

# PSHE & RSE

## Curriculum Overview

### Curriculum Rationale

Our PSHE and RSE curriculum is carefully designed using a combination of **Ten Ten (Life to the Full Plus)**, **Jigsaw** and **Fertile Heart** to ensure full statutory coverage while reflecting the school's Catholic ethos and values.

**Ten Ten** forms the core of our **Relationships and RSE curriculum**, structured through key units including:

- **Religious Understanding** – identity, dignity and values
- **Me, My Body, My Health** – physical health and development
- **Emotional Well-Being** – mental health and self-awareness
- **Life Cycles** – growth, change and puberty
- **Personal Relationships** – respectful and healthy relationships
- **Life Online** – online safety and digital responsibility
- **Keeping Safe** – safeguarding, consent and risk
- **Living in the Wider World** – citizenship and social responsibility

This ensures clear coverage of **statutory Relationships Education, RSE and Health Education**.

**Jigsaw** is used to complement this by strengthening:

- **Being Me in My World** – behaviour, belonging and citizenship
- **Dreams and Goals** – aspiration, resilience and personal development

This supports pupils' **emotional literacy, wellbeing and personal growth**, ensuring depth and consistency across the curriculum.

**Fertile Heart** is integrated as a discrete unit to deepen pupils' understanding of:

- Identity and self-worth
- Relationships and vocation
- Moral decision-making

This enhances, rather than replaces, statutory content by embedding learning within a **faith-based context**.



# PSHE & RSE

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Jigsaw: Being Me in my World</b>	<b>Ten Ten</b>	<b>Ten Ten</b>	<b>Fertile Heart</b>	<b>Ten Ten</b>	<b>Jigsaw Dreams and Goals</b>
Curriculum Links	<i>Mental Wellbeing Respectful Relationships Rules, Responsibility and Behaviour Citizenship British Values Protected Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Safeguarding Protective Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding</i>	<i>Mental Wellbeing, Relationships, Relationships and Sex Education, Personal Development &amp; Moral Understanding, British Values, Protected Characteristics</i>	<i>Mental Wellbeing &amp; Personal Development Citizenship / Living in the Wider World</i>	<i>Health Education, Relationships Education, Living in the Wider World, Personal Development, British Values, Protected Characteristics</i>
<b>Year R</b>	<ol style="list-style-type: none"> <li>Who...? Me...?</li> <li>How am I feeling today?</li> <li>Being at school</li> <li>Gentle hands</li> <li>Our rights</li> <li>Our responsibilities</li> </ol> <p><b>Key Vocabulary</b> Belong, welcome, friend, kind, gentle, feelings, happy, sad, sharing, fair, rules, safe, help, choice, responsibility, respect</p> <p><b>British Values</b> Mutual respect, individual liberty, rule of law, democracy (turn-taking, having a voice)</p> <p><b>Protected Characteristics</b> Age, disability, race, religion or belief, sex (gender)</p> <p><b>Citizenship</b> Belonging to a community, treating others fairly, understanding simple rights, taking responsibility, cooperation</p> <p><b>Safeguarding</b> Emotional literacy, safe relationships, understanding boundaries, communication, inclusion, sense of belonging</p> <p><b>Protective Factors</b> Feeling safe and valued, expressing emotions, positive relationships, understanding right and wrong, trusting adults</p>	<ol style="list-style-type: none"> <li>Handmade with love</li> <li>I am Me</li> <li>Heads , Shoulders, Knees and Toes</li> <li>Ready Teddy?