






# ST ANTHONY'S CATHOLIC PRIMARY SCHOOL

## HRSE/PSHE Overview

Our HRSE curriculum mainly follows the TenTen Scheme, 'Life to the Full'. This ensures that we cover all statutory content through a Catholic lens to support the religious nature of our school. We aim to educate the complete human person, to ensure that children gain the knowledge and understanding of intellectual, physical, emotional, social, spiritual, eschatological (our eternal destiny) and moral developments they will encounter throughout their childhood and into adult life. We wish for children to have: a positive attitude about their own bodies, which have been created in God's image; deepen a loving relationship with God; foster an understanding of the teachings of the Catholic Church about how to live a full life, a life of virtue and the place of human sexuality in living a full life, marriage and parenthood; understand how to show respect to others and be able to sustain healthy relationships with all people they meet. We encourage children to have their own voice, to think deeply and reflect on their life choices and how these choices may affect others around them.

PSHE at St Anthony's is strongly tied to our HRSE curriculum. We aim to build on the statutory content by supporting children with their knowledge, skills and understanding of the wider world through a progressive curriculum. We understand the importance of guiding our children to become well-rounded individuals who make a positive contribution to their community. Teachers have the flexibility to deliver high quality lessons that maximise cross-curricular learning opportunities and directly meet the needs of their class.

	 <b>Autumn</b>		 <b>Spring</b>		 <b>Summer</b>	
	HRSE	PSHE	HRSE	PSHE	HRSE	PSHE
<b>EYFS</b>	<b>Religious Understanding</b> Handmade With Love <b>Me, My Body, My Health</b> I Am Me Heads, Shoulders, Knees and Toes Ready Teddy? <b>Emotional Well-Being</b> I Like, You Like, We All Like! All the Feelings Let's Get Real <b>Life Cycles</b> Growing Up	See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Manage their own needs. Know and talk about the different factors that support their overall health and wellbeing.	<b>Religious Understanding</b> Role Model <b>Personal Relationships</b> Who's Who? You've Got A Friend in Me Forever Friends <b>Keeping Safe</b> Safe inside and out My Body, My Rules Feeling Poorly People Who Help Us	See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Manage their own needs. Know and talk about the different factors that support their overall health and wellbeing.	<b>Religious Understanding</b> God is Love Loving God, Loving Others  <b>Living in the Wider World</b> Me, You, Us	See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Manage their own needs. Know and talk about the different factors that support their overall health and wellbeing.
<b>Year 1/2</b>	<b>Religious Understanding</b> Let the Children Come <b>Me, My Body, My Health</b> I Am Unique Girls and Boys Clean and Healthy <b>Emotional Well-Being</b> Feelings, Likes and Dislikes Feelings Inside Out Super Susie Gets Angry <b>Life Cycles</b> The Cycle of Life Bereavement	<b>Shared responsibilities &amp; Communities</b> <ul style="list-style-type: none"> <li>• What rules are</li> <li>• Caring for others</li> <li>• How others have different needs</li> <li>• Looking after the environment</li> </ul>	<b>Religious Understanding</b> God Loves You <b>Personal Relationships</b> Special People Treat Others Well And Say Sorry <b>Keeping Safe</b> Being Safe Good and Bad Secrets Physical Contact Harmful Substances Can You Help Me?	<b>Media literacy and Digital resilience</b> <ul style="list-style-type: none"> <li>• About the role of the internet in everyday life</li> <li>• That not all information seen online is true</li> </ul>	<b>Religious Understanding</b> Three in One Who is My Neighbour?  <b>Living in the Wider World</b> The Communities We Live in	<b>Economic wellbeing: Money &amp; Aspirations, work and career</b> <ul style="list-style-type: none"> <li>• Strength and interests</li> <li>• Jobs in the community</li> <li>• What money is</li> <li>• Needs and wants</li> <li>• Looking after money</li> </ul>
<b>Year 3/4</b>	<b>Religious Understanding</b> Get Up! The Sacraments <b>Me, My Body, My Health</b> We Don't Have to Be the Same Respecting Our Bodies What is Puberty? Changing Bodies Male/Female Discussion Groups (optional) <b>Emotional Well-Being</b> What Am I Feeling?	<b>Shared responsibilities &amp; Communities</b> <ul style="list-style-type: none"> <li>• The value of rules and laws</li> <li>• Rights, freedoms and responsibilities</li> <li>• What makes a community</li> <li>• Shared responsibilities</li> </ul>	<b>Religious Understanding</b> Jesus My Friend <b>Personal Relationships</b> Friends, Family and Others When Things Feel Bad <b>Keeping Safe</b> Sharning Online Chatting Online Safe in My Body Drugs, Alcohol and Tobacco First Aid Heroes	<b>Media literacy and Digital resilience</b> <ul style="list-style-type: none"> <li>• How the internet is used</li> <li>• Assessing information online</li> <li>• How data is shared and used</li> </ul>	<b>Religious Understanding</b> A Community of Love What is the Church?  <b>Living in the Wider World</b> How Do I Love Others?	<b>Economic wellbeing: Money &amp; Aspirations, work and career</b> <ul style="list-style-type: none"> <li>• Different jobs and skills</li> <li>• Setting personal goals</li> <li>• Making decisions about money</li> <li>• How money can impact people's feelings</li> </ul>

	What Am I Looking At? I Am Thankful <b>Life Cycles</b> Life Cycles A Time for Everything					
Year 5/6	<b>Religious Understanding</b> Calming the Storm <b>Me, My Body, My Health</b> Gifts and Talents Girls' Bodies Boys' Bodies Spot and Sleep <b>Emotional Well-Being</b> Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online <b>Life Cycles</b> Making Babies Menstruation A Time for Everything	<b>Shared responsibilities &amp; Communities</b> <ul style="list-style-type: none"> <li>• Understand human rights</li> <li>• Sharing responsibilities to protect the environment</li> <li>• Valuing diversity</li> <li>• How to recognise prejudice</li> </ul>	<b>Religious Understanding</b> God is Calling You <b>Personal Relationships</b> Under Pressure Do You Want A Piece of Cake? Self-Talk <b>Keeping Safe</b> Sharing Isn't Always Caring Cyberbullying Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	<b>Media literacy and Digital resilience</b> <ul style="list-style-type: none"> <li>• How to assess the reliability of sources of information online</li> <li>• How to make safe, reliable choices from search results</li> </ul>	<b>Religious Understanding</b> The Trinity Catholic Social Teaching  <b>Living in the Wider World</b> Reaching Out	<b>Economic wellbeing: Money &amp; Aspirations, work and career</b> Identifying job interests and aspirations What influences career choices Workplace stereotypes Influences and attitudes to money Money and financial risk