



St Cecilia's Catholic Primary school

PSHE Whole School Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Zones of Regulation RSE: Social and Emotional To recognise the joy of being a special person in my family Online Safety: Discuss being safe with ‘images’ Relationships How can adults at school help me? How can I be a good friend? How can I make other children feel happy? No Outsiders: ‘You Choose’ By Nick Sharrat and Pippa Goodheart: To say what I think.	Zones of Regulation Online Safety Digiduck’s Famous LTTF: The Story of Creation x5 lessons (5-10min) Covered in RE No Outsiders ‘Red Rockets and Rainbow Jelly’ by Sue Heap & Nick Sharrott To understand that it’s ok to like different things.	Zones of Regulation Online Safety Detective Digiduck LTTF: Role Models RSE: Physical To recognise that we are all different and unique No Outsiders ‘Blue Chameleon’ by Emily Gravett To make friends with someone different.	Zones of Regulation Online Safety Digiduck and the Magic Castle LTTF: Who’s Who? You’ve Got a Friend in Me. Forever Friends Keeping Safe How can I keep safe at home? How can I keep safe at school? How can I play safely? No Outsiders ‘The Family Book’ by Todd Parr To understand that all families are different.	Zones of Regulation Online Safety Digiduck Save the Day LTTF: What is the Internet Playing Online Safe Inside and Out My Body, My Rules Feeling Poorly People Who Help Us RSE: Spiritual To celebrate the joy of being a special in God’s family. No Outsiders ‘Mommy, Mama and Me’ by Leslea Newman & Carol Thompson To Celebrate my family.	Zones of Regulation Online Safety Smartie the Penguin LTTF: God is Love Loving God Loving Others Me, You, Us
Year 1	Zones of Regulation Online Safety RSE: Social and Emotional Recognise signs that I am loved in my family Relationships Why are safe hands important? No Outsiders Elmer – To like the way I am	Zones of Regulation Online Safety LTTF: Story Sessions Let the Children Come God Loves You NO Outsiders Ten Little Pirates – to play with boys and girls	Zones of Regulation Online Safety LTTF: Special People Treat Others Well Say Sorry RSE: Physical Recognise how I am cared for and kept safe in my family Keeping Safe	Zones of Regulation Online Safety LTTF: Good and Bad Secrets Physical Contact Harmful Substances Can You Help Me? No Outsiders Max the Champion – to understand that our bodies work in different way	Zones of Regulation Online Safety LTTF: Three in One Who is My Neighbour? The Communities We Live In Who Will I Be?	Zones of Regulation Online Safety LTTF: Dress Up If You Could Be Anything Apply Yourself How Will I Be Today? God Knows

			How can I use things at home safely? No Outsiders My Grandpa is Amazing– to recognise that people are different ages		RSE: Spiritual Celebrate ways that God loves and cares for us Understanding the Law What do the police do? No Outsiders My World, Your World – to understand that we share the world with lots of people	
Year 2	Zones of Regulation Online Safety RSE: Social and Emotional To recognise the joy and friendship of belonging to a diverse community Relationships Why are relationships important? No Outsiders The Great Big Book Of Families – Mary Hoffman: To understand what diversity is.	Zones of Regulation Online Safety LTTF: God Is Calling You No Outsiders: The First Slodge -Jeanne Willis To understand how we share the world	Zones of Regulation Online Safety LTTF: I Am Unique Girls and Boys Clean and Healthy (My Body) RSE: Physical To describe ways of being safe in communities Keeping Safe What are medicines? No Outsiders: The Odd Egg – Emily Gravett Understand what makes people proud.	Zones of Regulation Online Safety LTTF: Feelings, Likes and Dislikes Feeling Inside Out Super Susie Gets Angry No Outsiders: Just Because – Rebecca Elliot To feel proud of being different.	Zones of Regulation Online Safety LTTF: The Cycle of Life Beginnings and Endings Change Is All Around Super Suit Checklist RSE: Spiritual To celebrate ways of meeting god in our communities. No Outsiders: Blow Away – Rob Biddulph To be able to work with everyone in class.	Zones of Regulation Online Safety LTTF: Three In One The Communities We Live In Needs and Wants How Do You Look After Money? Want or Need? Understating the Law Why does age matter?