</li> <li>I like, you like, we like</li> </ol> <p><b>Key Vocabulary:</b> love, care, kindness, identity, self, body, parts, growth, change, ready, safe, likes, dislikes, similarities, differences, respect</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Gender (boys/girls awareness)</p> <p><b>Citizenship:</b> Self-awareness, Belonging to a group, Respecting others</p> <p><b>Safeguarding:</b> Body awareness, Personal safety, Expressing feelings and needs</p>	<ol style="list-style-type: none"> <li>All The Feelings</li> <li>Let's Get Real</li> <li>Growing Up</li> <li>New People , New Places +Classroom Shorts</li> <li>God is Love</li> </ol> <p><b>Key Vocabulary:</b> feelings, emotions, real, change, grow, new, relationships, love, help, trust, support</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Understanding feelings, Building relationships, Adapting to change</p> <p><b>Safeguarding:</b> Emotional awareness, Managing change, Seeking support, Trusted adults</p>	<ol style="list-style-type: none"> <li>Ra – I am created out of God's love</li> <li>Rb – I belong to God</li> <li>Rc – God helps me to grow</li> <li>Re – God feeds us every day</li> <li>Rd – God guides my growing</li> <li>Rf – God saves us</li> </ol> <p><b>Key Vocabulary:</b> love, God, creation, belong, care, grow, change, help, guide, food, share, thank, safe, trust, family, special, save</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences</p> <p><b>Citizenship:</b> Belonging, Caring for others, Growing and learning, Understanding needs</p> <p><b>Safeguarding:</b> Trusted adults, Feeling safe, Basic needs, Kind behaviour, Asking for help</p>	<ol style="list-style-type: none"> <li>Loving God , Loving Others</li> <li>Me, You, Us</li> <li>When I grow up +Classroom shorts</li> <li>Money Doesn't grow on trees+Classroom shorts</li> </ol> <p><b>Key Vocabulary:</b> love, care, respect, relationships, grow, future, job, money, needs, wants, choice, responsibility</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty</p> <p><b>Protected Characteristics:</b> Equality, Respect for others, Inclusion</p> <p><b>Citizenship:</b> Belonging, Understanding roles in society, Basic economic awareness (needs and wants)</p> <p><b>Safeguarding:</b> Understanding choices, Recognising needs vs wants, Seeking support, Safe decision-making</p>	<ol style="list-style-type: none"> <li>Challenges</li> <li>Never Giving Up</li> <li>Setting a Goal</li> <li>Obstacles and support</li> <li>Fight to the future Footprint Award</li> </ol> <p><b>Key Vocabulary:</b> challenge, try, goal, practise, keep going, help, problem, solution, succeed</p> <p><b>British Values:</b> individual liberty, mutual respect</p> <p><b>Protected Characteristics:</b> everyone is special, kindness, inclusion</p> <p><b>Citizenship:</b> trying new things, working with others, building confidence</p> <p><b>Safeguarding:</b> asking for help, developing resilience, feeling safe and supported</p>



