



# Ss Peter and Paul Catholic Primary School

## PSHE Curriculum

Ss Peter and Paul is committed to our Catholic Education with 'Christ at the Centre' of everything we do. We endeavour to promote God's Values so that everything that happens in our school demonstrates God's love for everyone.

### Intent

*To enable our pupils to have a thirst for knowledge, a toolkit of skills which links all of the curriculum and an aspirational approach to the future, all of which are underpinned by Gospel Values.*

Ss Peter and Paul Catholic Primary School is committed to providing a high-quality educational experience for all pupils. PSHE is at the heart of every school day and is an integral part of the whole school curriculum. We believe that the promotion of health and wellbeing, managing feelings and relationships, respect and support of our community and modern British Values will make vital tools for our pupil's development in later life. Our learning community is based on the Gospel Values of love, tolerance and forgiveness where the achievements of all are celebrated. We want our pupils to be creative, inquisitive, compassionate and successful, through a curriculum that is rich, exciting, innovative and varied. Our Personal, Social and Health Education (PSHE) curriculum enables our children to become healthy, safe, independent and responsible members of society, bringing together citizenship with personal and mental well-being, whilst promoting fundamental British Values and Protected Characteristics. By addressing these issues through PSHE, we aim to foster an inclusive and nurturing environment for all our pupils. We wish to offer a cohesive whole-school approach which aims to help children understand how they are developing personally and socially, and tackle many of the moral, social and cultural issues that are part of growing up. We are dedicated to ensuring that Ss Peter & Paul is a happy, stimulating and caring place and we expect high standards of behaviour, excellent manners and an excellent attitude to learning throughout the school.

PSHE at Ss Peter and Paul underpins all activities, assemblies, educational visits and extra-curricular clubs. We encourage our children to take part in a range of practical roles and activities that promote active citizenship: Sport Leaders, School Council, Head Boy and Head Girl, House Group Leaders and Mini-Teachers. Pupils are involved in whole school fundraising, supporting younger pupils – such as buddies and engagement in school and local community and national charitable events. Children have opportunities to meet and work with members of the community, such as: health

workers, firefighters, police officers, librarians, sports coaches, secondary school teachers, artists, authors, representatives from the local church and representatives from various organisations. We participate in and promote national events, such as Children's Mental Health and Anti Bullying Weeks.

## Implementation

At Ss Peter and Paul Catholic Primary, we utilise a variety of resources and world-wide events to ensure full coverage of the PSHE & RSHE Curriculum. We follow guidance from the Catholic Education Service and The Diocese of Hexham and Newcastle. To comply with the Statutory content for RSE we have decided to adopt **Life to the Full Plus** by Ten:Ten Resources. Ten:Ten is an award-winning Catholic educational organisation that is well-respected and very experienced in this field of work. Teachers will teach lessons which are sequential, age appropriate and differentiated to the child's ability. The activities and reflections which each class will be taught, will focus on physical, social, emotional, intellectual and spiritual development.

*'All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002, a PSHE curriculum:*

- *Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and*
- *Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.'*

Our PSHE curriculum aims to provide pupils with the knowledge, understanding, attitudes, values and skills they need to reach their potential as individuals and within the community. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities.

In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

We explore British Values, Protected Characteristics and Gospel Values on a weekly basis through House Group meetings, assemblies and Celebration of the Word. Children learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning. We work closely with the Healthy Minds Team to incorporate mindfulness and emotional resilience into our curriculum. Mindfulness is a vital tool for life: not only does it support the regulation of emotion and build emotional resilience, but it also enhances focus and concentration; both helping to optimise learning for our children. Our Kidsafe Programme supports children to explore feelings, healthy relationships and positive mental health.

Our Physical Education curriculum develops physical and mental well-being and encourages fitness. Research shows that exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and

cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.

## Impact



Our PSHE and RSE Curriculum will support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others
- Form safe positive relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals.



