



Subject Overview 2025-2026

Subject: RHSE



	Autumn	Spring	Summer
Nursery	<p>Lesson 1 - Journey in Love: The Wonder of being special and unique (Social and Emotional)</p> <p>Complete <u>M1U1 Story Sessions: Handmade with Love</u> in CW/Class Read time</p> <p>Lesson 2 - M2U1 Session 1: Role Model</p> <p>Lesson 3 - M2U2 Session 1: Who's Who?</p> <p>Lesson 4 - Anti Bullying Week (wb 10th Nov)</p> <p>Lesson 5 - Road Safety Week (wb 17th Nov)</p> <p>Lesson 6 - M2U2 Session 2: You've Got A Friend in Me</p> <p>Lesson 7 - M2U2 Session 3: Forever friends</p> <p>Additional PSHE elements</p> <p>Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Lesson 1 - Journey in Love: The Wonder of being special and unique (Physical)</p> <p>Lesson 2 - M2U3 Session 1: What is the Internet?</p> <p>Lesson 3 - Children's Mental Health Week (wb 2nd Feb)</p> <p>Lesson 4 - M2U3 Session 2: Playing Online</p> <p>Lesson 5 - M2U4 Session 1: Safe Inside and Out</p> <p>Lesson 6 - M2U4 Session 2: My Body, My Rules</p> <p>Additional PSHE elements</p> <p>Internet Safety Day, Chinese New Year, Blue for Bobby</p>	<p>Lesson 1 - Journey in Love: The Wonder of being special and unique (Spiritual)</p> <p>Lesson 2 - M2U4 Session 3: Feeling Poorly</p> <p>Lesson 3 - M2U4 Session 4: People Who Help Us</p> <p>Lesson 4 - M3U1 Session 1: God is Love</p> <p>Lesson 5 - My Money Week</p> <p>Lesson 6 - M3U1 Session 2: Loving God, Loving Others</p> <p>Lesson 7 - M3U2 Session 1: Me, You, Us</p> <p>Additional PSHE elements</p> <p>Sports and Health Week, Transition</p>
Reception	<p>Lesson 1 - Journey in Love: The Wonder of being special and unique (Social and Emotional)</p> <p>Complete <u>M1U1 Story Sessions: Handmade with Love</u> in CW/Class Read time</p> <p>Lesson 2 - M1U2 Session 1: I am Me</p> <p>Lesson 3 - M1U2 Session 2: Heads, Shoulders, Knees and Toes</p> <p>Lesson 4 - Anti Bullying Week (wb 10th Nov)</p> <p>Lesson 5 - Road Safety Week (wb 17th Nov)</p> <p>Lesson 6 - M1U2 Session 3: Ready Teddy?</p> <p>Additional PSHE elements</p> <p>Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Lesson 1 - Journey in Love: The Wonder of being special and unique (Physical)</p> <p>Lesson 2 - M1U3 Session 1: I Like, You Like, We all Like</p> <p>Lesson 3 - Children's Mental Health Week (wb 2nd Feb)</p> <p>Lesson 4 - M1U3 Session 2: All The Feelings!</p> <p>Lesson 5 - M1U3 Session 3: Let's Get Real</p> <p>Lesson 6 - M1U4 Session 1: Growing Up</p> <p>Additional PSHE elements</p> <p>Internet Safety Day, Chinese New Year, Blue for Bobby</p>	<p>Lesson 1 - Journey in Love: The Wonder of being special and unique (Spiritual)</p> <p>Lesson 2 - M3U1 Session 1: God is Love</p> <p>Lesson 3 - M3U1 Session 2: Loving God, Loving Others</p> <p>Lesson 4 - M3U2 Session 1: Me, You, Us</p> <p>Lesson 5 - My Money Week</p> <p>Additional PSHE elements</p> <p>Sports and Health Week, Transition</p>