# PSHE & RSE

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Jigsaw: Being Me in my World</b>	<b>Ten Ten</b>	<b>Ten Ten</b>	<b>Fertile Heart</b>	<b>Ten Ten</b>	<b>Jigsaw Dreams and Goals</b>
Curriculum Links	<i>Mental Wellbeing Respectful Relationships Rules, Responsibility and Behaviour Citizenship British Values Protected Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Safeguarding Protective Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding</i>	<i>Mental Wellbeing, Relationships, Relationships and Sex Education, Personal Development &amp; Moral Understanding, British Values, Protected Characteristics</i>	<i>Mental Wellbeing &amp; Personal Development Citizenship / Living in the Wider World</i>	<i>Health Education, Relationships Education, Living in the Wider World, Personal Development, British Values, Protected Characteristics</i>
<b>Year 1</b>	<ol style="list-style-type: none"> <li>Special and Safe</li> <li>My Class</li> <li>Rights and Responsibilities</li> <li>Rewards and Feeling Proud</li> <li>Consequences</li> <li>Owning My Learning Charter</li> </ol> <p><b>Key Vocabulary:</b> feelings, emotions, worry, calm, body, change, growth, family, friendship, kind, unkind, safe, unsafe, secrets, private, help</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect, Rule of Law</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Recognising feelings, Building friendships, Understanding change, Making safe choices, Being kind</p> <p><b>Safeguarding:</b> Trusted adults, Safe and unsafe situations, Kind behaviour, Keeping personal information private, Asking for help</p>	<ol style="list-style-type: none"> <li>Let the children come</li> <li>God loves you</li> <li>Special People</li> <li>Threat others well</li> <li>...and say sorry</li> <li>6.</li> </ol> <p><b>Key Vocabulary:</b> welcome, love, God, special, care, kindness, respect, friendship, family, forgiveness, sorry, choices, behaviour, help, trust</p> <p><b>British Values:</b> Mutual Respect, Tolerance, Rule of Law</p> <p><b>Protected Characteristics:</b> Equality, Respect for others, Inclusion</p> <p><b>Citizenship:</b> Caring for others, Building positive relationships, Understanding right and wrong</p> <p><b>Safeguarding:</b> Safe relationships, Trusted adults, Seeking help and support</p>	<ol style="list-style-type: none"> <li>Good and Bad secrets</li> <li>Physical Contact</li> <li>Harmful Substances</li> <li>Can you help me? Part 1</li> <li>Can you help me part 2</li> <li>5.</li> </ol> <p><b>Key Vocabulary:</b> secret, surprise, safe, unsafe, touch, physical contact, uncomfortable, trusted adult, help, danger, medicine, harmful, substance, choice, tell</p> <p><b>British Values:</b> Rule of Law, Individual Liberty, Mutual Respect</p> <p><b>Protected Characteristics:</b> Equality, Respect for others, Inclusion</p> <p><b>Citizenship:</b> Making safe choices, Understanding responsibility, Seeking help</p> <p><b>Safeguarding:</b> Safe and unsafe secrets, Appropriate physical contact, Harmful substances awareness, Trusted adults, Reporting concerns</p>	<ol style="list-style-type: none"> <li>1a – God's love makes us special</li> <li>1c – I am called to give God's love to others</li> <li>1d – Loving myself helps me love you</li> <li>1b – God's love is all I need</li> <li>1e – We are God's forgiven family (<i>can link to RE</i>)</li> <li>1f – Mass unites us with heaven (<i>can link to RE</i>)</li> <li>6.</li> </ol> <p><b>Key Vocabulary:</b> love, God, special, care, kindness, share, giving, forgiveness, sorry, family, belong, community, Mass, worship, unity, respect</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences</p> <p><b>Citizenship:</b> Caring for others, Showing kindness, Being part of a community, Understanding forgiveness</p> <p><b>Safeguarding:</b> Kind behaviour, Trusted adults, Feeling safe, Respecting others, Asking for help</p>	<ol style="list-style-type: none"> <li>Three in One</li> <li>Who is my Neighbour?</li> <li>The communities we live in</li> <li>Who will I be + Classroom Shorts</li> <li>4.</li> </ol> <p><b>Key Vocabulary:</b> community, neighbour, help, belong, roles, responsibility, future, choice, respect, care</p> <p><b>British Values:</b> Mutual Respect, Tolerance, Individual Liberty</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Community awareness, Helping others, Understanding roles and future aspirations</p> <p><b>Safeguarding:</b> Trusted adults, Seeking help, Safe relationships, Awareness of community support</p>	<ol style="list-style-type: none"> <li>My Treasure Chest and Success</li> <li>Steps to goals</li> <li>Achieving together</li> <li>Stretchy Learning : Stretchy flower</li> <li>Overcoming Obstacles</li> <li>Celebrating my success</li> <li>6.</li> </ol> <p><b>Key Vocabulary:</b> success, proud, achievement, goal, steps, practise, challenge, teamwork, share, help, listen, grow, mistake, problem, solution, try again, celebrate</p> <p><b>British Values:</b> individual liberty, mutual respect, democracy, rule of law</p> <p><b>Protected Characteristics:</b> everyone is different and special, respect for gender, race, ability and background, inclusion</p> <p><b>Citizenship:</b> confidence, teamwork, responsibility, perseverance, problem-solving, resilience</p> <p><b>Safeguarding:</b> self-esteem, positive relationships, asking for help, emotional wellbeing</p>