The children will demonstrate understanding and knowledge of British Values and Protected Characteristics enabling them to show respect, acceptance and tolerance for each other in our diverse multicultural school community and world. They will demonstrate a healthy outlook towards school, which impacts positively upon pupil behaviour and learning across the wider curriculum. Our inclusive scheme of work supports the active development of a school culture that prioritises physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them. Our whole-school approach to positively impact wellbeing, safeguarding and SMSC outcomes too ensures that all children can develop the knowledge, skills and attributes they need to succeed at school and in the wider world.





<p><b>EYFS, Module 1</b> Unit 1 <a href="#">EYFS 1.1.1 Handmade With Love</a></p> <p>Unit 2 <a href="#">EYFS 1.2.1 I Am Me</a> <a href="#">EYFS 1.2.2 Heads, Shoulders, Knees and Toes</a> <a href="#">EYFS 1.2.3 Ready Teddy?</a></p> <p>Unit 3 <a href="#">EYFS 1.3.1 I Like, You Like, We All Like!</a> <a href="#">EYFS 1.3.2 All The Feelings!</a> <a href="#">EYFS 1.3.3 Let's Get Real</a></p> <p>Unit 4 <a href="#">EYFS 1.4.1 Growing Up</a> <a href="#">EYFS 1.4.2 New People, New Places</a></p> <p><b>EYFS, Module 2</b> Unit 1 <a href="#">EYFS 2.1.1 Role Model</a></p> <p>Unit 2 <a href="#">EYFS 2.2.1 Who's Who?</a> <a href="#">EYFS 2.2.2 You've Got a Friend in Me</a> <a href="#">EYFS 2.2.3 Forever Friends</a></p> <p>Unit 3 <a href="#">EYFS 2.3.1 What is the Internet?</a> <a href="#">EYFS 2.3.2 Playing Online</a></p> <p>Unit 4 <a href="#">EYFS 2.4.1 Safe Inside and Out</a> <a href="#">EYFS 2.4.2 My Body, My Rules</a> <a href="#">EYFS 2.4.3 Feeling Poorly</a> <a href="#">EYFS 2.4.4 People Who Help Us</a></p> <p><b>EYFS, Module 3</b> Unit 1 <a href="#">EYFS 3.1.1 God is Love</a> <a href="#">EYFS 3.1.2 Loving God, Loving Others</a></p> <p>Unit 2 <a href="#">EYFS 3.2.1 Me, You, Us</a> <a href="#">EYFS 3.2.2 When I Grow Up...</a> <a href="#">EYFS 3.2.3 'Money Doesn't Grow On Trees'</a></p>	Autumn	<p><b>EYFS, Module 1</b> Unit 1 <a href="#">EYFS 1.1.1 Handmade With Love</a></p> <p>Unit 2 <a href="#">EYFS 1.2.1 I Am Me</a> <a href="#">EYFS 1.2.2 Heads, Shoulders, Knees and Toes</a> <a href="#">EYFS 1.2.3 Ready Teddy?</a></p>	<p><b>EYFS, Module 1</b> Unit 3 <a href="#">EYFS 1.3.1 I Like, You Like, We All Like!</a> <a href="#">EYFS 1.3.2 All The Feelings!</a> <a href="#">EYFS 1.3.3 Let's Get Real</a></p> <p>Unit 4 <a href="#">EYFS 1.4.1 Growing Up</a> <a href="#">EYFS 1.4.2 New People, New Places</a></p>
	Spring	<p><b>EYFS, Module 2</b> Unit 1 <a href="#">EYFS 2.1.1 Role Model</a></p> <p>Unit 2 <a href="#">EYFS 2.2.1 Who's Who?</a> <a href="#">EYFS 2.2.2 You've Got a Friend in Me</a> <a href="#">EYFS 2.2.3 Forever Friends</a></p>	<p><b>EYFS, Module 2</b> Unit 3 <a href="#">EYFS 2.3.1 What is the Internet?</a> <a href="#">EYFS 2.3.2 Playing Online</a></p> <p>Unit 4 <a href="#">EYFS 2.4.1 Safe Inside and Out</a> <a href="#">EYFS 2.4.2 My Body, My Rules</a> <a href="#">EYFS 2.4.3 Feeling Poorly</a> <a href="#">EYFS 2.4.4 People Who Help Us</a></p>
	Summer	<p><b>EYFS, Module 3</b> Unit 1 <a href="#">EYFS 3.1.1 God is Love</a> <a href="#">EYFS 3.1.2 Loving God, Loving Others</a></p>	<p><b>EYFS, Module 3</b> Unit 2 <a href="#">EYFS 3.2.1 Me, You, Us</a> <a href="#">EYFS 3.2.2 When I Grow Up...</a> <a href="#">EYFS 3.2.3 'Money Doesn't Grow On Trees'</a></p>