Year 1	<p>Lesson 1 - Journey in Love: We Meet God's Love in our Family (Social and Emotional)</p> <p>Complete <u>M1U1 Story Sessions: Let the Children Come</u> in CW/Class Read time</p> <p>Lesson 2 - M2U1 Session 1: God Loves You</p> <p>Lesson 3 - M2U2 Session 1: Special People</p> <p>Lesson 4 - Anti Bullying Week (wb 10th Nov)</p> <p>Lesson 5 - Road Safety Week (wb 17th Nov)</p> <p>Lesson 6 - M2U2 Session 2: Treat Others Well...</p> <p>Lesson 7 - M2U2 Session 2: ...and Say Sorry</p> <p>Additional PSHE elements</p> <p>Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Lesson 1 - Journey in Love: We Meet God's Love in our Family (Physical)</p> <p>Lesson 2 - M2U4 Session 1: Good and Bad Secrets</p> <p>Lesson 3 - Children's Mental Health Week (wb 2nd Feb)</p> <p>Lesson 4 - M2U4 Session 2: Physical Contact</p> <p>Lesson 5 - M2U4 Session 3: Harmful Substances</p> <p>Lesson 6 - M2U4 Session 4: Can You Help Me? (Part 1)</p> <p>Additional PSHE elements</p> <p>Internet Safety Day, Chinese New Year, Blue for Bobby</p>	<p>Lesson 1 - Journey in Love: We Meet God's Love in our Family (Spiritual)</p> <p>Lesson 2 - M2U4 Session 5: Can You Help Me? (Part 2)</p> <p>Lesson 3 - M3U1 Session 1: Three In One</p> <p>Lesson 4 - M3U1 Session 2: Who is My Neighbour?</p> <p>Lesson 5 - My Money Week</p> <p>Lesson 6 - M3U2 Session 1: The Communities We Live In</p> <p>Additional PSHE elements</p> <p>Sports and Health Week, Transition</p>
Year 2	<p>Lesson 1 - Journey in Love: We Meet God's Love in our Family (Social and Emotional)</p> <p>Complete <u>M1U1 Story Sessions: Let the Children Come</u> in CW/Class Read time</p> <p>Lesson 2 - M1U2 Session 1: I Am Unique</p> <p>Lesson 3 - M1U2 Session 2: Girls and Boys</p> <p>Lesson 4 - Anti Bullying Week (wb 10th Nov)</p> <p>Lesson 5 - Road Safety Week (wb 17th Nov)</p> <p>Lesson 6 - M1U2 Session 3: Clean and Healthy, My Body (Part 1)</p>	<p>Lesson 1 - Journey in Love: We Meet God's Love in our Family (Physical)</p> <p>Lesson 2 - M1U3 Session 1: Feelings, Likes and Dislikes</p> <p>Lesson 3 - Children's Mental Health Week (wb 2nd Feb)</p> <p>Lesson 4 - M1U3 Session 2: Feeling Inside Out</p> <p>Lesson 5 - M1U3 Session 3: Super Susie Gets Angry</p> <p>Lesson 6 - M1U4 Session 1: The Cycle of Life</p> <p>Additional PSHE elements</p>	<p>Lesson 1 - Journey in Love: We Meet God's Love in our Family (Spiritual)</p> <p>Lesson 2 - M1U4 Session 2: Beginnings and Endings</p> <p>Lesson 3 - M2U3 Session 1: Real Life Online</p> <p>Lesson 4 - M2U3 Session 2: Rules To Help Us</p> <p>Lesson 5 - My Money Week</p> <p>Additional PSHE elements</p> <p>Sports and Health Week, Transition</p>

