



**St Cuthbert's Catholic Primary School**  
**RSHE Overview 2022-2023**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	<p><b><u>Ten Ten Module 1: Created and Loved by God</u></b></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - Our world Handmade with love (5 story sessions)</p> <p><u>Unit 2 (Me, My body, My health)</u> Assessment Activity - I am special I am me (session 1) Heads, shoulders, knees and toes (session 2) Ready Teddy (session 3)</p>	<p><b><u>Ten Ten Module 1: Created and Loved by God</u></b></p> <p><u>Unit 3 (Emotional Wellbeing)</u> Assessment Activity - Feelings, likes and needs I like, you like, we all like! (session 1) Good feelings, bad feelings (session 2) Let's get real (session 3)</p> <p><u>Unit 4 (Life Cycles)</u> Assessment Activity - In my life Growing up (session 1)</p>	<p><b><u>Ten Ten Module 2: Created to love others</u></b></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - God's family Role model (session 1)</p> <p><u>Unit 2 (Personal Relationships)</u> Assessment Activity - Friends and family Who's who? (session 1) You've got a friend in me (session 2) Forever friends (session 3)</p>	<p><b><u>Ten Ten Module 2: Created to love others</u></b></p> <p><u>Unit 3 (Keeping Safe)</u> Assessment Activity - My body Safe inside and out (session 1) My body, my rules (session 2) Feeling poorly (session 3) People who help us (session 4)</p>	<p><b><u>Ten Ten Module 3: Created to Live in Community</u></b></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - All together God is love (session 1) Loving God, loving others (session 2)</p>	<p><b><u>Ten Ten Module 3: Created to Live in Community</u></b></p> <p><u>Unit 2 (Living in the Wider World)</u> Assessment Activity - Helping out Me, you, us (session 1)</p>
<b>Year 1 and Year 2</b>	<p><b><u>Ten Ten Module 1: Created and Loved by God</u></b></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - This is me Let the Children Come (5 story sessions)</p> <p><u>Unit 2 (Me, My body, My health)</u> Assessment Activity - This is me I am Unique (session 1) Girls and Boys (session 2) Clean and Healthy (session 3/4)</p>	<p><b><u>Ten Ten Module 1: Created and Loved by God</u></b></p> <p><u>Unit 3 (Emotional Wellbeing)</u> Assessment Activity - Feelings Feelings, likes, dislikes (session 1) Feelings inside out (session 2) Super Susie gets angry (session 3)</p> <p><u>Unit 4 (Life Cycles)</u> Assessment Activity - Lifelines The Cycle of Life (session 1)</p>	<p><b><u>Ten Ten Module 2: Created to love others</u></b></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - Friends God Loves You (session 1)</p> <p><u>Unit 2 (Personal Relationships)</u> Assessment Activity - Being with others Special People (session 1) Treat others well... (session 2) ...and say sorry (session 3)</p>	<p><b><u>Ten Ten Module 2: Created to love others</u></b></p> <p><u>Unit 3 (Keeping Safe)</u> Assessment Activity - Safe or Unsafe? Being Safe (session 1) Good secrets and bad secrets (session 2) Physical Contact (session 3) Harmful Substances (session 4) Can you help me? (session 5/6)</p>	<p><b><u>Ten Ten Module 3: Created to Live in Community</u></b></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - Thinking about God Three in One (session 1) Who is my Neighbour? (session 2)</p>	<p><b><u>Ten Ten Module 3: Created to Live in Community</u></b></p> <p><u>Unit 2 (Living in the Wider World)</u> Assessment Activity - Me and My Community The Communities we live in (session 1)</p>