Session	Term	Year 1	Year 2
 			
<p><b>Key Stage 1, Module 1</b> Unit 1 <a href="#">KS1 1.1.1 Let the Children Come</a></p> <p>Unit 2 <a href="#">KS1 1.2.1 I Am Unique</a> <a href="#">KS1 1.2.2 Girls and Boys</a> <a href="#">KS1 1.2.3 Clean and Healthy (My Body)</a> – 2 sessions</p>	Autumn	<p><b>Key Stage 1, Module 1</b> Unit 1 <a href="#">KS1 1.1.1 Let the Children Come</a></p> <p>Unit 2 <a href="#">KS1 1.2.1 I Am Unique</a> <a href="#">KS1 1.2.2 Girls and Boys</a></p>	<p><b>Key Stage 1, Module 1</b> Unit 3 <a href="#">KS1 1.3.1 Feelings, Likes and Dislikes</a> <a href="#">KS1 1.3.2 Feeling Inside Out</a> <a href="#">KS1 1.3.3 Super Susie Gets Angry</a></p> <p>Unit 4</p>

<p>Unit 3  <a href="#">KS1 1.3.1 Feelings, Likes and Dislikes</a>  <a href="#">KS1 1.3.2 Feeling Inside Out</a>  <a href="#">KS1 1.3.3 Super Susie Gets Angry</a></p> <p>Unit 4  <a href="#">KS1 1.4.1 The Cycle of Life</a>  <a href="#">KS1 1.4.2 Beginnings and Endings</a>  <a href="#">KS1 1.4.3 Change Is All Around</a></p> <p><b>Key Stage 1, Module 2</b>  Unit 1  <a href="#">KS1 2.1.1 God Loves You</a></p> <p>Unit 2  <a href="#">KS1 2.2.1 Special People</a>  <a href="#">KS1 2.2.2 Treat Others Well...</a>  <a href="#">KS1 2.2.3 ...And Say Sorry</a></p> <p>Unit 3  <a href="#">KS1 2.3.1 Real Life Online</a>  <a href="#">KS1 2.3.2 Rules To Help Us</a></p> <p>Unit 4  <a href="#">KS1 2.4.1 Good and Bad Secrets</a>  <a href="#">KS1 2.4.2 Physical Contact</a>  <a href="#">KS1 2.4.3 Harmful Substances</a>  <a href="#">KS1 2.4.4 Can You Help Me? (Part 1)</a>  <a href="#">KS1 2.4.5 Can You Help Me? (Part 2)</a></p> <p><b>Key Stage 1, Module 3</b>  Unit 1  <a href="#">KS1 3.1.1 Three in One</a>  <a href="#">KS1 3.1.2 Who Is My Neighbour?</a></p> <p><b>Unit 2</b>  <a href="#">KS1 3.2.1 The Communities We Live In</a>  <a href="#">KS1 3.2.2 Who Will I Be?</a>  <a href="#">KS1 3.2.3 Needs and Wants</a></p>		<a href="#">KS1 1.2.3 Clean and Healthy (My Body)</a> – 2 sessions	<a href="#">KS1 1.4.1 The Cycle of Life</a> <a href="#">KS1 1.4.2 Beginnings and Endings</a> <a href="#">KS1 1.4.3 Change Is All Around</a>
	Spring	<b>Key Stage 1, Module 2</b> Unit 1 <a href="#">KS1 2.1.1 God Loves You</a>  Unit 2 <a href="#">KS1 2.2.1 Special People</a> <a href="#">KS1 2.2.2 Treat Others Well...</a> <a href="#">KS1 2.2.3 ...And Say Sorry</a>	<b>Key Stage 1, Module 2</b> Unit 3 <a href="#">KS1 2.3.1 Real Life Online</a> <a href="#">KS1 2.3.2 Rules To Help Us</a>  Unit 4 <a href="#">KS1 2.4.1 Good and Bad Secrets</a> <a href="#">KS1 2.4.2 Physical Contact</a> <a href="#">KS1 2.4.3 Harmful Substances</a> <a href="#">KS1 2.4.4 Can You Help Me? (Part 1)</a> <a href="#">KS1 2.4.5 Can You Help Me? (Part 2)</a>
	Summer	<b>Key Stage 1, Module 3</b> Unit 1 <a href="#">KS1 3.1.1 Three in One</a> <a href="#">KS1 3.1.2 Who Is My Neighbour?</a>	<b>Key Stage 1, Module 3</b> <b>Unit 2</b> <a href="#">KS1 3.2.1 The Communities We Live In</a> <a href="#">KS1 3.2.2 Who Will I Be?</a> <a href="#">KS1 3.2.3 Needs and Wants</a>
	Kidsafe Mental Health Weeks Healthy Weeks Anti-Bullying week		

