



St. Mary Magdalen's Catholic Primary School
UKS2 Cycle – RSE and PSHE Overview

Autumn Term

Week Commencing	British Values / Rights Respecting	Lesson Focus	Lesson Content
Autumn 1	The Rule of Law Democracy Individual Liberty Mutual Respect and Tolerance	PSHE: Shared Responsibilities – Rules and why we have them	<ul style="list-style-type: none"> To recognise that there are human rights, that are there to protect everyone. About the relationship between rights and responsibilities.
	Democracy	PSHE: British Values – democracy	School council election discussion – link to British Values
	Individual Liberty	RSE Module 1 Created and Loved by God Calming the Storm	Children listen to the story Calming of the Storm and understand the need for faith in Jesus.
	Mutual Tolerance and Respect	RSE Module 1 Created and Loved by God Unit 2 Session 1: Gifts and Talents	Children understand and discuss similarities and differences. Children are encouraged to see their value as someone loved and created by God.
	Individual Liberty	PSHE: Economic Aspirations and Communities	Aspiration day – 7 th October <ul style="list-style-type: none"> About stereotypes in the workplace and that a person's career aspirations should not be limited by them. About what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs) That some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid. To recognise a variety of routes into careers (e.g. college, apprenticeship, university).
	Individual Liberty	RSE: Wellbeing and Keeping Safe	World mental health day
	Mutual Respect and Tolerance	RSE Module 1 Created and Loved by God Unit 2 Session 2: girls' bodies	School Nurse
HALF TERM			HALF TERM
Autumn 2	Rule of Law	RSE: Keeping Safe	Firework Safety
	Democracy	PSHE: Communities	Remembrance Day
	Individual Liberty	RSE Module 1 Created and Loved by God	School Nurse



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		Unit 2 Session 3: boys' bodies	
	Individual Liberty	RSE Module 1 Created by God Unit 2 Session 4: spots and sleep	Children focus once more on the concept of being created and loved by God. Children understand that if they make good choices with regards to sleep, exercise etc they will have better health.
	Mutual Tolerance and Respect	RSE Module 1 Created by God Unit 3 session 1: body image	Children understand that their bodies are changing and many different feelings can arise from this.
		PSHE – Class focus	Please complete
		Consolidate knowledge from Autumn term	Reflection – recap and review learning from this term. What are the main messages that we need to remember? Poster to consolidate learning.
		PSHE/RSE	Class focus -

Spring Term

Week Commencing	British Values / Rights Respecting	Lesson Focus	Lesson Content
Spring 1	Rule of Law	PSHE: Shared Responsibilities – Rules and why we have them	<ul style="list-style-type: none"> To recognise that there are human rights, that are there to protect everyone. About the relationship between rights and responsibilities.
	Mutual Respect and Tolerance	RSE Module 1 Created by God Unit 3 Session 2: peculiar feelings	Children understand that some behaviours are always wrong no matter which feelings accompany them.
		PSHE: Communities	<ul style="list-style-type: none"> About diversity: what it means; the benefits of living in a diverse community; about valuing diversity with communities. About prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.
	Individual Liberty	RSE Module 1 Created by God	Discussions around feelings will deepen. Children will discuss



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	Individual Liberty	Unit 3 Session 3: emotional changes PSHE: Money	strategies to control feelings which can feel uncontrollable. <ul style="list-style-type: none"> To recognise that people have different attitudes towards saving and spending money; what influences people's decisions, what makes something 'good value for money' About risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe. About the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations. To identify the ways money can impact on people's feelings and emotions.
	Mutual Respect and Tolerance	PSHE: safer internet day	Safer Internet Day <ul style="list-style-type: none"> About some of the different ways information and data is shared and used online, including for commercial purposes. About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.
HALF TERM			HALF TERM
Spring 2	Individual Liberty	RSE Module 1 Created by God Unit 3 Session 4: seeing stuff online	*Do not use the video resource on tenten* This session explores the emotional and mental impact that videos and images of an adult nature can have on children and young people, particularly pornography
	Individual Liberty	RSE Module 2 Created to love others Unit 1 Session 1: God is calling you	In this session, pupils will look at the nature of God's call to love others. Children listen to the story of Zaccheus and think about how they are called.
	Mutual Respect and Tolerance	RSE Module 2 Created to love others Unit 2 Session 1: Under pressure	The first step to coping with pressure is to identify the many guises it can take. In this session, children will learn about spoken and unspoken pressure that they might experience, particularly from their peers.



