

St Mary's Horsforth Catholic Voluntary Academy Long Term Plan for PSHE and Relationships Education 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
British Values	Individual liberty Rule of Law	Individual liberty Mutual respect and tolerance	Mutual respect and tolerance	Mutual respect and tolerance Rule of Law	Democracy Mutual respect and tolerance	Individual liberty Mutual respect and tolerance
Protected Characteristics	Race, Religion or Belief Age Disability Gender	Age Disability Gender	Race, Religion or Belief Marriage and Civil Partnership	Race, Religion or Belief Marriage and Civil Partnership	Age Disability Race, Religion or Belief	Age Disability Gender
Year 1	<b>Keeping safe and managing risk:</b> <b>Feeling safe</b> <b>Pupils learn:</b> -safety in familiar situations -about personal safety -about people who help keep them safe outside the home	<b>Mental health and emotional wellbeing:</b> <b>Feelings</b> <b>Pupils learn:</b> -about different types of feelings -about managing different feelings -about change or loss and how this can feel.	<b>Relationship Education:</b> <b>Created to love others</b> <b>Pupils learn:</b> -We are all individually created by God to love and serve him -We are part of God's family -identify 'special people' -recognise and respond when people are unkind -characteristics of positive relationships	<b>Relationship Education: Created to love others</b> <b>Created to live in community</b> <b>Pupils learn:</b> -To understand safe and unsafe situations, including online. -How to resist pressure in unsafe situations -Privates are private -That God is love -To know what a community is, and that God calls us to live in community with one another.	<b>Identity, society and equality:</b> <b>Me and others</b> <b>Pupils learn:</b> -about what makes themselves and others special -about roles and responsibilities at home and school -about being co-operative with others	<b>Physical health and wellbeing:</b> <b>Fun times</b> <b>Pupils learn:</b> -about food that is associated with special times, in different cultures -about active playground games from around the world -about sun-safety
	<b>Rule of Law</b>  <b>Drug, alcohol and tobacco education:</b> <b>What do we put into and on to bodies?</b> <b>Pupils learn:</b> -about what can go into bodies and how it can make people feel					<b>Individual liberty</b>  <b>Careers, financial capability and economic wellbeing: My money</b> <b>Pupils learn:</b> -about where money comes from and making choices when spending money

	-about what can go on to bodies and how it can make people feel					-about saving money and how to keep it safe -about the different jobs people do
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<b>Year 2</b>	<b>Mental health and emotional wellbeing: Friendship Pupils learn:</b> -about the importance of special people in their lives -about making friends and who can help with friendships -about solving problems that might arise with friendships.	<b>Keeping safe and managing risk: Indoors and outdoors Pupils learn:</b> -about keeping safe in the home, including fire safety -about keeping safe outside -about road safety	<b>Relationship Education: Created and loved by God Me, my body and health Pupils learn:</b> -We are all individually created by God to love and serve him -To learn that we are unique, with individual gifts, talents and skills. -Girls and boys have been created by God to be both	<b>Relationship Education: Created and loved by God Created to live in community Pupils learn:</b> -That we all have different 'tastes' -Our good actions can 'form' our feelings and our character. -Simple strategies for managing feelings and for good behaviour -That we have a duty of care for others and for the	<b>Physical health and wellbeing: What keeps me healthy? Pupils learn:</b> -about eating well -about the importance of physical activity, sleep and rest -about people who help us to stay healthy and well and about basic health and hygiene routines	<b>Drug, alcohol and tobacco education: Medicines and me Pupils learn:</b> -why medicines are taken -where medicines come from -about keeping themselves safe around medicines

			<p>similar and different</p> <ul style="list-style-type: none"> <li>-Names for parts of bodies</li> <li>-Our bodies are a special gift from God that they need to look after</li> </ul>	<p>world we live in (charity work, recycling etc.</p>		
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<b>Protected Characteristics</b>	<p><b>Age</b> <b>Disability</b> <b>Gender</b></p>	<p><b>Race, Religion or Belief</b> <b>Age</b> <b>Disability</b> <b>Gender</b></p>	<p><b>Race, Religion or Belief</b> <b>Marriage and Civil Partnership</b></p>	<p><b>Race, Religion or Belief</b> <b>Marriage and Civil Partnership</b></p>	<p><b>Age</b> <b>Disability</b> <b>Race, Religion or Belief</b></p>	<p><b>Age</b> <b>Disability</b> <b>Gender</b></p>

