



# Sacred Heart Catholic Primary School

## Lower KS2 RSHE and PSHE Overview

	Year 3	Year 4
Autumn 1	<p><b><u>PSHE</u></b> <b><u>Team</u></b> Session 1- A new start Session 2 - Together everyone achieves Session 3- Working together Session 4- Being considerate Session 5- When things go wrong Session 6- Responsibilities</p>	<p><b><u>PSHE</u></b> <b><u>Safety First</u></b> Session 1- New responsibility Session 2 - Risks, hazards and danger Session 3- under pressure Session 4- Safety when out and about Session 5- Dangerous substances Session 6- injuries and emergencies</p>
Autumn 2	<p><b><u>Module 1 : Created and Loved by God</u></b> <b><u>LKS2 Module 1, Unit 1 Religious Understanding</u></b> Session 1: <i>Get Up!</i> (sessions over 5 days) Session 2: <i>The Sacraments</i></p> <p><b><u>Module 2 - Created to love others</u></b> <b><u>LKS2 Module 2, Unit 1 religious Understanding</u></b> Story Sessions: <i>Jesus, My Friend</i></p> <p><b><u>PSHE</u></b> <b><u>Be Yourself</u></b> Session 1- Pride Session 2 - Feelings Session 3- Express yourself Session 4- know your mind Session 5- Media wire</p>	<p><b><u>Module 1 - Created and Loved by God</u></b> <b><u>LKS2 Module 1, Unit 1- Religious Understanding</u></b> Session 1: <i>Get Up!</i></p> <p><b><u>Friends for life</u></b> <b><u>Session 2 – outcomes</u></b></p> <ul style="list-style-type: none"> <li>● Recognise feelings they and others have by focusing on facial expressions and body language.</li> <li>● Show an understanding of a range of feelings experienced by themselves and others.</li> <li>● Understand there are different triggers for different feelings and <b>that showing our feelings is important</b></li> </ul>



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	Session 6- Making it right	
Spring 1	<p><b><u>LKS2 Module 2, Unit 2 Personal Relationships</u></b>            Session 1: <a href="#">Friends, Family and Others</a>            Session 2: <a href="#">When Things Feel Bad</a></p> <p><b><u>Friends for life</u></b>  <b><u>Session 1 – outcomes</u></b></p> <ul style="list-style-type: none"> <li>• Expressing feelings</li> <li>• Helping others</li> <li>• Remembering happy things</li> </ul>	<p><b><u>LKS2 Module 1, Unit 2 Me, my body, my health</u></b>            Session 1: <a href="#">We Don't Have To Be The Same</a>            Session 2: <a href="#">Respecting Our Bodies</a>            Session 3: <a href="#">What is Puberty?</a>            Session 4: <a href="#">Changing Bodies</a>            Session 5: <a href="#">Boy/Girl Discussion Groups</a></p>
Spring 2	<p><b><u>LKS2 Module 2, Unit 3 Keeping Safe</u></b>            Session 1: <a href="#">Sharing Online</a>            Session 2: <a href="#">Chatting Online</a>            Session 3: <a href="#">Safe in My Body</a>            Session 4: <a href="#">Drugs, Alcohol and Tobacco</a>            Session 5: <a href="#">First Aid Heroes</a></p>	<p><b><u>LKS2 Module 1, Unit 1 Emotional well being</u></b>            Session 1: <a href="#">What Am I Feeling?</a>            Session 2: <a href="#">What Am I Looking At?</a>            Session 3: <a href="#">I Am Thankful!</a></p> <p><b><u>PSHE</u></b>  <b><u>One World</u></b>            Lesson 1 -Chiwe and kwende            Lesson 2-Chiwa's dilemma 1            Lesson 3- Chiwa's dilemma 2            Lesson 4 - Chiwa's sugar            Lesson 5 - Chiwa's world            Lesson 6 - Charity for Chiwa</p>
Summer 1	<p><b><u>Module 3 - Created to live in community</u></b>  <b><u>LKS2 Module 3, Unit 1 Religious Understanding</u></b></p>	<p><b><u>Module 3 - Created to live in community</u></b>  <b><u>LKS2 Module 3, Unit 1 - Religious Understanding</u></b></p>



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	<p>Session 1: <i>A Community of Love</i></p> <p>Session 2: <i>What is the Church?</i></p>	<p>Session 1: <i>A Community of Love</i></p> <p>Session 2: <i>What is the Church?</i></p>
Summer 2	<p><b><u>LKS2 Module 3, Unit 2 Living in the wider world</u></b></p> <p>Session 1: <i>How Do I Love Others?</i></p> <p><b><u>PSHE</u></b></p> <p><b><u>Britain</u></b></p> <p>Session 1- Living in the British Isles</p> <p>Session 2 - Democracy</p> <p>Session 3- Rules and responsibilities</p> <p>Session 4- Liberty</p> <p>Session 5- Tolerance and respect</p> <p>Session 6- What does it mean to be British ?</p>	<p><b><u>LKS2 Module 3, Unit 2 - Living in the wider world</u></b></p> <p>Session 1: <i>How Do I Love Others?</i></p> <p><b><u>PSHE</u></b></p> <p><b><u>Respecting Rights</u></b></p> <p>Session 1- Rights</p> <p>Session 2 - Are all rights equal ?</p> <p>Session 3- Rules</p> <p>Session 4- Rights without responsibilities</p> <p>Session 5- respect</p> <p>Session 6-are we so different ?</p>