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Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Jigsaw: Being Me in my World</b>	<b>Ten Ten</b>	<b>Ten Ten</b>	<b>Fertile Heart</b>	<b>Ten Ten</b>	<b>Jigsaw Dreams and Goals</b>
Curriculum Links	<i>Mental Wellbeing Respectful Relationships Rules, Responsibility and Behaviour Citizenship British Values Protected Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Safeguarding Protective Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding</i>	<i>Mental Wellbeing, Relationships, Relationships and Sex Education, Personal Development &amp; Moral Understanding, British Values, Protected Characteristics</i>	<i>Mental Wellbeing &amp; Personal Development Citizenship / Living in the Wider World</i>	<i>Health Education, Relationships Education, Living in the Wider World, Personal Development, British Values, Protected Characteristics</i>
<b>Year 2</b>	<ol style="list-style-type: none"> <li>Hopes and Fears</li> <li>Rights and Responsibilities</li> <li>Rewards and Consequences</li> <li>Our Learning Charter</li> <li>Owning our learning charter</li> </ol> <p><b>Key Vocabulary:</b> hopes, fears, worry, goal, responsibility, rights, rules, reward, consequence, choice, behaviour, learning, teamwork, respect</p> <p><b>British Values:</b> individual liberty, mutual respect, democracy, rule of law</p> <p><b>Protected Characteristics:</b> fairness and equality, respecting differences (race, gender, ability, religion), inclusion</p> <p><b>Citizenship:</b> understanding rights and responsibilities, making positive choices, contributing to a group, taking ownership</p> <p><b>Safeguarding:</b> recognising feelings (including worries), understanding consequences of actions, staying safe through rules, asking for help and support</p>	<ol style="list-style-type: none"> <li>Let the children come</li> <li>I am unique</li> <li>Girls and boys</li> <li>Clean and Healthy (My Body)</li> <li>Feelings, Likes and Dislikes</li> <li>Feeling Inside Out</li> </ol> <p><b>Key Vocabulary:</b> welcome, unique, identity, similarities, differences, respect, gender, body, hygiene, healthy, feelings, emotions, likes, dislikes, express, understand</p> <p><b>British Values:</b> Mutual Respect, Tolerance, Individual Liberty</p> <p><b>Protected Characteristics:</b> Equality, Sex (boys/girls), Respect for differences</p> <p><b>Citizenship:</b> Self-awareness, Respecting others, Understanding relationships</p> <p><b>Safeguarding:</b> Body awareness, Personal hygiene, Expressing feelings, Seeking help</p>	<ol style="list-style-type: none"> <li>Super Susie Gets Angry</li> <li>The Cycle of Life</li> <li>Beginnings and Endings</li> <li>Change Is All Around+Classroom Short</li> <li>Real Life Online</li> </ol> <p><b>Key Vocabulary:</b> anger, feelings, emotions, calm, life cycle, change, grow, begin, end, online, internet, safe, private, share, trusted adult</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect, Rule of Law</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Managing emotions, Understanding change, Responsible online behaviour</p> <p><b>Safeguarding:</b> Online safety, Managing strong emotions, Safe sharing, Trusted adults, Recognising risk</p>	<ol style="list-style-type: none"> <li>2a – We are special to God Our Father</li> <li>2b – I am called to serve (Good Samaritan)</li> <li>2e – God forgives me, I forgive others</li> <li>2f – God helps me be kind but careful</li> <li>2d – Parable of the Talents</li> <li>2c – Trusting in God when things go wrong</li> </ol> <p><b>Key Vocabulary:</b> special, God, Father, serve, help, kindness, care, forgiveness, sorry, trust, talents, gifts, choices, careful, responsibility, faith</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences</p> <p><b>Citizenship:</b> Helping others, Using talents, Making good choices, Showing forgiveness, Being responsible</p> <p><b>Safeguarding:</b> Kind but careful behaviour, Trusted adults, Making safe choices, Recognising risk, Asking for help</p>	<ol style="list-style-type: none"> <li>Rules To Help Us</li> <li>Three In One</li> <li>Who is My Neighbour?</li> <li>The Communities We Live In</li> <li>Needs and Wants+Classroom Shorts</li> </ol> <p><b>Key Vocabulary:</b> rules, responsibilities, consequences, fairness, respect, choices, safety, trust, neighbour, kindness, community, belonging, diversity, inclusion, belief, faith, Trinity, needs, wants, food, water, shelter, saving, spending</p> <p><b>British Values:</b> Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion, Diversity, Fairness (linked to Equality Act 2010)</p> <p><b>Citizenship:</b> Following rules, Being a good neighbour, Respecting different beliefs, Community involvement, Making choices, Understanding needs and wants</p> <p><b>Safeguarding:</b> Staying safe, Trusted adults, Kind behaviour, Anti-bullying, Online safety, Recognising</p>	<ol style="list-style-type: none"> <li>Goals and Success</li> <li>My learning Strengths</li> <li>Learning with others</li> <li>A group Challenge :Dream Birds</li> <li>Continue our group challenge</li> <li>Celebrating our achievement</li> </ol> <p><b>Key Vocabulary:</b> goal, success, achievement, strengths, improve, teamwork, cooperate, challenge, practise, effort, celebrate</p> <p><b>British Values:</b> individual liberty, mutual respect, democracy, rule of law</p> <p><b>Protected Characteristics:</b> valuing differences, inclusion, equality for all abilities and backgrounds</p> <p><b>Citizenship:</b> teamwork, responsibility, perseverance, recognising strengths in self and others</p> <p><b>Safeguarding:</b> building confidence and self-esteem, positive relationships, managing challenges, asking for help</p>