Year 3	<b>Mental health and emotional wellbeing: Strengths and challenges</b> <b>Pupils learn:</b> -about celebrating achievements and setting personal goals -about dealing with put-downs -about positive ways to deal with setbacks	<b>Keeping safe and managing risk: Bullying – see it, say it, stop it</b> <b>Pupils learn:</b> -to recognise bullying and how it can make people feel -about different types of bullying and how to respond to incidents of bullying -about what to do if they witness bullying	<b>Relationship Education: Created and loved by God</b> <b>Created to love others</b> <b>Pupils learn:</b> -The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness -Ways to maintain and develop good, positive, trusting relationships. -strategies to use when relationships go wrong -To learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.	<b>Relationship Education</b> <b>Created and loved by God</b> <b>Created to live in community</b> <b>Pupils learn:</b> -To describe some 'dos and don'ts' of sharing online. -That bad language and bad behaviour are inappropriate -To judge well what kind of physical contact is acceptable or unacceptable and how to respond -The human family reflects the Holy Trinity in mutual charity and generosity. -The Church family comprises of home, school and parish (which is part of the diocese).	<b>Identity, society and equality: Celebrating difference</b> <b>Pupils learn:</b> -Pupils learn about valuing the similarities and differences between themselves and others -Pupils learn about what is meant by community -Pupils learn about belonging to groups	<b>Physical health and wellbeing: What helps me choose?</b> <b>Pupils learn:</b> -about making healthy choices about food and drinks -about how branding can affect what foods people choose to buy -about keeping active and some of the challenges of this
					<b>Rule of Law</b> <b>Drug, alcohol and tobacco education: Tobacco is a drug</b> <b>Pupils learn:</b> -the definition of a drug and that drugs (including medicines) can be harmful to people -about the effects and risks of smoking tobacco and second-hand smoke -about the help available for people to remain smoke free or stop smoking.	<b>Individual liberty</b> <b>Careers, financial capability and economic wellbeing: Saving, spending and budgeting</b> <b>Pupils learn:</b> -about what influences people's choices about spending and saving money -how people can keep track of their money -about the world of work.

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<b>Year 4</b>	<b>Identity, society and equality:</b> <b>Democracy</b> <b>Pupils learn:</b> -about Britain as a democratic society -about how laws are made -learn about the local council	<b>Drug, alcohol and tobacco education:</b> <b>Making choices</b> <b>Pupils learn:</b> -that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them -about the effects and risks of drinking alcohol -about different patterns of behaviour that are related to drug use <b>Asthma lesson</b> -that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use	<b>Relationship Education</b> <b>Designed for a purpose</b> <b>Pupils learn:</b> -Self-confidence arises from being loved by God -To look after their bodies as a gift from God -What is puberty? -What to expect when puberty takes place? -Learn correct naming of genitalia. -Learn what changes will happen to boys during puberty. - Learn what changes will happen to girls during puberty	<b>Relationship Education</b> <b>Created and Loved by God</b> <b>Pupils learn:</b> -That emotions change as they grow up (including hormonal effects -Positive actions help emotional well-being -To recognise that images in the media do not always reflect reality and can affect how people feel about themselves -Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media -That they were handmade by God	<b>Physical health and wellbeing:</b> <b>What is important to me?</b> <b>Pupils learn:</b> -why people may eat or avoid certain foods (religious, moral, cultural or health reasons) -about other factors that contribute to peoples food choices (such as ethical farming, fair trade and seasonality) -about the importance of getting enough sleep	<b>Keeping safe and managing risk:</b> <b>Playing safe</b> <b>Pupils learn:</b> -how to be safe in their computer gaming habits -about keeping safe near roads, rail, water, building sites and around fireworks -about what to do in an emergency and basic emergency first aid procedure

