



Families and people who care for me

Pupils should know:

- that families are important for children growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring Friendships

Pupils should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right



- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Respectful relationships

Pupils should know:

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- practical steps they can take in a range of different contexts to improve or support respectful relationships
- the conventions of courtesy and manners
- the importance of self-respect and how this links to their own happiness
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
- what a stereotype is, and how stereotypes can be unfair, negative or destructive
- the importance of permission-seeking and giving in relationships with friends, peers and adults

Online Relationships

Pupils should know:

- that people sometimes behave differently online, including by pretending to be someone they are not



- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- how information and data is shared and used online

Being safe

Pupils should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- how to recognise and report feelings of being unsafe or feeling bad about any adult
- how to ask for advice or help for themselves or others, and to keep trying until they are heard,
- how to report concerns or abuse, and the vocabulary and confidence needed to do so
- where to get advice, for example family, school or other sources



Further personal development opportunities to include: theme weeks, collective worships, Catholic life, CAFOD, national days, visits and visitors to school, extra-curricular clubs, British values and gospel values, retreats, school awards, workshops, school nurse visits, dental hygiene visits, Opal

PSHE schemes of work have been adapted to suit the needs of our children and to ensure what we are covering is in line with Church teaching. (All aspects of RSHE are covered in the overviews below)



EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RE – To know you more clearly	Branch 1 – Creation and Covenant Season of Creation	Branch 2 – Prophecy and Promise Season of Advent	Branch 3 – Galilee to Jerusalem Season of Christmas and ordinary time	Branch 4 – Desert to garden Season of Lent	Branch 5 – To the ends of the Earth Season of Easter and Pentecost	Branch 6 – Dialogue and Encounter Branch Six introduces two new lenses to explore teaching and learning about other Christian denominations, other religious worldviews and non-religious worldviews.
Journey in Love	To explore the wonder of being special and unique					
	Social and Emotional To recognise the joy of being a special person in my family		Physical To recognise that we are all different and unique		Spiritual To celebrate the joy of being a special person in Gods Family	
PSHE –My Happy Minds	Meet your brain	Celebrate	Appreciate	Relate	Engage	PSHE/My Happy Minds activities
Science (Understanding the world)	The Natural World ELG Children at the expected level of development will: <ul style="list-style-type: none"> • Explore the natural world around them, making observations and drawing pictures of animals and plants; • Know some similarities and differences between the natural world around them and contrasting environments, drawing on their experiences and what has been read in class; • Understand some important processes and changes in the natural world around them, including the seasons and changing states of matter. 					
PE (physical development)	Introduction to PE	Fundamentals	Games	Ball Skills	Dance and gymnastics	Recap based on assessment
Computing	Experience a range of technology/ equipment, including digital cameras, iPads, video cameras, microscopes and sound recorders	Learn about opening apps, scanning QR codes, taking photos and recording information.	Use technology safely and respectfully. Learn about how to stay safe online.	Use technology purposefully to organise, store and retrieve digital content. Keeping personal information private. Identify where to go for help and support when	Recognise common uses of information technology beyond school. Use technology purposefully to create and manipulate digital content.	Understanding the basics of programming a sequence and gaining the skills required to think logically.



				they have concerns about content.		
Equality and Diversity	Momma, Mamma and Me To celebrate my family	The Family Book All families are different	You Choose I choose what I like	Red Rockets and Rainbow Jelly It's ok to like different things	Hello Hello To say hello	Blue Chameleon To make a new friend
Further personal development opportunities	CAFOD visits/assemblies, Catholic social teaching, Live simply award, Nursery stay and play, Other faith visits/weeks, Online safety throughout the year, Mental health week, Themed Collective Worships, Black history month, Fair trade fortnight, Assemblies, weekly storytime with parents, dentist/school nurse visits, enrichment trips and activities, My Happy Mind assemblies, community day, book fair					



Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RE – To know you more clearly	Branch 1 – Creation and Covenant Season of Creation	Branch 2 – Prophecy and Promise Season of Advent	Branch 3 – Galilee to Jerusalem Season of Christmas and ordinary time	Branch 4 – Desert to garden Season of Lent	Branch 5 – To the ends of the Earth Season of Easter and Pentecost	Branch 6 – Dialogue and Encounter Branch Six introduces two new lenses to explore teaching and learning about other Christian denominations, other religious worldviews and non-religious worldviews.
Journey in Love	To focus on families and specially growing up in a loving, secure and stable home.					
	Social and Emotional To recognise signs that I am loved in my family.		Physical To recognise how I am cared for and kept safe in my family.		Spiritual To celebrate ways that God loves and cares for me.	
PSHE –My Happy Minds	Meet your brain	Celebrate	Appreciate	Relate	Engage	PSHE/My Happy Minds activities
Science	Everyday Materials	Animals including humans	Animals including humans	Plants	Plants	Seasonal changes
PE	Invasion Games	Fundamentals	Striking and fielding Target Games	Athletics Yoga	Gymnastics Dance	Team Building Net and wall games
Computing	What is a computer (hardware and software)	Drawing maths (digital art/shapes))	Mini Beasts (creating digital content)	My Online Life (online safety)	Modern tales (communicating online)	Animate with shapes (creating digital animations)
Equality and Diversity	Elmer I like the way I am	My world, your world I share the world with lots of different people	Errol's Garden To work together	Going to the volcano To Join in	Want to play trucks? To find ways to play together	Hair, it's a family affair Proud to be me
Further personal development opportunities	CAFOD visits/assemblies, Catholic social teaching, Live simply award, Nursery stay and play, Other faith visits/weeks, Online safety throughout the year, Mental health week, Themed Collective Worship, Black history month, Fair trade fortnight, Assemblies, weekly storytime with parents, dentist/school nurse visits, enrichment trips and activities, My Happy Mind assemblies, road safety workshops, after school clubs, links with All Saints, visits to church, links with nursing home, community day, book fayre.					



Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RE – To know you more clearly	Branch 1 – Creation and Covenant Season of Creation	Branch 2 – Prophecy and Promise Season of Advent	Branch 3 – Galilee to Jerusalem Season of Christmas and ordinary time	Branch 4 – Desert to garden Season of Lent	Branch 5 – To the ends of the Earth Season of Easter and Pentecost	Branch 6 – Dialogue and Encounter Branch Six introduces two new lenses to explore teaching and learning about other Christian denominations, other religious worldviews and non-religious worldviews.
Journey in Love	To describe how we are growing and developing in diverse communities that are God-given					
	Social and Emotional To recognise the joy and friendship of belonging to a diverse community		Physical To describe ways of being safe in communities		Spiritual To celebrate ways of meeting God in our communities	
PSHE – My Happy Minds	Meet your brain	Celebrate	Appreciate	Relate	Engage	PSHE/My Happy Minds activities
Science	Use of everyday material	Plants (bulbs)	Animals, including humans	Plants (seeds)	Living things and their habitats	Living things and their habitats
PE	Invasion Games	Fundamentals	Striking and fielding Target Games	Athletics Yoga	Gymnastics Dance	Team Building Net and wall games
Computing	My Online Life (online safety)	Maths Madness (Qr Codes)	Code a story (coding and programming)	Storyland (creating a digital book)	Online buddies 1 (communicating online)	Heads up (creating digital content)
Equality and Diversity	All are welcome To know I belong	The great big book of families To understand what diversity is	Blown Away To be able to work with other people	How to be a lion To have self-confidence	What the Jackdaw Saw To communicate in different ways	Amazing To think about what makes a good friend
Further personal development opportunities	CAFOD visits/assemblies, Catholic social teaching, Live simply award, Other faith visits/weeks, Online safety throughout the year, Mental health week, Themed Collective Worship, Black history month, Fair trade fortnight, Assemblies, dentist/school nurse visits, enrichment trips and activities, My Happy Mind assemblies, road safety workshops, after school clubs, links with All Saints/deacon Mike, visits to church, links with nursing home, Strong women project, community day, strong women project					



Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RE – To know you more clearly	Branch 1 – Creation and Covenant Season of Creation	Branch 2 – Prophecy and Promise Season of Advent	Branch 3 – Galilee to Jerusalem Season of Christmas and ordinary time	Branch 4 – Desert to garden Season of Lent	Branch 5 – To the ends of the Earth Season of Easter and Pentecost	Branch 6 – Dialogue and Encounter Branch Six introduces two new lenses to explore teaching and learning about other Christian denominations, other religious worldviews and non-religious worldviews.
Journey in Love	To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe					
	Social and Emotional To describe and give reasons how friendships make us feel happy and safe.		Physical To describe and give reason why friendships can break down, how they can repaired and strengthened.		Spiritual To celebrate the joy and happiness of living in friendship with God and others	
PSHE – My Happy Minds	Meet your brain	Celebrate	Appreciate	Relate	Engage	PSHE/My Happy Minds activities
Science	Animals including humans - Nutrition	Animals including humans – skeletons and muscles	Rocks	Forces and Magnets	Light (shadow)	Plants
PE	Ball Skills	Fundamentals	Cricket Basketball	Athletics Tag Rugby	Gymnastics Dance	OAA Rounders
Computing	Online detectives (evaluating online content)	Keyboard adventures (keyboard skills)	Rainforests (360Degree, effective online searches)	Dancing Robots (Coding)	My Online Life (online safety)	TShirt Designer (digital art)
Equality and Diversity	Beegu To be welcoming	This is our house To understand what discrimination is	We're all wonders To understand what a bystander is	Super Duper You To recognise and help an outsider	Planet Omar What is life like in Britain today	The truth about old people To understand what a bystander is
Further personal development opportunities	CAFOD visits/assemblies, Catholic social teaching, Live simply award, Other faith visits/weeks, Online safety throughout the year, Mental health week, Themed Collective Worships, Black history month, Fair trade fortnight, Assemblies, dentist/school nurse visits, enrichment trips and activities, My Happy Mind assemblies, road safety workshops, after school clubs, links with All Saints/deacon Mike, visits to church, links with nursing home, Strong women project, community day, Heaven Sent visit, police workshop, Anthony Walker Foundation Workshop.					



Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Come and See	Domestic Church – family People - The family of God in scripture Baptism/Confirmation – belonging Called – Confirmation – a call to witness	Other Faiths – Hinduism Holy Books – Vedas and Bhagavad-Gita Advent/Christmas – loving Gift – God’s gift of love and friendship in Jesus	Local Church – community Community – life in local Christian community – ministries in the parish Eucharist – relating Giving and receiving – Living in communion	Other Faiths – Judaism Holy Books – The Torah Lent/Easter – giving Self Discipline – celebrating growth to new life.	Pentecost – serving New life – To hear and live the Easter message	Reconciliation – Inter-relating Building bridges – admitting wrong and being reconciled with God. Universal Church – World Common good God’s People – Different saints to show people what God is like.
Journey in Love	To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God’s love accepts us as we are now and as we change.					
	Social and Emotional To describe how we all should be accepted and respected		Physical To describe how we should treat others making links with the diverse modern society we live in		Spiritual To celebrate the uniqueness and innate beauty of each of us	
PSHE –My Happy Minds	Meet your brain	Celebrate	Appreciate	Relate	Engage	PSHE/My Happy Minds activities
Science	States of Matter	Animals including humans – digestive and teeth	Electricity	Sound	Living things and their habitats	Animals including humans – food chains
PE	Ball Skills Swimming	Fundamentals	Netball Dodgeball	Athletics Yoga	Gymnastics Dance	OAA Hockey
Computing	My Online Life (online safety)	Wizard School (digital books)	Real or Fake (fake news)	Hour of code (Coding to animate)	Dinosaurs (green screen/ scripts/ filming techniques)	Minecraft Challenges (Coding/programming)
Equality and Diversity	Aalfred and Aalbert To find common ground	Along came a different To help someone accept difference	When Sadness comes to call To look after my mental health	Dogs don’t do ballet To choose when to be assertive	Julian is a mermaid To show acceptance	Red: A Crayons Story To be proud of who I am
Further personal development opportunities	CAFOD visits/assemblies, Catholic social teaching, Live simply award, Other faith visits/weeks, Online safety throughout the year, Mental health week, Themed Collective Worship, Black history month, Fair trade fortnight, Assemblies, dentist/school nurse visits, enrichment trips and activities, My Happy Mind assemblies, road safety workshops, after school clubs, links with All Saints/deacon Mike, visits to church, links with nursing home, Strong women project, community day, Heaven Sent visit, police workshop, Anthony Walker Foundation Workshop, British Values Workshop/live lesson, into university					



Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Come and See	Domestic Church – family Ourselves – Created in the likeness of God Baptism/Confirmation – belonging Life Choices – Marriage, commitment and service	Other Faiths – Hinduism Beliefs/ Festivals – Belief in one God. Advent/Christmas – loving Hope – waiting in joyful hope for Jesus.	Local Church – community Mission – Continuing Jesus’ mission in diocese Eucharist – relating Memorial Sacrifice – The Eucharist the living memorial of Jesus’ sacrifice.	Other Faiths – Judaism Beliefs and festivals, Pesach Lent/Easter – giving Sacrifice – Lent a time of aligning with the sacrifice already made by Jesus.	Pentecost – serving Transformation – Celebration of the Spirit’s transforming power.	Reconciliation – Inter-relating Freedom and Responsibility – Commandments enable Christians to be free and responsible. Universal Church – World Common good Stewardship – The church is called to the stewardship of creation.
Journey in Love	Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc... and grow further in recognising God’s presence in our daily lives.					
	Social and emotional To show knowledge and understanding of emotional relationship changes as we grow and develop		Physical To show knowledge and understanding of the physical changes in puberty.		Spiritual To celebrate the joy of growing physically and spiritually.	
PSHE –My Happy Minds	Meet your brain	Celebrate	Appreciate	Relate	Engage	PSHE/My Happy Minds activities
Science	Properties and changes in materials	Properties and changes in materials	Animals, including humans	Living things and their habitats	Earth and Space	Forces
PE	Swimming	Fitness	Cricket Basketball	Athletics Tag Rugby	Gymnastics Dance	OAA Rounders
Computing	YouTubers (Vlogs)	Newsreporter (Podcasts)	Girls vs Boys Challenges (steam – computational problem solving)	Making AR Games (augmented reality)	My Online Life (online safety)	Music Composer (digital Music)
Equality and Diversity	Kenny lives with Erica and Martina To consider consequences	Mixed To consider responses to racist behaviour	Rose Blanche To justify my actions	How to heal a broken wing To recognise when someone needs help	The girls To explain friendships	And tango makes three To exchange dialogue and express an opinion



Further personal development opportunities	CAFOD visits/assemblies, Catholic social teaching, Live simply award, Other faith visits/weeks, Online safety throughout the year, Mental health week, Themed Collective Worship, Black history month, Fair trade fortnight, Assemblies, dentist/school nurse visits, enrichment trips and activities, My Happy Mind assemblies, road safety workshops, after school clubs, links with All Saints/deacon Mike, visits to church, links with nursing home, Strong women project, community day, Heaven Sent visit, police workshop, Anthony Walker Foundation Workshop. Into University
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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Come and See	Domestic Church – Family Loving – God who never stops loving Baptism/Confirmation – belonging Life choices – Marriage Commitment and Service	Other Faiths – Hinduism Belonging/values – Karma Advent/Christmas – loving Expectations – Jesus was born to show God to the world.	Local church – community Sources – The bible, the special book for the church Eucharist – relating Unity – Eucharist enables people to live in communion.	Other Faiths – Judaism Belonging and values – Rosh Hashanah and Yom Kippur Lent/Easter – giving Death and new life – celebrating Jesus’ death and resurrection	Pentecost – serving Witnesses – The holy spirit enables people to become witnesses.	Reconciliation – Inter-relating Healing – the Sacrament of the Sick Universal Church – World Common good Work of the worldwide Christian Family
Journey in Love	To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.					
	Social and Emotional To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families		Physical Explain how human life is conceived		Spiritual Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others including life-long relationships.	
PSHE – My Happy Minds	Meet your brain	Celebrate	Appreciate	Relate	Engage	PSHE/My Happy Minds activities
Science	Evolution and inheritance	Electricity	Animals including humans	Animals including humans.	Light	Living things and their habitats
PE	Fitness	Fitness	Volleyball Dodgeball	Athletics Yoga	Gymnastics Dance	OAA Hockey
Computing	My Online Life (online safety)	Solve IT Club (collaborating and creating online content)	Quiz show hosts (creating online quizzes)	Crossy Roads (Coding)	Online Safety Dilemmas (communicating online)	VR Worlds (virtual reality)
Equality and Diversity	A day in the life of Marlon Bundo To consider democracy	Leaf To overcome fear about difference	King of the Sky To consider responses to immigration	The Island To consider causes of racism	The only way is Badger To consider language and freedom of speech	Introducing Teddy To show acceptance



Further personal development opportunities

CAFOD visits/assemblies, Other faith visits/weeks, Online safety, Mental health week, Themed Collective Worships, Black history month, Fair trade fortnight, Assemblies Fire Champions, Play in a day, Into University, Visit to QVC, Bully Busters, Bike Ability, Get away and get safe gang workshop, Year 6 Road Safety Talk, Merseyside police workshop – dangers of vaping, Anthony Walker Foundation Workshop, CAFOD visits/assemblies, Catholic social teaching, Live simply award, Other faith visits/weeks, dentist/school nurse visits, enrichment trips and activities, My Happy Mind assemblies, after school clubs, links with All Saints/deacon Mike, visits to church, links with nursing home, Strong women project, community day, Heaven Sent visit, police workshop, Anthony Walker Foundation Workshop. Into University