# PSHE & RSE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Links	<b>Jigsaw: Being Me in my World</b>	<b>Ten Ten</b>	<b>Ten Ten</b>	<b>Fertile Heart</b>	<b>Ten Ten</b>	<b>Jigsaw Dreams and Goals</b>
	<i>Mental Wellbeing Respectful Relationships Rules, Responsibility and Behaviour Citizenship British Values Protected Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding Protective Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding</i>	<i>Mental Wellbeing, Relationships, Relationships and Sex Education, Personal Development &amp; Moral Understanding, British Values, Protected Characteristics</i>	<i>Mental Wellbeing &amp; Personal Development Citizenship / Living in the Wider World</i>	<i>Health Education, Relationships Education, Living in the Wider World, Personal Development, British Values, Protected Characteristics</i>
<b>Year 3</b>	<ol style="list-style-type: none"> <li>Getting to know each other</li> <li>Our Nightmare school</li> <li>Our dream school</li> <li>Rewards and Consequences</li> <li>Our Learning charter</li> <li>Owning our learning charter</li> </ol> <p><b>Key Vocabulary:</b> belong, community, choice, behaviour, rules, reward, consequence, responsibility, respect, teamwork, rights</p> <p><b>British Values:</b> democracy, mutual respect, individual liberty, rule of law</p> <p><b>Protected Characteristics:</b> respect for differences (race, gender, religion, disability), equality, inclusion</p> <p><b>Citizenship:</b> understanding community, rights and responsibilities, making positive choices, contributing to shared rules</p> <p><b>Safeguarding:</b> sense of belonging, understanding boundaries, recognising safe and unsafe behaviour, speaking up and asking for help</p>	<ol style="list-style-type: none"> <li>Get Up!</li> <li>The Sacraments</li> <li>Jesus, My Friend</li> <li>Family, Friends and Others...</li> <li>When Things Feel Bad</li> <li>Sharing Online</li> </ol> <p><b>Key Vocabulary:</b> sacraments, Jesus, friendship, support, community, family, relationships, care, feelings, worry, sadness, help, sharing, online, safe, trust</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Relationships within community, Empathy and support for others, Cooperation</p> <p><b>Safeguarding:</b> Online safety, Managing emotions, Seeking support, Safe relationships</p>	<ol style="list-style-type: none"> <li>Chatting Online+Classroom Shorts</li> <li>Safe In My Body+Classroom Shorts</li> <li>Drugs, Alcohol and Tobacco</li> <li>First Aid Heroes</li> <li>Rights and Responsibilities+Classroom Shorts</li> </ol> <p><b>Key Vocabulary:</b> online, chat, private, share, boundary, consent, safe, risk, drugs, alcohol, tobacco, emergency, first aid, responsibility, rights</p> <p><b>British Values:</b> Rule of Law, Individual Liberty, Mutual Respect</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Rights and responsibilities, Making informed choices, Helping others</p> <p><b>Safeguarding:</b> Online safety, Personal boundaries, Substance awareness, Basic first aid, Recognising and responding to risk</p>	<ol style="list-style-type: none"> <li>3a – God is Our Father</li> <li>The Light of Truth</li> <li>Increase and Decrease</li> <li>Now that's increase!</li> <li>Unless the Grain of Wheat dies...</li> <li>Pruned to be pure</li> </ol> <p><b>Key Vocabulary:</b> God, Father, truth, light, growth, change, increase, decrease, sacrifice, new life, choices, faith, purity, develop, understand</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences</p> <p><b>Citizenship:</b> Understanding growth, Making good choices, Learning from change, Developing responsibility</p> <p><b>Safeguarding:</b> Making safe choices, Trusted adults, Recognising change, Asking for help, Managing challenges</p>	<ol style="list-style-type: none"> <li>A Community of Love</li> <li>What is the Church?</li> <li>How Do I Love Others?</li> <li>Working Together+Classroom Shorts</li> </ol> <p><b>Key Vocabulary:</b> community, love, care, respect, church, Christian, worship, belonging, service, kindness, compassion, teamwork, cooperation, support, friendship, responsibility</p> <p><b>British Values:</b> Mutual Respect, Tolerance, Democracy</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion, Diversity, Fairness</p> <p><b>Citizenship:</b> Working together, Helping others, Respecting beliefs, Being part of a community, Positive relationships</p> <p><b>Safeguarding:</b> Kind behaviour, Anti-bullying, Trusted adults, Respecting others, Staying safe in groups</p>	<ol style="list-style-type: none"> <li>Dreams and Goals</li> <li>My dreams and Ambitions</li> <li>A new challenge</li> <li>Our New challenge</li> <li>Our new challenge : overcoming obstacles</li> <li>Celebrating my learning</li> </ol> <p><b>Key Vocabulary:</b> dreams, goals, ambition, challenge, perseverance, obstacle, achievement, teamwork, effort, success, celebrate</p> <p><b>British Values:</b> individual liberty, mutual respect, democracy, rule of law</p> <p><b>Protected Characteristics:</b> equality, inclusion, respecting differences (race, gender, disability, religion)</p> <p><b>Citizenship:</b> setting goals, resilience, teamwork, responsibility, reflecting on progress</p> <p><b>Safeguarding:</b> building confidence, managing challenges, emotional wellbeing, asking for help and support</p>