	<p>Lesson 7 - M1U2 Session 3: Clean and Healthy, My Body (Part 2)</p> <p>Additional PSHE elements Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Internet Safety Day, Chinese New Year, Blue for Bobby</p>	
Year 3	<p>Lesson 1 - Journey in Love: How We Live in Love (Social and Emotional) Complete M1U1 Story Sessions: Get Up in CW/Class Read time</p> <p>Lesson 2 - M1U1 Session 2: The Sacraments Complete M2U1 Story Sessions: Jesus, My Friend in CW/Class Read time</p> <p>Lesson 3 - M2U2 Session 1: Friends, Family and Others... Lesson 4 - Anti Bullying Week (wb 10th Nov) Lesson 5 - Road Safety Week (wb 17th Nov) Lesson 6 - M2U2 Session 2: When Things Feel Bad</p> <p>Additional PSHE elements Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Lesson 1 - Journey in Love: How We Live in Love (Physical) Lesson 2 - M2U3 Session 1: Sharing Online Lesson 3 - Children's Mental Health Week (wb 2nd Feb) Lesson 4 - M2U3 Session 2: Chatting Online Lesson 5 - M2U4 Session 1: Safe in My Body Lesson 6 - M2U4 Session 2: Drugs, Alcohol and Tobacco</p> <p>Additional PSHE elements Internet Safety Day, Chinese New Year, Blue for Bobby</p>	<p>Lesson 1 - Journey in Love: How We Live in Love (Spiritual) Lesson 2 - M2U4 Session 3: First Aid Heroes Lesson 3 - M3U1 Session 1: A Community of Love Lesson 4 - M3U1 Session 2: What is the Church? Lesson 5 - My Money Week Lesson 6 - M3U2 Session 1: How Do I Love Others?</p> <p>Additional PSHE elements Sports and Health Week, Transition</p>
Year 4	<p>Lesson 1 - Journey in Love: God Loves Us in Our Differences (Social and Emotional) Complete M1U1 Story Sessions: Get Up in CW/Class Read time</p> <p>Lesson 2 - M1U2 Session 1: We Don't Have To Be The Same Lesson 3 - M1U2 Session 2: Respecting Our Bodies Lesson 4 - Anti Bullying Week (wb 10th Nov) Lesson 5 - Road Safety Week (wb 17th Nov) Lesson 6 - M1U2 Session 3: What is Puberty? Lesson 7 - M1U2 Session 4: Changing Bodies M1U2 Session 5: Male/Female Discussion Groups - plan as appropriate</p> <p>Additional PSHE elements Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Lesson 1 - Journey in Love: God Loves Us in Our Differences (Physical) Lesson 2 - M1U3 Session 1: What Am I Feeling? Lesson 3 - Children's Mental Health Week (wb 2nd Feb) Lesson 4 - M1U3 Session 2: What Am I Looking At? Lesson 5 - M1U3 Session 3: I Am Thankful Lesson 6 - M1U4 Session 1: Life Cycles</p> <p>Additional PSHE elements Internet Safety Day, Chinese New Year, Blue for Bobby</p>	<p>Lesson 1 - Journey in Love: God Loves Us in Our Differences (Spiritual) Lesson 2 - M1U4 Session 2: A Time For Everything Lesson 3 - M3U1 Session 1: A Community of Love Lesson 4 - M3U1 Session 2: What is the Church? Lesson 5 - My Money Week Lesson 6 - M3U2 Session 1: How Do I Love Others?</p> <p>Additional PSHE elements Sports and Health Week, Transition</p>
Year 5	<p>Lesson 1 - Journey in Love: God Loves Us in Our Changing and Developing (Social and Emotional) Complete M1U1 Story Sessions: Calming the Storm in CW/Class Read time</p> <p>Lesson 2 - M2U1 Session 1: God is Calling You Lesson 3 - M2U2 Session 1: Under Pressure Lesson 4 - Anti Bullying Week (wb 10th Nov) Lesson 5 - Road Safety Week (wb 17th Nov) Lesson 6 - M2U2 Session 2: Do You Want A Piece of Cake? Lesson 7 - M2U2 Session 3: Self-Talk</p> <p>Additional PSHE elements Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Lesson 1 - Journey in Love: God Loves Us in Our Changing and Developing (Physical) Lesson 2 - M2U3 Session 1: Sharing Isn't Always Caring Lesson 3 - Children's Mental Health Week (wb 2nd Feb) Lesson 4 - M2U3 Session 2: Cyberbullying Lesson 5 - M2U4 Session 1: Types of Abuse Lesson 6 - M2U4 Session 2: Impacted Lifestyles</p> <p>Additional PSHE elements Internet Safety Day, Chinese New Year, Blue for Bobby</p>	<p>Lesson 1 - Journey in Love: God Loves Us in Our Changing and Developing (Spiritual) Lesson 2 - M2U4 Session 3: Making Good Choices Lesson 3 - M2U4 Session 4: Giving Assistance Lesson 4 - M3U1 Session 1: The Holy Trinity Lesson 5 - My Money Week Lesson 6 - M3U1 Session 2: Catholic Social Teaching Lesson 7 - M3U2 Session 1: Reaching Out</p> <p>Additional PSHE elements Sports and Health Week, Transition, <i>Grassing or Grooming, Radicalisation - Ariel Trust Resources</i></p>
Year 6	<p>Lesson 1 - Journey in Love: The Wonder of God's Love in Creating New Life (Social and Emotional) Complete M1U1 Story Sessions: Calming the Storm in CW/Class Read time</p> <p>Lesson 2 - M1U2 Session 1: Gifts and Talents Lesson 3 - M1U2 Session 2: Girls' Bodies Lesson 4 - Anti Bullying Week (wb 10th Nov) Lesson 5 - Road Safety Week (wb 17th Nov) Lesson 6 - M1U2 Session 3: Boys' Bodies Lesson 7 - M1U2 Session 4: Spots and Sleep</p> <p>Additional PSHE elements Class Charter, School Council, Good to be Green, Black History Month, Bonfire Safety</p>	<p>Lesson 1 - Journey in Love: The Wonder of God's Love in Creating New Life (Physical) Lesson 2 - M1U3 Session 1: Body Image Lesson 3 - Children's Mental Health Week (wb 2nd Feb) Lesson 4 - M1U3 Session 2: Peculiar Feelings Lesson 5 - M1U3 Session 3: Emotional Changes Lesson 6 - M1U3 Session 4: Seeing Stuff Online</p> <p>Additional PSHE elements Internet Safety Day, Chinese New Year, Blue for Bobby</p>	<p>Lesson 1 - Journey in Love: The Wonder of God's Love in Creating New Life (Spiritual) Lesson 2 - M1U4 Session 1: Making Babies (Part 1) Lesson 3 - M1U4 Session 2: Making Babies (Part 2)* Lesson 4 - M1U4 Session 3: Menstruation Lesson 5 - My Money Week Lesson 6 - M1U4 Session 4: Hope Beyond Death Lesson 7 - M2U2 Session 4: Build Others Up</p> <p><i>*ensure letter has been sent out prior to this lesson</i></p> <p>Additional PSHE elements Sports and Health Week, Transition, <i>Grassing or Grooming, Radicalisation -</i></p>

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