



Whole School Long Term Plan

RSHE / PSHE Academic Year 25-26

	Sessions	Advent Module 1	Advent	Lent Module 2	Lent	Pentecost Module 3	Pentecost
EYFS	1	Unit 1 Religious understanding Handmade with love	Unit 3 Emotional well-being I like, you like, we all like	Unit 1 Religious understanding Role model	Unit 3 Life online What is the internet?	Unit 1 Religious understanding	Unit 2 Living in the wider world
	2	Unit 2 Me, my body, my health I am me	Unit 3 All the feelings	Unit 2 Personal Relationships Who's who	Unit 3 Playing Online	Unit 1 God is Love	Unit 2 Me, You, us
	3	Unit 2 Heads, shoulders, knees and toes	Unit 3 Let's Get real	Unit 2 You've got a friend in me	Unit 4 Keeping safe Safe inside and out	Unit 1 Loving God, Loving others	Unit 2 When I grow up
	4	Unit 2 Ready teddy ?	Unit 4 Growing up New People, New Places	Unit 2 Forever Friends	Unit 4 My body, my rules Feeling poorly People who help us		Unit 2 Money doesn't grow on trees
Y1	1	Unit 1 Let the Children come	Unit 2 Girls and Boys	Unit 1 God loves you	Unit 2 Treat others well	Unit 1 Three in One	
	2	Unit 2 I am unique	Unit 2 Clean and Healthy (my body)	Unit 2 Special People	Unit 2 ...and Say Sorry	Unit 1 Who is my neighbour?	
Y2	1	Unit 3 Feelings, likes and dislikes	Unit 4 The Cycle of Life	Unit 3 Real Life Online	Unit 4 Physical contact Harmful Substances	Unit 2 The Communities we live in	
	2	Unit 3 Feeling Inside out	Unit 4 Beginnings and endings	Unit 3 Rules to help us	Unit 3 Can you help me ? (part 1)	Unit 2 Who will I be?	
	3	Unit 3 Super Susie gets angry	Unit 4 Change is all around	Unit 4 Good and bad secrets	Unit 3 Can you help me ? (part 2)	Unit 2 Needs and wants	
Y3	1	Unit 1 Get Up!	Unit 3 What am I feeling ?	Unit 1 Jesus my friend	Unit 2 Friends, family and others	Unit 1 A community of love	Unit 1 What is the church?
	2	Unit 1 The Sacraments	Unit 3 What am I looking at? I am thankful		Unit 2 When things feel bad		

Y4	1	Unit 2 We don't have to be the same	Unit 4 Life cycles	Unit 3 Sharing online	Unit 4 Safe in my body Classroom shorts	Unit 2 How do I love others ?	
	2	Unit 2 Respecting our bodies	Unit 4 A time for everything	Unit 3 Chatting online Classroom shorts	Drugs, alcohol and tobacco	Unit 2 Working together	
	3	Unit 2 What is puberty ? Changing bodies	Unit 4 Big changes, little changes	Unit 3 Safe in my body Classroom shorts	First Aid heroes Rights and responsibilities	Unit 2 Money matters	
Y5	1	Unit 1 Calming the storm	Unit 2 Spots and sleep	Unit 1 God is calling you	Unit 2 Do you want a piece of cake ?	Unit 1 The Holy Trinity	
	2	Unit 2 Gifts and talents	Unit 3 Body Image	Unit 2 Under pressure	Unit 2 Self-talk	Unit 1 Catholic Social Teaching	
	3	Unit 2 Girls bodies Boys bodies	Unit 3 Peculiar feelings		Unit 2 Build others up Classroom shorts		
Y6	1	Unit 3 Emotional Changes	Unit 4 Making Babies (part 2)	Unit 3 Sharing isn't always caring	Unit 4 Types of abuse Classroom shorts	Unit 2 Reaching Out	
	2	Unit 3 Seeing Stuff Online	Unit 4 Menstruation	Unit 3 Cyberbullying Classroom shorts	Unit 4 Impacted lifestyles Classroom shorts	Unit 2 The world of work	
	3	Unit 4 Making Babies (part 1)	Hope beyond death Coping with change	Unit 3 Types of Abuse	Unit 4 Making Good choices Giving Assistance	Unit 2 Money and me	