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	<b>Jigsaw:</b> <b>Being Me in my World</b>	<b>Ten Ten</b>	<b>Ten Ten</b>	<b>Fertile Heart</b>	<b>Ten Ten</b>	<b>Jigsaw</b> <b>Dreams and Goals</b>
Curriculum Links	<i>Mental Wellbeing Respectful Relationships Rules, Responsibility and Behaviour Citizenship British Values Protected Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Safeguarding Protective Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding</i>	<i>Mental Wellbeing, Relationships, Relationships and Sex Education, Personal Development &amp; Moral Understanding, British Values, Protected Characteristics</i>	<i>Mental Wellbeing &amp; Personal Development Citizenship / Living in the Wider World</i>	<i>Health Education, Relationships Education, Living in the Wider World, Personal Development, British Values, Protected Characteristics</i>
<b>Year 4</b>	<ol style="list-style-type: none"> <li>Becoming a class Team</li> <li>Being a School Citizen</li> <li>Rights, Responsibilities and Democracy</li> <li>Rewards and Consequences</li> <li>Our learning charter : Group Decision Making</li> <li>Learning Charter Review</li> </ol> <p><b>Key Vocabulary:</b> teamwork, cooperation, responsibility, citizenship, community, democracy, rights, fairness, rules, consequences, decision-making, vote, opinion, respect</p> <p><b>British Values:</b> Democracy, Rule of Law, Mutual Respect, Individual Liberty</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion, Diversity</p> <p><b>Citizenship:</b> Being part of a team, Participating in democracy, Making group decisions, Understanding rights and responsibilities, Respecting others</p> <p><b>Safeguarding:</b> Working safely in groups, Respectful behaviour, Trusted adults, Recognising unfairness, Making safe choices</p>	<ol style="list-style-type: none"> <li>Get Up!</li> <li>We Don't Have to be the Same</li> <li>Respecting our Bodies</li> <li>What is Puberty?</li> <li>Changing Bodies</li> <li>Male/Female Discussion Groups (optional)</li> </ol> <p><b>Key Vocabulary:</b> respect, differences, diversity, equality, body, health, puberty, changes, growth, hygiene, male, female, privacy, boundaries, feelings, confidence</p> <p><b>British Values:</b> Mutual Respect, Individual Liberty, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Sex, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Respecting diversity, Understanding relationships, Responsibility for own development</p> <p><b>Safeguarding:</b> Puberty and body changes, Personal boundaries, Respect and consent, Seeking support</p>	<ol style="list-style-type: none"> <li>What Am I Feeling?</li> <li>What Am I Looking At?</li> <li>I Am Thankful</li> <li>Life Cycles</li> <li>A Time For Everything</li> </ol> <p><b>Key Vocabulary:</b> emotions, feelings, gratitude, thankful, life cycle, change, growth, time, reflection, awareness</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion</p> <p><b>Citizenship:</b> Self-awareness, Respecting others, Understanding change and responsibility</p> <p><b>Safeguarding:</b> Emotional wellbeing, Understanding change, Safe reflection, Seeking support</p>	<ol style="list-style-type: none"> <li>4a – Made in the image of God</li> <li>4b – Happiness</li> <li>Conscience and Emotions</li> <li>Adopted by God: Receiving his love</li> <li>I don't quite work correctly – and that's okay!</li> <li>God saves me from me!</li> </ol> <p><b>Key Vocabulary:</b> image of God, identity, worth, happiness, conscience, emotions, choices, love, acceptance, forgiveness, mistakes, growth, trust, dignity, self-worth</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences, Diversity</p> <p><b>Citizenship:</b> Understanding self-worth, Making moral choices, Managing emotions, Accepting others, Personal responsibility</p> <p><b>Safeguarding:</b> Managing feelings, Trusted adults, Self-awareness, Making safe choices, Asking for help</p>	<ol style="list-style-type: none"> <li>Big Changes, Little Changes+Classroom Shorts</li> <li>A Community of Love</li> <li>What is the Church?</li> <li>How Do I Love Others?</li> <li>Money Matters+Classroom Shorts</li> </ol> <p><b>Key Vocabulary:</b> change, growth, development, emotions, transition, community, love, care, respect, church, worship, belonging, service, kindness, compassion, teamwork, cooperation, responsibility, money, saving, spending, budgeting, value</p> <p><b>British Values:</b> Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion, Diversity, Fairness (linked to Equality Act 2010)</p> <p><b>Citizenship:</b> Managing change, Building positive relationships, Respecting beliefs, Working together, Financial responsibility, Making informed choices</p> <p><b>Safeguarding:</b> Managing emotions, Trusted adults, Online safety, Safe decision-making, Financial awareness, Recognising risk</p>	<ol style="list-style-type: none"> <li>Hopes and Dreams</li> <li>Overcoming Disappointment</li> <li>Creating New, Realistic Dreams</li> <li>Achieving Goals</li> <li>Working in a Group</li> <li>Celebrating Contributions</li> </ol> <p><b>Key Vocabulary:</b> hopes, dreams, disappointment, resilience, realistic, goals, effort, achievement, teamwork, contribution, cooperation, success, celebrate, support</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences, Diversity</p> <p><b>Citizenship:</b> Setting realistic goals, Overcoming setbacks, Working collaboratively, Valuing contributions, Positive participation</p> <p><b>Safeguarding:</b> Managing emotions, Building resilience, Supporting others, Asking for help, Safe teamwork</p>