Session	Term	Year 3	Year 4
 			
<p><b>Lower Key Stage 2, Module 1</b>  Unit 1  <a href="#">LKS2 1.1.1 Get Up!</a>  <a href="#">LKS2 1.1.2 The Sacraments</a></p> <p>Unit 2  <a href="#">LKS2 1.2.1 We Don't Have To Be The Same</a>  <a href="#">LKS2 1.2.2 Respecting Our Bodies</a>  <a href="#">LKS2 1.2.3 What is Puberty?</a> Year 4 only  <a href="#">LKS2 1.2.4 Changing Bodies</a> Year 4 only</p>	Autumn	<p><b>Lower Key Stage 2, Module 1</b>  Unit 1  <a href="#">LKS2 1.1.1 Get Up!</a>  <a href="#">LKS2 1.1.2 The Sacraments</a></p> <p>Unit 3  <a href="#">LKS2 1.3.1 What Am I Feeling?</a>  <a href="#">LKS2 1.3.2 What Am I Looking At?</a>  <a href="#">LKS2 1.3.3 I Am Thankful!</a></p>	<p><b>Lower Key Stage 2, Module 1</b>   Unit 2  <a href="#">LKS2 1.2.1 We Don't Have To Be The Same</a>  <a href="#">LKS2 1.2.2 Respecting Our Bodies</a>  <a href="#">LKS2 1.2.3 What is Puberty?</a>  Year 4 only</p>