				<p>with the help of their parents</p> <ul style="list-style-type: none"> <li>-God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship</li> <li>-To devise practical ways of loving and caring for other.</li> </ul>		
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<b>Year 5</b>	<p><b>Physical health and wellbeing:</b> <b>In the media</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>-that messages given on food adverts can be misleading</li> <li>-about role models</li> <li>-about how the media can manipulate images and that these images may not reflect reality</li> </ul>	<p><b>Keeping safe and managing risk:</b> <b>When things go wrong</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>-about keeping safe online</li> <li>-that violence within relationships is not acceptable</li> <li>-about problems that can occur when someone goes missing from home</li> </ul> <p><b>Individual liberty</b></p>	<p><b>Relationship Education:</b> <b>Created to be loved by God and is God calling you?</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>-To know that God calls us to love others</li> <li>-To know ways in which we can participate in God's call to us.</li> <li>-There are strategies that they</li> </ul>	<p><b>Relationship Education: Created to love others</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>-To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</li> <li>-What cyberbullying feels like for the victim How to get help if they</li> </ul>	<p><b>Drug, alcohol and tobacco education:</b> <b>Different influences</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>-about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> </ul>	<p><b>Mental health and emotional wellbeing:</b> <b>Dealing with feelings</b> <b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>-about a wide range of emotions and feelings and how these are experienced in the body</li> <li>-about times of change and how this can make people feel</li> </ul>

		<b>Careers, financial capability and economic wellbeing:</b> <b>Borrowing and earning money</b> <b>Pupils learn:</b> -that money can be borrowed but there are risks associated with this -about enterprise -what influences people's decisions about career	can adopt to resist pressure. -Understand what consent and bodily autonomy means -Develop strategies that will positively impact their actions -about different influences on drug use – alcohol, tobacco and nicotine products -strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol	experience cyberbullying -To judge well what kind of physical contact is acceptable or unacceptable and how to respond. -The principles of Catholic Social Teaching.		-about the feelings associated with loss, grief and Bereavement
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Year 6	Mental health and emotional wellbeing: Healthy minds Pupils learn:	Identity, society and equality: Human rights Pupils learn:	Relationship Education: Created and loved by God Pupils learn:	Relationship Education: Created and loved by God Pupils learn:	Drug, alcohol and tobacco education: Weighing up risk Pupils learn:	Keeping safe and managing risk: Keeping safe - out and about Pupils learn:

	<p>-what mental health is -about what can affect mental health and some ways of dealing with this <b>Pol Education resources</b> -about some everyday ways to look after mental health -about the stigma and discrimination that can surround mental health.</p>	<p>-about people who have moved to Leeds from other places, (including the experience of refugees) -about human rights and the UN Convention on the Rights of the Child -about homelessness</p>	<p>-Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community. -About the unique growth and development of humans, and the changes that girls will experience during puberty -The need for modesty and appropriate boundaries. -About the unique growth and development of humans, and the changes that girls will experience during puberty -The need for modesty and appropriate boundaries. -How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of</p>	<p>-That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers <b>or media</b> -To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. -That some behaviour is wrong, unacceptable, unhealthy or risky. -The difference between harmful and harmless videos and images -How a baby grows and develops in the womb.  <b><i>Please note that Making Babies part 2 is not taught in school and is available for parents who wish to use as a parent's resource.</i></b>  -About the nature and role of menstruation in the</p>	<p>-about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs -about assessing the level of risk in different situations involving drug use -about ways to manage risk in situations involving drug use</p>	<p>-about feelings of being out and about in the local area with increasing independence -about recognising and responding to peer pressure -about the consequences of anti-social behaviour (Including gangs and gang related behaviour)</p>
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			<p>electronic entertainment</p>	<p>fertility cycle, and that fertility is involved in the start of life How to manage the onset of menstruation.</p> <ul style="list-style-type: none"> <li>-To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity.</li> <li>-To know that the Holy Spirit works through us to bring God's love and goodness to others.</li> <li>-Learn to apply the principles of Catholic Social Teaching to current issues.</li> <li>-I can find ways in which they can spread God's love in their community.</li> </ul>		
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