



St Gabriel
the Archangel
Catholic Multi-Academy Trust

St Mary's Catholic Primary School RSHE overview

EYFS- Nursery (circle time focus)

Autumn 1	What is a Role Model
	What is a friend?
Spring 1	How can we be a good friend?
Spring 2	What is the Internet?
	My Body, My Rules
Summer 1	What does it mean to feel Poorly
	Who helps us?
Summer 2	How does God show love?
	How can we show love to others?

EYFS — Reception

Term	Module and Unit	Session Title	Session Length
Autumn 1	EYFS, Module 1, Unit 1	Story Sessions: Handmade With Love	5 x 5-10 minute sessions over 5 days
Autumn 2	EYFS, Module 1, Unit 2	Session 1: I Am Me	20 minutes
		Session 2: Heads, Shoulders, Knees and Toes	20 minutes
		Session 3: Ready Teddy? + Classroom Shorts	20 minutes
Spring 1	EYFS, Module 1, Unit 3	Session 1: I Like, You Like, We All Like!	20 minutes
		Session 2: All The Feelings!	20 minutes
		Session 3: Let's Get Real	20 minutes
Spring 2	EYFS, Module 1, Unit 4	Session 1: Growing Up	20 minutes
		Session 2: New People, New Places + Classroom Shorts	20 minutes
Summer 1	EYFS, Module 3, Unit 1	Session 1: God is Love	20 minutes
		Session 2: Loving God, Loving Others	20 minutes
Summer 2	EYFS, Module 3, Unit 2	Session 1: Me, You, Us	20 minutes
		Session 2: When I Grow Up... + Classroom Shorts	20 minutes
		Session 3: 'Money Doesn't Grow On Trees' + Classroom Shorts	20 minutes

KS1 — Year 1

Term	Module and Unit	Session Title	Session Length
Autumn 1	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come	5 x 10-minute sessions over 5 days
Autumn 2	KS1, Module 2, Unit 1	Session 1: God Loves You	40 minutes
Spring 1	KS1, Module 2, Unit 2	Session 1: Special People + Classroom Shorts	40 minutes
		Session 2: Treat Others Well...	35 minutes
		Session 3: ...and Say Sorry	30 minutes
Spring 2	KS1, Module 2, Unit 4	Session 1: Good and Bad Secrets	30 minutes
		Session 2: Physical Contact	35 minutes
		Session 3: Harmful Substances	35 minutes
Summer 1	KS1, Module 2, Unit 4	Session 4: Can You Help Me? (Part 1)	25 minutes
		Session 5: Can You Help Me? (Part 2)	30 minutes
Summer 2	KS1, Module 3, Unit 1	Session 1: Three In One	35 minutes
		Session 2: Who is My Neighbour?	40 minutes
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In	35 minutes
		Session 2: Who Will I Be? + Classroom Shorts	30 minutes

KS1 — Year 2

Term	Module and Unit	Session Title	Session Length
Autumn 1	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come	5 x 10-minute sessions over 5 days
Autumn 2	KS1, Module 1, Unit 2	Session 1: I Am Unique	30 minutes
		Session 2: Girls and Boys	30-40 minutes
		Session 3&4: Clean and Healthy (My Body) + Classroom Shorts	75 minutes (to be split over two sessions)
Spring 1	KS1 Module 1 Unit 3	Session 1: Feelings, Likes and Dislikes	40 minutes
		Session 2: Feeling Inside Out	30 minutes
		Session 3: Super Susie Gets Angry	40 minutes
Spring 2	KS1 Module 1 Unit 4	Session 1: The Cycle of Life	30 minutes
		Session 2: Beginnings and Endings	40 minutes
		Session 3: Change Is All Around + Classroom Shorts	40 minutes
Autumn 1	KS1, Module 2, Unit 3	Session 1: Real Life Online	40 minutes
		Session 2: Rules To Help Us	35 minutes
Autumn 2	KS1, Module 3, Unit 1	Session 1: Three In One	25 minutes
		Session 2: Who is My Neighbour?	30 minutes
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In	35 minutes
		Session 3: Needs and Wants + Classroom Shorts	30 minutes

LKS2 — Year 3

Term	Module and Unit	Session Title	Session Length
Autumn 1	LKS2 Module 1, Unit 1	Story Sessions: Get Up!	5 x 15-minute sessions over 5 days
		Session 2: The Sacraments	40 minutes
Autumn 2	LKS2 Module 2, Unit 1	Story Sessions: Jesus, My Friend	4 x 15-minute sessions over 4 days
Spring 1	LKS2 Module 2, Unit 2	Session 1: Family, Friends and Others... + Classroom Short	45 minutes
		Session 2: When Things Feel Bad	45 minutes
Spring 2	LKS2 Module 2, Unit 3	Session 1: Sharing Online	35 minutes
		Session 2: Chatting Online + Classroom Shorts	35 minutes
Summer 1	LKS2 Module 2, Unit 4	Session 1: Safe In My Body + Classroom Shorts	45 minutes
		Session 3: Drugs, Alcohol and Tobacco	45 minutes
		Session 4: First Aid Heroes	45 minutes
		Session 5: Rights and Responsibilities + Classroom Shorts	40 minutes
Summer 2	LKS2 Module 3, Unit 1	Session 1: A Community of Love	40 minutes
		Session 2: What is the Church?	35 minutes
	LKS2 Module 3, Unit 2	Session 1: How Do I Love Others?	45 minutes
		Session 2: Working Together + Classroom Shorts	40 minutes