<p><a href="#">LKS2 1.2.5 Male/Female Discussion Groups</a> Year 4 only/optional</p> <p>Unit 3 <a href="#">LKS2 1.3.1 What Am I Feeling?</a> <a href="#">LKS2 1.3.2 What Am I Looking At?</a> <a href="#">LKS2 1.3.3 I Am Thankful!</a></p> <p>Unit 4 <a href="#">LKS2 1.4.1 Life Cycles</a> <a href="#">LKS2 1.4.2 A Time for Everything</a> <a href="#">LKS2 1.4.3 Big Changes, Little Changes</a></p> <p><b>Lower Key Stage 2, Module 2</b> Unit 1 <a href="#">LKS2 2.1.1 Jesus, My Friend</a></p> <p>Unit 2 <a href="#">LKS2 2.2.1 Family, Friends and Others</a> <a href="#">LKS2 2.2.2 When Things Feel Bad</a></p> <p>Unit 3 <a href="#">LKS2 2.3.1 Sharing Online</a> <a href="#">LKS2 2.3.2 Chatting Online</a></p> <p>Unit 4 <a href="#">LKS2 2.4.1 Safe In My Body</a> <a href="#">LKS2 2.4.2 Drugs, Alcohol and Tobacco</a> <a href="#">LKS2 2.4.3 First Aid Heroes</a> <a href="#">LKS2 2.4.4 Rights and Responsibilities</a></p> <p><b>Lower Key Stage 2, Module 3</b> Unit1 <a href="#">LKS2 3.1.1 A Community of Love</a> <a href="#">LKS2 3.1.2 What is the Church?</a></p> <p>Unit 2 <a href="#">LKS2 3.2.1 How Do I Love Others?</a> <a href="#">LKS2 3.2.2 Working Together</a> <a href="#">LKS2 3.2.3 Money Matters</a></p>			<p><a href="#">LKS2 1.2.4 Changing Bodies</a> Year 4 only</p> <p>Unit 4 <a href="#">LKS2 1.4.2 A Time for Everything</a> <a href="#">LKS2 1.4.3 Big Changes, Little Changes</a></p>
	Spring	<p><b>Lower Key Stage 2, Module 2</b> Unit 1 <a href="#">LKS2 2.1.1 Jesus, My Friend</a></p> <p>Unit 2 <a href="#">LKS2 2.2.1 Family, Friends and Others</a> <a href="#">LKS2 2.2.2 When Things Feel Bad</a></p>	<p><b>Lower Key Stage 2, Module 2</b> Unit 3 <a href="#">LKS2 2.3.1 Sharing Online</a> <a href="#">LKS2 2.3.2 Chatting Online</a></p> <p>Unit 4 <a href="#">LKS2 2.4.1 Safe In My Body</a> <a href="#">LKS2 2.4.2 Drugs, Alcohol and Tobacco</a> <a href="#">LKS2 2.4.3 First Aid Heroes</a> <a href="#">LKS2 2.4.4 Rights and Responsibilities</a></p>
	Summer	<p><b>Lower Key Stage 2, Module 3</b> Unit1 <a href="#">LKS2 3.1.1 A Community of Love</a> <a href="#">LKS2 3.1.2 What is the Church?</a></p>	<p><b>Lower Key Stage 2, Module 3</b> Unit 2 <a href="#">LKS2 3.2.1 How Do I Love Others?</a> <a href="#">LKS2 3.2.2 Working Together</a> <a href="#">LKS2 3.2.3 Money Matters</a></p>
	Kidsafe Mental Health Weeks Healthy Weeks Anti-Bullying Week		

Session	Term	Year 5	Year 6
<p><b>Ten:Ten Resources</b></p>  			
<p><b>Upper Key Stage 2, Module 1</b> Unit 1 <a href="#">UKS2 1.1.1 Calming the Storm</a></p> <p>Unit 2 <a href="#">UKS2 1.2.1 Gifts and Talents</a> <a href="#">UKS2 1.2.2 Girls' Bodies</a> <a href="#">UKS2 1.2.3 Boys' Bodies</a> <a href="#">UKS2 1.2.4 Spots and Sleep</a></p> <p>Unit 3 <a href="#">UKS2 1.3.1 Body Image</a></p>	Autumn	<p><b>Upper Key Stage 2, Module 1</b> Unit 1 <a href="#">UKS2 1.1.1 Calming the Storm</a></p> <p>Unit 2 <a href="#">UKS2 1.2.1 Gifts and Talents</a> <a href="#">UKS2 1.2.2 Girls' Bodies</a> <a href="#">UKS2 1.2.3 Boys' Bodies</a> <a href="#">UKS2 1.2.4 Spots and Sleep</a></p>	<p><b>Upper Key Stage 2, Module 1</b> Unit 3 <a href="#">UKS2 1.3.1 Body Image</a> <a href="#">UKS2 1.3.2 Peculiar Feelings</a> <a href="#">UKS2 1.3.3 Emotional Changes</a> <a href="#">UKS2 1.3.4 Seeing Stuff Online</a></p> <p>Unit 4 <a href="#">LKS2 1.4.1 Life Cycles</a> <a href="#">UKS2 1.4.1 Making Babies (Part 1)</a> <a href="#">UKS2 1.4.3 Menstruation</a> <a href="#">UKS2 1.4.4 Hope Beyond Death</a></p>