# PSHE & RSE



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Jigsaw: Being Me in my World</b>	<b>Ten Ten</b>	<b>Ten Ten</b>	<b>Fertile Heart</b>	<b>Ten Ten</b>	<b>Jigsaw Dreams and Goals</b>
Curriculum Links	<i>Mental Wellbeing Respectful Relationships Rules, Responsibility and Behaviour Citizenship British Values Protected Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Safeguarding Protective Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding</i>	<i>Mental Wellbeing, Relationships, Relationships and Sex Education, Personal Development &amp; Moral Understanding, British Values, Protected Characteristics</i>	<i>Mental Wellbeing &amp; Personal Development Citizenship / Living in the Wider World</i>	<i>Health Education, Relationships Education, Living in the Wider World, Personal Development, British Values, Protected Characteristics</i>
<b>Year 5</b>	<ol style="list-style-type: none"> <li>My year Ahead</li> <li>Being Citizen of Country</li> <li>Year 5 Responsibilities</li> <li>Rewards and Consequences</li> <li>Our Learning Charter</li> <li>Owning our learning charter</li> </ol> <p><b>Key Vocabulary:</b> citizen, responsibility, rights, democracy, law, consequence, reward, community, behaviour, respect, commitment</p> <p><b>British Values:</b> democracy, rule of law, individual liberty, mutual respect</p> <p><b>Protected Characteristics:</b> equality, diversity, respect for race, religion, gender, disability, inclusion</p> <p><b>Citizenship:</b> active citizenship, understanding rights and responsibilities, contributing to community, leadership</p> <p><b>Safeguarding:</b> understanding rules and boundaries, making safe choices, recognising responsibility, speaking up and seeking support</p>	<ol style="list-style-type: none"> <li>Calming the Storm</li> <li>God Is Calling You</li> <li>Under Pressure</li> <li>Do You Want A Piece of Cake?</li> <li>Self-Talk</li> <li>Sharing Isn't Always Caring</li> </ol> <p><b>Key Vocabulary:</b> calm, emotions, stress, pressure, calling, purpose, choices, temptation, self-talk, thoughts, confidence, resilience, boundaries, sharing, safe, trust</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for diversity, Inclusion</p> <p><b>Citizenship:</b> Making informed choices, Responsibility, Positive relationships and community contribution</p> <p><b>Safeguarding:</b> Peer pressure, Online safety and sharing, Emotional wellbeing, Seeking support and managing risk</p>	<ol style="list-style-type: none"> <li>Cyberbullying+Classroom Shorts</li> <li>Cyberbullying+Classroom Shorts</li> <li>Types of Abuse+Classroom</li> <li>ShortsImpacted Lifestyles+Classroom Shorts</li> <li>Making Good Choices</li> </ol> <p><b>Key Vocabulary:</b> cyberbullying, online, abuse, harm, risk, influence, pressure, choices, consequences, support, report, safety</p> <p><b>British Values:</b> Individual Liberty, Rule of Law, Mutual Respect</p> <p><b>Protected Characteristics:</b> Equality, Respect for diversity, Inclusion</p> <p>Citizenship: Making informed choices, Understanding impact of actions, Responsible behaviour</p> <p><b>Safeguarding:</b> Online safety, Recognising abuse, Managing risk, Seeking help, Reporting concerns</p>	<ol style="list-style-type: none"> <li>5a – Life is relational</li> <li>5b – Self-knowledge, self-possession, self-gift</li> <li>Freedom</li> <li>Tolerance</li> </ol> <p><b>Key Vocabulary:</b> relationships, connection, self-knowledge, self-control, self-gift, freedom, choices, responsibility, tolerance, respect, dignity, identity, values, understanding</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences, Diversity</p> <p><b>Citizenship:</b> Understanding relationships, Making responsible choices, Respecting differences, Developing self-awareness</p> <p><b>Safeguarding:</b> Safe relationships, Personal boundaries, Trusted adults, Making safe choices, Respecting others</p>	<ol style="list-style-type: none"> <li>Giving Assistance</li> <li>The Holy Trinity</li> <li>Catholic Social Teaching</li> <li>Reaching Out</li> <li>The World of Work+Classroom Shorts</li> </ol> <p><b>Key Vocabulary:</b> assistance, support, responsibility, service, Trinity, Father, Son, Holy Spirit, belief, faith, dignity, justice, equality, charity, outreach, community, compassion, work, career, skills, income, responsibility</p> <p><b>British Values:</b> Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance</p> <p><b>Protected Characteristics:</b> Equality, Respect for differences, Inclusion, Diversity, Fairness (linked to Equality Act 2010)</p> <p><b>Citizenship:</b> Helping others, Social responsibility, Respecting beliefs, Community action, Preparing for the future, Understanding work</p> <p><b>Safeguarding:</b> Trusted adults, Safe decision-making, Online safety, Recognising risk, Peer support, Seeking help</p>	<ol style="list-style-type: none"> <li>When I Grow Up</li> <li>Investigate Jobs and Careers</li> <li>My Dream Job: Why I want it and the steps to get there</li> <li>Dreams and Goals of People in Other Cultures</li> <li>How Can We Support Each Other?</li> <li>Rallying Support others</li> </ol> <p><b>Key Vocabulary</b> aspirations, careers, goals, skills, ambition, equality, diversity, support, teamwork, perseverance</p> <p><b>British Values</b> individual liberty (career choices), mutual respect, tolerance of different cultures and aspirations</p> <p><b>Protected Characteristics</b> race, religion or belief, sex, disability (equal opportunities and inclusion)</p> <p><b>Citizenship</b> community support, respecting different ambitions, contributing positively, teamwork</p> <p><b>Safeguarding</b> building confidence, seeking support, recognising pressure, promoting inclusion and wellbeing</p>