Year 3	Zones of Regulation Online Safety RSE: Social and Emotional To describe and give reasons how friendships make us feel happy and safe. Keeping Safe What are emergency services? No outsiders <i>Oliver – Birgitta Sif</i> How difference can affect someone.	Zones of Regulation Online Safety LTTF: Get Up! Story sessions The Sacraments Jesus, My Friend Understanding the Law What is the law and why do we have it? No Outsiders This Is Our House – Michael Rosen Understand what discrimination means.	Zones of Regulation Online Safety LTTF: When Things Feel Bad Balancing Needs Sharing Online RSE: Physical To describe and give reasons why friendships can break down, how they can be repaired and strengthened. Wellbeing What is mental health? No Outsiders Two monsters By David McKee To recognise and help an outsider.	Zones of Regulation Online Safety LTTF: Safe In My Body Recognising Risk Drugs, Alcohol and Tobacco First Aid Heroes Rights and Responsibilities Relationships Who are my key people? No Outsiders Beegu – Alexis Deacon To be welcoming.	Zones of Regulation Online Safety LTTF: It's Not Your Fault! We're Not The Same... ...We're All Different! Right to Vote British Values A Com-munity of Love RSE: Spiritual To celebrate the joy and happiness of living in friendship with God and others.	Zones of Regulation Online Safety LTTF: How Do I Love Others? Working Together Same Job, Different Pay... My Inspiration No Outsiders The Hueys In the New Jumper – Oliver Jeffers To recognise and help an outsider.
Year 4	Zones of Regulation Online Safety RSE: Social and Emotional: To describe how we all should be accepted and respected. Relationships Who makes up my community?	Zones of Regulation Online Safety LTTF: Story session – Get up! We Don't Have To Be The Same. Respecting Our Bod-ies	Zones of Regulation Online Safety LTTF: What Am I Feeling? What Am I Looking At? I Am Thankful RSE: Physical To describe how we should treat others making links with the	Zones of Regulation Online Safety LTTF: A Time For Everything First Day Be Present No Outsiders The flower By John Light To ask questions	Zones of Regulation Online Safety LTTF: A Community of Love How Do I Love Others? RSE: Spiritual To celebrate the uniqueness and innate beauty of each of us.	Zones of Regulation Online Safety LTTF: Money Matters- How to budget No Outsiders Red: A Crayon's Story – Michael Hall

	No Outsiders Dogs Don't Do Ballet – Anna Kemp and Sarah Oglivie To know when to be assertive.	No Outsiders King and King – Linda de Hann and Stern Nijland To understand why people choose to get married.	diverse modern society we live in. No Outsiders The Way Back Home – Oliver Jeffers. To overcome language as a barrier.			To be who you want to be.
Year 5	Zones of Regulation Online Safety RSE: Social and Emotional: To show knowledge and understanding of emotional relationship changes as we grow and develop. Relationships What is grooming? No Outsiders: Kenny Lives With Erica and Martina – Olly Pike <i>To consider consequences.</i>	Zones of Regulation Online Safety LTTF: Calming the Storm God Is Calling You No Outsiders: Rose Blanche – Ian McEwan and Roberto Innocenti To justify my actions.	Zones of Regulation Online Safety LTTF: Under Pressure Self-Talk Sharing Isn't Always Caring Cyberbullying Keeping Safe What are deep fakes? RSE: Physical: To show knowledge and understanding of the physical changes in puberty. No outsiders: Mixed – Arree Chung How To Heal A broken Wing – Bob Graham <i>Consider responses to racist behaviour</i>	Zones of Regulation Online Safety LTTF: Types of Abuse Making Good Choices Giving Assistance Impacted Lifestyles No outsiders The Girls – Lauren Lee and Jenny Lovlie <i>To explore friendship.</i>	Zones of Regulation Online Safety LTTF: The Holy Trinity Catholic Social Teaching RSE: Spiritual: To celebrate the joy of growing physically and spiritually. Understanding the Law How do rules help our community? No outsiders And Tango Makes Three – Justin Richardson <i>Express an opinion.</i>	Zones of Regulation Online Safety LTTF: Reaching Out The World of Work Project Persevere Always Learning Being SMART Beyond School

Year 6	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation	Zones of Regulation
	Online Safety Understanding the law What different types of Crimes are there? RSE: Social & Emotional: <i>To develop a secure understanding that stable and caring relationship, which may be of different types</i> No outsiders My Princess Boy – Cheryl Kilodavis <i>To promote diversity.</i>	Online Safety LTTF: Calming the Storm Gifts and Talents Keeping Safe Bonfire Night & Firework Safety No outsiders The Whisperer – Nick Butterworth <i>To stand up to discrimination.</i>	Online Safety LTTF: Emotional Changes Peculiar Feelings Body Image RSE: Physical: <i>Explain how human life is conceived.</i> No outsiders The Island – Armin Greder To consider causes of racism	Online Safety LTTF: Menstruation Hope Beyond Death Coping with Change Understanding the law What is anti-social behaviour? No outsiders Love You Forever – Robert Munsch <i>Consider how life changes as you grow up.</i>	Online Safety LTTF: Confidence vs Control Build Others Up Stereotypes Wellbeing How can I manage moving to high school positively? RSE: Spiritual: <i>Show and 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.</i> No outsiders Dreams Of Freedom – Amnesty International <i>To recognise my freedom.</i>	Online Safety LTTF: Catholic Social Teaching Reaching Out Money and Me Gaming, Gambling Relationships How can I get ready for secondary

- LTTF = Life to the Full scheme.
- Online Safety Taught through Hi-impact – Common Sense media.