LKS2 — Year 4

Term	Module and Unit	Session Title	Session Length
Autumn 1	LKS2 Module 1, Unit 1	Story Sessions: Get Up!	5 x 15-minute sessions over 5 days
Autumn 2	LKS2 Module 1, Unit 2	Session 1: We Don't Have to be the Same	40 minutes
		Session 2: Respecting our Bodies + Classroom Shorts	40 minutes
		Session 3: What is Puberty?	40 minutes
		Session 4: Changing Bodies	40 minutes
Spring 1	LKS2 Module 1, Unit 3	Session 5: Male/Female Discussion Groups (optional)	45 minutes
		Session 1: What Am I Feeling? + Classroom Short	40 minutes
		Session 2: What Am I Looking At?	40 minutes
		Session 3: I Am Thankful	35 minutes
Spring 2	LKS2 Module 1, Unit 4	Session 1: Life Cycles	40 minutes
		Session 2: A Time For Everything	45 minutes
		Session 3: Big Changes, Little Changes + Classroom Shorts	40 minutes
Summer 1	LKS2 Module 3, Unit 1	Session 1: A Community of Love	40 minutes
		Session 2: What is the Church?	35 minutes
Summer 2	LKS2 Module 3, Unit 2	Session 1: How Do I Love Others?	45 minutes
		Session 3: Money Matters + Classroom Shorts	40 minutes

UKS2 — Year 5

Term	Module and Unit	Session Title	Session Length
Autumn 1	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm	5 x 15-minute sessions over 5 days
Autumn 2	UKS2 Module 2, Unit 1	Session 1: God Is Calling You	60 minutes
Spring 1	UKS2 Module 2, Unit 2	Session 1: Under Pressure + Classroom Short	60 minutes
		Session 2: Do You Want A Piece of Cake?	60 minutes
		Session 3: Self-Talk	60 minutes
Spring 2	UKS2 Module 2, Unit 3	Session 1: Sharing Isn't Always Caring	60 minutes
		Session 2: Cyberbullying + Classroom Shorts	60 minutes
Summer 1	UKS2 Module 2, Unit 4	Session 1: Types of Abuse + Classroom Shorts	60 minutes
		Session 2: Impacted Lifestyles + Classroom Shorts	60 minutes
		Session 3: Making Good Choices	60 minutes
		Session 4: Giving Assistance	60 minutes
Summer 2	UKS2 Module 3, Unit 1	Session 1: The Holy Trinity	60 minutes
		Session 2: Catholic Social Teaching	60 minutes
	UKS2 Module 3, Unit 2	Session 1: Reaching Out	60-90 minutes
		Session 2: The World of Work + Classroom Shorts	60 minutes

UKS2 — Year 6

Term	Module and Unit	Session Title	Session Length
Autumn 1	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm	5 x 15-minute sessions over 5 days
Autumn 2	UKS2 Module 1, Unit 2	Session 1: Gifts and Talents	60 minutes
		Session 2: Girls' Bodies	60 minutes
		Session 3: Boys' Bodies	60 minutes
		Session 4: Spots and Sleep + Classroom Shorts	60 minutes
Spring 1	UKS2 Module 1, Unit 3	Session 1: Body Image	60 minutes
		Session 2: Peculiar Feelings	60 minutes
		Session 3: Emotional Changes	60 minutes
		Session 4: Seeing Stuff Online	60 minutes
Spring 2	UKS2 Module 1, Unit 4	Session 1: Making Babies (Part 1)	60 minutes
		Session 2: Making Babies (Part 2)	60 minutes
		May be omitted or may be set as a homework task with parents.	
		Session 3: Menstruation	60 minutes
		Session 4: Hope Beyond Death	60 minutes
Summer 1	UKS2 Module 1, Unit 4	Session 5: Coping with Change + Classroom Shorts	60 minutes
	UKS2 Module 2, Unit 2	Session 4: Confidence vs Control	60 minutes
Summer 2	UKS2 Module 3, Unit 1	Session 1: The Holy Trinity	60 minutes
		Session 2: Catholic Social Teaching	60 minutes
	UKS2 Module 3, Unit 2	Session 1: Reaching Out	60 minutes
		Session 3: Money and Me + Classroom Shorts	60 minutes
		Session 5: Build Others Up + Classroom Shorts	60 minutes