# PSHE & RSE

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Jigsaw: Being Me in my World</b>	<b>Ten Ten</b>	<b>Ten Ten</b>	<b>Fertile Heart</b>	<b>Ten Ten</b>	<b>Jigsaw Dreams and Goals</b>
Curriculum Links	<i>Mental Wellbeing Respectful Relationships Rules, Responsibility and Behaviour Citizenship British Values Protected Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Safeguarding Protective Characteristics</i>	<i>Relationships, Health Education, Relationships and Sex Education Online Safety, Safeguarding</i>	<i>Mental Wellbeing, Relationships, Relationships and Sex Education, Personal Development &amp; Moral Understanding, British Values, Protected Characteristics</i>	<i>Mental Wellbeing &amp; Personal Development Citizenship / Living in the Wider World</i>	<i>Health Education, Relationships Education, Living in the Wider World, Personal Development, British Values, Protected Characteristics</i>
<b>Year 6</b>	<ol style="list-style-type: none"> <li>1. My year ahead</li> <li>2. Being a Global Citizen 1</li> <li>3. Being a Global Citizen 2</li> <li>4. The learning charter</li> <li>5. Our Learning Charter</li> <li>6. Owning our learning charter</li> </ol> <p><b>Key Vocabulary:</b> goals, fears, worries, welcome, valued, rights, needs, global, community, responsibility, behaviour, consequences, empathy, democracy, teamwork</p> <p><b>British Values:</b> democracy, rule of law, individual liberty, mutual respect, tolerance</p> <p><b>Protected Characteristics:</b> equality, diversity, respect for race, religion, gender, disability, inclusion and fairness for all</p> <p><b>Citizenship:</b> being a global citizen, understanding rights and responsibilities, contributing to the community, empathy and respect for others, having a voice</p> <p><b>Safeguarding:</b> expressing worries and feelings, emotional wellbeing, understanding impact of actions, making safe and responsible choices, supporting others and asking for help</p>	<ol style="list-style-type: none"> <li>1. Calming the Storm</li> <li>2. Gifts and Talents</li> <li>3. Girl's Bodies</li> <li>4. Boys bodies</li> <li>5. Sport and sleep</li> </ol> <p><b>Key Vocabulary</b> emotions, resilience, self-esteem, talents, puberty, hormones, hygiene, wellbeing, exercise, sleep</p> <p><b>British Values</b> individual liberty (healthy choices), mutual respect, tolerance of differences</p> <p><b>Protected Characteristics</b> sex, disability (including mental health), race, religion</p> <p><b>Citizenship</b> responsibility, respect for others, positive contribution</p> <p><b>Safeguarding</b> trusted adults, seeking help, understanding changes, staying safe</p>	<ol style="list-style-type: none"> <li>1. Body image</li> <li>2. Peculiar feelings</li> <li>3. Emotional Changes</li> <li>4. Seeing stuff online</li> <li>5. Menstruation</li> </ol> <p><b>Key Vocabulary</b> body image, self-esteem, emotions, mood changes, puberty, online safety, media influence, menstruation, hygiene</p> <p><b>British Values</b> individual liberty (making safe choices), mutual respect (body differences), tolerance (accepting others)</p> <p><b>Protected Characteristics</b> sex, disability (including mental health), race, religion</p> <p><b>Citizenship</b> self-respect, respect for others, responsible online behaviour</p> <p><b>Safeguarding</b> online safety awareness, trusted adults, recognising feelings, understanding body changes safely</p>	<ol style="list-style-type: none"> <li>1. 6a – God-given nature, freedom and consent</li> <li>2. Intellect, Order and Beauty</li> <li>3. Tolerance of what others think and do</li> <li>4. Formed in their Image</li> </ol> <p><b>Key Vocabulary:</b> dignity, freedom, consent, choices, responsibility, intellect, reason, order, beauty, respect, tolerance, beliefs, identity, values, understanding</p> <p><b>British Values:</b> Individual Liberty, Mutual Respect, Tolerance, Democracy</p> <p><b>Protected Characteristics:</b> Equality, Inclusion, Respect for differences, Diversity, Fairness</p> <p><b>Citizenship:</b> Respecting beliefs, Making informed choices, Understanding freedom and responsibility, Valuing others</p> <p><b>Safeguarding:</b> Consent and boundaries, Trusted adults, Safe decision-making, Respecting others, Recognising risk</p>	<ol style="list-style-type: none"> <li>1. Hope beyond death</li> <li>2. Coping with change +classroom shorts</li> <li>3. Build others up+classroom changes</li> <li>4. The Holy Trinity</li> <li>5. Catholic Social Teaching</li> </ol> <p><b>Key Vocabulary</b> hope, grief, change, resilience, encouragement, community, Trinity, faith, dignity, justice</p> <p><b>British Values</b> mutual respect, tolerance of different beliefs, individual liberty (expressing faith and views)</p> <p><b>Protected Characteristics</b> religion or belief, disability (including emotional needs), race</p> <p><b>Citizenship</b> supporting others, community responsibility, respect for beliefs and values</p> <p><b>Safeguarding</b> emotional support, recognising change and loss, seeking help, creating a safe and respectful environment</p>	<ol style="list-style-type: none"> <li>1. Personal Learning Goals</li> <li>2. Steps to success</li> <li>3. My dream for the world</li> <li>4. Helping to make a difference</li> <li>5. Recognising Our Achievements</li> </ol> <p><b>Key Vocabulary:</b> goal, challenge, motivation, perseverance, success criteria, teamwork, empathy, global issues, responsibility, achievement, praise</p> <p><b>British Values:</b> democracy, mutual respect, individual liberty, rule of law, tolerance</p> <p><b>Protected Characteristics:</b> equality, diversity, respect for race, religion, gender, disability, inclusion</p> <p><b>Citizenship:</b> global citizenship, teamwork, leadership, helping others, making a positive difference in the community and wider world</p> <p><b>Safeguarding:</b> resilience, managing challenges, emotional awareness, empathy for others, making responsible and safe choices</p>