<p><b>Year 3 and Year 4</b></p>	<p><u>Ten Ten Module 1: Created and Loved by God</u></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - Tell Zog Get Up! (5 story sessions) The Sacraments (session 1)</p> <p><u>Unit 2 (Me, My body, My health)</u> Assessment Activity - All different: All loved We don't have to be the same (session 1) Respecting our bodies (session 2)</p>	<p><u>Ten Ten Module 1: Created and Loved by God</u></p> <p><u>Unit 3 (Emotional Wellbeing)</u> Assessment Activity - My Feelings What am I feeling? (session 1) What am I looking at? (session 2) I am thankful! (session 3)</p>	<p><u>Ten Ten Module 2: Created to love others</u></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - Friendship cake Jesus my friend (4 story sessions)</p> <p><u>Unit 2 (Personal Relationships)</u> Assessment Activity - My Relationships Friends, family and others (session 1) When things feel bad (session 2)</p>	<p><u>Ten Ten Module 2: Created to love others</u></p> <p><u>Unit 3 (Keeping Safe)</u> Assessment Activity - Keeping safe Sharing online (session 1) Chatting online (session 2) Physical contact (session 3) Drugs, alcohol, tobacco (session 4) First aid heroes (session 5)</p>	<p><u>Ten Ten Module 3: Created to Live in Community</u></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - God and me Trinity house (session 1) What is the church? (session 2)</p>	<p><u>Ten Ten Module 3: Created to Live in Community</u></p> <p><u>Unit 2 (Living in the Wider World)</u> Assessment Activity - love in action How do I love others? (session 1)</p>
<p><b>Year 4 only</b></p>	<p>What is puberty? (session 3) Discussion groups (session 4 - optional)</p>	<p><u>Unit 4 (Lifecycles)</u> Assessment Activity - Joe's new sister Lifecycles (session 1)</p>				
<p><b>Year 5 and Year 6</b></p>	<p><u>Ten Ten Module 1: Created and Loved by God</u></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - A faithful God Calming the storm (5 story sessions)</p> <p><u>Unit 2 (Me, My body, My health)</u> Assessment Activity - My beautiful body Gifts and talents (session 1) Girls' bodies (session 2) Boys' bodies (session 3) Spots and sleep (session 4)</p>	<p><u>Ten Ten Module 1: Created and Loved by God</u></p> <p><u>Unit 3 (Emotional Wellbeing)</u> Assessment Activity - This is me Body image (session 1) Peculiar feelings (session 2) Emotional changes (session 3) Seeing stuff online (session 4)</p> <p><u>Unit 4 (Lifecycles)</u> Assessment Activity - Growing up Making babies Part 1 (session 1) Making babies Part 2 - Optional (session 2) Menstruation (session 3)</p>	<p><u>Ten Ten Module 2: Created to love others</u></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - Talking to God Is God calling you? (session 1)</p> <p><u>Unit 2 (Personal Relationships)</u> Assessment Activity - 'Pete under pressure' Under pressure (session 1) Do you want a piece of cake? (session 2) Self-talk (session 3)</p>	<p><u>Ten Ten Module 2: Created to love others</u></p> <p><u>Unit 3 (Keeping Safe)</u> Assessment Activity - Dear Diary Sharing isn't always caring (session 1) Cyberbullying (session 2) Types of abuse (session 3) Impacted lifestyles (session 4) Making good choices (session 5) Giving assistance (session 6)</p>	<p><u>Ten Ten Module 3: Created to Live in Community</u></p> <p><u>Unit 1 (Religious Understanding)</u> Assessment Activity - Loving our neighbour The Trinity (session 1) Catholic social teaching (session 2)</p>	<p><u>Ten Ten Module 3: Created to Live in Community</u></p> <p><u>Unit 2 (Living in the Wider World)</u> Assessment Activity - created to live in community Reaching out (session 1)</p>

For our PSHE curriculum we are using the Ten Ten Resources to support teaching. The programme is split into different stages, EYFS, Key Stage 1, Lower Key Stage 2 and Upper Key Stage 2. The full learning stages are run twice for example, the full KS1 programme is taught in Year 1 and Year 2. The programme is repeated to ensure that learning is embedded as children build upon what they have previously learned. RSE and PSHE will also be covered using our Come and See RE programme and the Science National Curriculum.