good friend 'Amazing' by Steve Antony	5 Ways of Well being Give Module 3: Unit 2 The Communities We Live In Spiritual – JIL To communicate in different ways 'What the Jackdaw Saw' by Julie Donaldson and Nick Sharratt To know I belong 'All Are Welcome' by Alexandra
Year 3	5 Ways of Well being Connect	5 Ways of Well being Be Active	5 Ways of Well being Take Notice	5 Ways of Well being Keep Learning	5 Ways of Well being Give

	Module 2: Unit 1 Jesus, My Friend	Module 2: Unit 2 Friends, Family and Others When Things Feel Bad Social and Emotional – JIL	Module 2: Unit 3 Sharing Online Chatting Online	Module 2: Unit 3 Safe in My Body Drugs, Alcohol and Tobacco Physical – JIL	Module 3: Unit 1 A Community of Love What is the Church Spiritual – JIL	
	To understand what discrimination means 'This is Our House' by Michael Rosen	To understand what a bystander is 'We're All Wonders' by R.J. Palacio	To be welcoming 'Beegu' by Alexis Deacon	To recognise a stereotype 'The Truth About Old People' by Elina Ellis	To recognise and help an outsider 'The Hueys in the New Jumper' by Oliver Jeffers To consider living in Britain today 'All are Welcome' by Alexandra Penfold	
Year 4	5 Ways of Well being Connect Module 1: Unit 1 Get Up Sacraments Social and Emotional – JIL	5 Ways of Well being Be Active Module 1: Unit 2 We Don't Have to be the Same Respecting Our Bodies	5 Ways of Well being Take Notice Module 1: Unit 2 What is Puberty? Changing Bodies	5 Ways of Well being Keep Learning Module 1 Unit 3 What am I Feeling? What am I Looking at? I am Thankful! Physical – JIL	5 Ways of Well being Give Module 1 Unit 4 Life Cycles	Module 3: Unit 2 How Do I Love Others? Spiritual – JIL
	To help someone	To choose when to be Assertive	To be proud of who I am 'Red: A Crayon's Story' by	To find common ground 'Aalfred and Aalbert' by Morag Hood	To look after my mental health	To Show Acceptance

	accept difference Along Came a Different' by Tom McLaughlin	'Dogs Don't Do Ballet' by Anna Kemp and Sarah Oglivie	Michael Hall		'When Sadness Comes To Call' by Eva Eland	'Julian is a Mermaid' by Jessica Love
Year 5	5 Ways of Well being Connect Module 2: Unit 1 God is Calling You Social and Emotional – JIL To consider consequences 'Kenny Lives With Erica and Martina' by Olly Pike	5 Ways of Well being Be Active Module 2: Unit 2 Under Pressure Do You Want a Piece of Cake? To justify my actions 'Rose Blanche' by Ian McEwan and Rob	5 Ways of Well being Take Notice Module 2: Unit 4 Types of Abuse Physical – JIL (Teacher to deliver) To consider responses in racist behaviour 'Mixed' by Aree Chung	5 Ways of Well being Keep Learning Module 2: Unit 4 Impacted Lifestyles Making Good Choices Giving Assistance To recognise when someone needs help 'How to Heal a Broken Wing' by Bob Graham	5 Ways of Well being Give Module 3: Unit 1 The Trinity Catholic Social Teaching Module 3: Unit 2 Reaching Out Spiritual – JIL4 To explore friendship 'The Girls' by Lauren Lee and Jenny Lovlie To exchange dialogue and express an opinion 'And Tango Makes Three' by Justin Richardson and Peter Parnell	
Year 6	5 Ways of Well being Connect Module 1: Unit 1 Calming the Storm	5 Ways of Well being Be Active Module 1: Unit 2 Gifts and Talents	5 Ways of Well being Take Notice Module 1: Unit 2 Girls' Bodies Boys' Bodies Spots Sleep	5 Ways of Well being Keep Learning Module 1: Unit 3 Body Image Funny Feelings	5 Ways of Well being Give Module 1: Unit 3 Emotional Changes Module 1: Unit 4	

	<p>Social and Emotional –JIL</p> <p>To consider responses to immigration ‘King of the Sky’ by Nicola Davis</p>	<p>To consider language and freedom of speech ‘The Only Way is Badger’ by Stella J. Jones and Carmen Saldana</p>	<p>To overcome fears about difference ‘Leaf’ by Sandra Dieckmann</p>	<p>To consider causes of racism ‘The Islander’ by Armin Greder</p>	<p>Menstruation Making Babies (Part 1) Making Babies (Part 2)</p> <p>Physical – JIL (Teacher to deliver)</p> <p>Spiritual – JIL</p> <p>To show acceptance ‘Introducing Teddy’ – Jessica Walton and Dougal MacPherson</p> <p>To consider democracy ‘A Day in the Life of Marion Bundo’ by Marion Bundo and Jill Twiss</p>
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Content covered in rest of curriculum

First Aid - Mini Medics Course Year 3 – 6 spring term

Cyber-Bullying – covered in Computing curriculum