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	Individual Liberty	RSE Module 2 Created to love others Unit 2 Session 2: Do you want a piece of cake?	The previous session in this unit considered different ways in which children might feel pressured by those around them, particularly their peers. This session discusses the issue of consent and bodily autonomy, and equips children with the ability and confidence to say 'no'. The previous session in this unit considered different ways in which children might feel pressured by those around them, particularly their peers. This session discusses the issue of consent and bodily autonomy, and equips children with the ability and confidence to say 'no'.
	Individual Liberty	RSE Module 2 Created to love others Unit 2 Session 3: self-talk	Children understand that some of the strongest pressures that they can experience come from themselves, and these have a huge effect on how they relate to the world and the people around them.

Summer Term

Week Commencing	British Values / Rights Respecting	Lesson Focus	KS1 Cycle B
Summer 1	Individual Liberty	RSE Module 2 Created to love others Unit 3 Session 1: Sharing isn't always caring	Continuing from the NSPCC resources used in LKS2, this session presents the digital world as one that children need to take steps to stay safe in, just like the real world. This session focuses children making safe and sensible decisions about what content to share or not share, including photos, passwords and other personal information.
	Individual Liberty	RSE Module 2 Created to love others Unit 3 Session 2: cyber bullying	Building on the NSPCC Share Aware programme which pupils covered in Lower Key Stage 2, this session investigates cyberbullying. It explores how children can chat safely, the impact cyberbullying can have, and what behaviour is acceptable and unacceptable online. Children will also learn how they can report and get help if they encounter inappropriate messages or material.
	Individual Liberty	RSE Module 2 Created to love others Unit 3 Session 3: types of abuse	This session follows on from the previous two internet safety sessions, by moving into the real world and considering what physical contact is appropriate and inappropriate. Through 4 fictional stories, children will be introduced to the term 'abuse' and



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			discuss the different kinds of abuse, including sexual (which in LKS2 was described as 'abuse of private parts'). Children will understand that this violates their rights.
	Individual Liberty	RSE Module 2 Created to love others Unit 3 Session 4: impacted lifestyle	In this first of two UKS2 sessions on drugs, alcohol and tobacco, pupils will build on their existing knowledge through learning facts and taking part in activities to demonstrate how using these substances can impact on people's lifestyles and inhibit the body's natural functioning. In this first of two UKS2 sessions on drugs, alcohol and tobacco, pupils will build on their existing knowledge through learning facts and taking part in activities to demonstrate how using these substances can impact on people's lifestyles and inhibit the body's natural functioning.
	Individual Liberty	RSE Module 2 Created to love others Unit 3 Session 5: making good choices	In this second UKS2 session on drugs, alcohol and tobacco, pupils will consider scenarios where people feel pressured to use them. Children will be encouraged to use their scientific knowledge and religious understanding to cope with pressurising situations and make good choices. The teaching is underpinned with the religious understanding that consuming certain substances is harmful to our bodies, and therefore God's creation.
	Mutual Respect and Tolerance	RSE Module 2 Created to love others Unit 3 Session 6: giving assistance	The animated Dr Datfa features in this session to equip children with some basic First Aid knowledge, including the recovery position and the DR ABC primary survey.
HALF TERM			HALF TERM
Summer 2	Individual Liberty	Keeping safe PSHE/RSE	Water safety – how to stay safe in the summer Class focus -
	Democracy	RSE Module 3 Created to love others in the community Unit 1 Session 1: The Trinity	In both KS1 and LKS2, children learnt about the Holy Trinity through films about Lucy and her family. This session returns to Lucy one last time, and helps pupils increase their understanding of the Holy Trinity using Scripture activities and prayer. Children will also consider how they can allow the Holy Spirit to work through them to share God's love in the world.
	Mutual Respect and Tolerance	RSE Module 3 Created to live in the community Unit 1 Session 2: Catholic Social Teaching	This session introduces the concept of Catholic Social Teaching (CST). Through examples of God's love in action throughout Scripture, children will learn how God wants us to live in society with each other. They will learn the principles of CST, how we can apply these to daily life.
	Mutual Respect and Tolerance	RSE Module 3 Created to live in the community Unit 2 Session 1: Reaching Out	Building on pupils' learning in the previous session about Catholic Social Teaching (CST), this session recaps the principles and shows



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			how they are relevant day to day. Children will look at current news stories, applying Catholic Social Teaching to analyse the issues and come up with ways of reaching out to others and spreading God's love in their communities.
		PSHE/RSE	Class Focus- Transition
		PSHE/RSE	Class Focus – Transition