



Sacred Heart Catholic Primary School

Upper KS2 RSHE and PSHE Overview

	Year 5	Year 6
Autumn 1	<p><u>Module 1, Unit 1 Created and loved by God</u> <u>Unit 1: Religious Understanding</u> (creation) Unit Prayers: Five Day Examen Story Sessions: Module 1, Unit 1 - Calming the Storm Replacing Kester's Adventures <u>Module 2 - Created to love others</u> Module 2, Unit 1- Session 1: Is God Calling You?</p> <p><u>Friends for life</u> <u>Session 3 – outcomes</u></p> <ul style="list-style-type: none"> Recognise the different signs that their bodies give them when they feel nervous or worried. 	<p><u>Module 1, Unit 1 Created and loved by God</u> <u>Unit 1: Religious Understanding</u> (creation) Story Sessions: Calming the Storm</p> <p><u>Friends for life</u> <u>Session 3 – outcomes</u></p> <ul style="list-style-type: none"> Recognise some of the situations that make them feel worried. Learn some relaxation techniques
Autumn 2	<p><u>PSHE</u> <u>Be Yourself</u> Session 1 - You are unique Session 2 - Let it out Session 3 - Uncomfortable feelings Session 4 - The confidence trick Session 5 - Do the right thing Session 6 - Making amends</p>	<p><u>PSHE</u> <u>Think Positive</u> Session 1- The cognitive triangle Session 2 - Thoughts are not facts Session 3 - Face your feelings Session 4 - Choices and consequences Session 5 - Being present Session 6 - Yes I can</p>



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Spring 1	<p><u>Module 2 - Created to love others</u> <u>Unit 2 Personal relationships</u> Session 1: Under Pressure Session 2: Do You Want a Piece of Cake? Session 3: Self-Talk</p> <p><u>PSHE</u> <u>My Body</u> Session 1- Your body is your own Session 2 - Exercise right, sleep tight Session 3 - Taking care of our bodies Session 4- Harmful substances Session 5- How we think and feel about our bodies Session 6- Healthy choices</p>	<p><u>Module 1 - Created and loved by God</u> <u>Module 1, Unit 2- Me, my body and my health</u> Session 1: Gifts and Talents Session 2: Girls' Bodies Session 3: Boys' Bodies Session 4: Spots and Sleep</p> <p><u>PSHE</u> <u>Growing up</u> Session 1 - Changing bodies Session 2 - Changing emotions Session 3 - Just the way you are Session 4- Relationships Session 5- Let's talk about sex Session6 - Reproduction</p>
Spring 2	<p><u>Module 2 - Created to love others</u> <u>Unit 3 Keeping safe</u> Session 1: Sharing Isn't Always Caring Session 2: Cyberbullying Session 3: Types of Abuse Session 4: Impacted Lifestyles Session 5: Making Good Choices Session 6: Giving Assistance</p>	<p><u>Module 1 - Created and loved by God</u> <u>Unit 3 Emotional wellbeing</u> Session 1: Body Image Session 2: Funny Feelings Session 3: Emotional Changes Session 4: Seeing Stuff Online <u>UKS2 Module 1, Created and loved by God</u> <u>Unit 4 Life cycles</u> Session 1: Making Babies (Part 1)</p>



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		<p>Session 2: Making Babies (Part 2) May be omitted or may be set as a homework task with parents.</p> <p>Session 3: Menstruation</p>
Summer 1	<p><u>Module 3 -Created to live in community</u> UKS2 Module 3, Unit 1 Religious understanding Session 1: The Trinity Session 2: Catholic Social Teaching</p> <ul style="list-style-type: none"> • Recognise some of the situations that make them feel worried. • Learn some relaxation techniques 	<p><u>Module 3 -Created to live in community</u> UKS2 Module 3, Unit 1 Religious understanding Session 1: The Trinity Session 2: Catholic Social Teaching</p> <p><u>Friends for life</u> <u>Session 3 – outcomes</u></p> <ul style="list-style-type: none"> • Recognise the different signs that their bodies give them when they feel nervous or worried. • Recognise some of the situations that make them feel worried. • Learn some relaxation techniques
Summer 2	<p>UKS2 Module 3, Unit 2 Living in the wider world Session 1: Reaching Out</p> <p>PSHE Money Matters Session 1 -Look after it Session 2- Critical consumers Session 3 - Value for money Session 4- Budgeting Session 5 - Borrowing and saving</p>	<p><u>Module 3 -Created to live in community</u> <u>UKS2 Module 3, Unit 2 Living in the wider world</u> Session 1: Reaching Out</p> <p><u>PSHE</u> <u>VIP's</u> Session 1 - People we love Session 2- Think before you act Session 3- It's ok to disagree Session 4- You decide Session 5- Secrets</p>



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	Session 5 - Money in the wider world.	Session 6 - False friends
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