<p> <a href="#">UKS2 1.3.2 Peculiar Feelings</a>  <a href="#">UKS2 1.3.3 Emotional Changes</a>  <a href="#">UKS2 1.3.4 Seeing Stuff Online</a> </p> <p>Unit 4</p> <p> <a href="#">UKS2 1.4.1 Making Babies (Part 1)</a>  <a href="#">UKS2 1.4.2 Making Babies (Part 2)</a> May be omitted  <a href="#">UKS2 1.4.3 Menstruation</a>  <a href="#">UKS2 1.4.4 Hope Beyond Death</a>  <a href="#">UKS2 1.4.5 Coping with Change</a> </p> <p><b>Upper Key Stage 2, Module 2</b></p> <p>Unit 1</p> <p><a href="#">UKS2 2.1.1 God Is Calling You</a></p> <p>Unit 2</p> <p> <a href="#">UKS2 2.2.1 Under Pressure</a>  <a href="#">UKS2 2.2.2 Do You Want a Piece of Cake?</a>  <a href="#">UKS2 2.2.3 Self-Talk</a>  <a href="#">UKS2 2.2.4 Build Others Up</a> </p> <p>Unit 3</p> <p> <a href="#">UKS2 2.3.1 Sharing Isn't Always Caring</a>  <a href="#">UKS2 2.3.2 Cyberbullying</a> </p> <p>Unit 4</p> <p> <a href="#">UKS2 2.4.1 Types of Abuse</a>  <a href="#">UKS2 2.4.2 Impacted Lifestyles</a>  <a href="#">UKS2 2.4.3 Making Good Choices</a>  <a href="#">UKS2 2.4.4 Giving Assistance</a> </p> <p><b>Upper Key Stage 2, Module 3</b></p> <p>Unit 1</p> <p> <a href="#">UKS2 3.1.1 The Holy Trinity</a>  <a href="#">UKS2 3.1.2 Catholic Social Teaching</a> </p> <p>Unit 2</p> <p> <a href="#">UKS2 3.2.1 Reaching Out</a>  <a href="#">UKS2 3.2.2 The World of Work</a>  <a href="#">UKS2 2.3.3 Money and Me</a> </p>			<p><a href="#">UKS2 1.4.5 Coping with Change</a></p>
	Spring	<p><b>Upper Key Stage 2, Module 2</b></p> <p>Unit 1</p> <p><a href="#">UKS2 2.1.1 God Is Calling You</a></p> <p>Unit 2</p> <p> <a href="#">UKS2 2.2.1 Under Pressure</a>  <a href="#">UKS2 2.2.2 Do You Want a Piece of Cake?</a>  <a href="#">UKS2 2.2.3 Self-Talk</a>  <a href="#">UKS2 2.2.4 Build Others Up</a> </p>	<p><b>Upper Key Stage 2, Module</b></p> <p>Unit 3</p> <p> <a href="#">UKS2 2.3.1 Sharing Isn't Always Caring</a>  <a href="#">UKS2 2.3.2 Cyberbullying</a> </p> <p>Unit 4</p> <p> <a href="#">UKS2 2.4.1 Types of Abuse</a>  <a href="#">UKS2 2.4.2 Impacted Lifestyles</a>  <a href="#">UKS2 2.4.3 Making Good Choices</a>  <a href="#">UKS2 2.4.4 Giving Assistance</a> </p>
	Summer	<p><b>Upper Key Stage 2, Module 3</b></p> <p>Unit 1</p> <p> <a href="#">UKS2 3.1.1 The Holy Trinity</a>  <a href="#">UKS2 3.1.2 Catholic Social Teaching</a> </p>	<p><b>Upper Key Stage 2, Module 3</b></p> <p>Unit 2</p> <p> <a href="#">UKS2 3.2.1 Reaching Out</a>  <a href="#">UKS2 3.2.2 The World of Work</a>  <a href="#">UKS2 2.3.3 Money and Me</a> </p>
	<p>Kidsafe</p> <p>Mental Health Weeks</p> <p>Healthy Weeks</p> <p>Anti-Bullying Week</p>		