

St George & St Martin RHE Medium Term Plan

RHE (Relationship and Health Education- Combination of PSHE and RSE)

Year group	Autumn	Spring	Summer
Nursery	<p><b>Ten:Ten Lessons:</b></p> <p><b>Handmade with Love (5 sessions over 5 days)</b> [EYFS Module 1, Unit 1, Story Session]</p> <p><b>Role Model (2 sessions)</b> [Module 2, Unit 1, Session 1]</p> <p><b>Who's Who?</b> [Module 2, Unit 2, Session 1]</p> <p><b>You've got a friend in me</b> [Module 2, Unit 2, Session 2]</p> <p><b>Forever Friends</b> [Module 2, Unit 2, Session 3]</p>	<p><b>Ten:Ten Lessons:</b></p> <p><b>Safe Inside and Out</b> [EYFS Module 2, Unit 3, Session 1]</p> <p><b>My Body, My Rules</b> [Module 2, Unit 3, Session 2]</p> <p><b>Feeling Poorly</b> [Module 2, Unit 3, Session 3]</p> <p><b>People who help us</b> [Module 2, Unit 3, Session 4]</p>	<p><b>Ten:Ten Lessons:</b></p> <p><b>God is Love</b> [EYFS Module 3, Unit 1, Session 1]</p> <p><b>Loving God, Loving Others</b> [Module 3, Unit 1, Session 2]</p> <p><b>Me, You, Us</b> [Module 3, Unit 2, Session 1]</p>
Reception	<p><u>All about me</u> <b>Lesson 1</b> Identifying physical features</p> <p><b>Lesson 2</b> Labelling basic emotions in others</p> <p><b>Ten:Ten Lesson: Handmade with Love (5 sessions over 5 days)</b> [EYFS Module 1, Unit 1, Story Session]</p> <p><b>Lesson 3</b> Understanding how others may look when expressing 'basic' emotions</p> <p><b>Ten:Ten Lesson:</b> <b>I Am Me!</b> [Module 1, Unit 2, Session 1]</p> <p><b>Lesson 4</b> Labelling character traits in others</p> <p><b>Lesson 5</b> Continuing to learn about character</p> <p><b>Ten:Ten Lesson:</b> <b>Ready Teddy?</b> [Module 1, Unit 2, Session 3]</p> <p><b>Lesson 6</b> Reflection lesson about topic</p>	<p><u>Resilience and Coping</u> <b>Lesson 1</b> Introduce the concept of mindfulness</p> <p><b>Ten:Ten Lesson:</b> <b>I like, you like, we all like!</b> [Module 1, Unit 3, Session 1]</p> <p><b>Lesson 2</b> Understand what it means to be helped in a concrete way</p> <p><b>Lesson 3</b> Considering ways which children can help themselves</p> <p><b>Ten:Ten Lesson:</b> <b>Good Feelings, Bad Feelings</b> [Module 1, Unit 3, Session 2]</p> <p><b>Lesson 4</b> Discuss examples of change</p> <p><b>Ten:Ten Lesson:</b> <b>Let's Get Real!</b> [Module 1, Unit 3, Session 3]</p> <p><b>Lesson 5</b> Thinking about choices and the reasons behind these</p> <p><b>Ten:Ten Lesson:</b> <b>Growing Up</b> [Module 1, Unit 4, Session 1]</p> <p><b>Lesson 6</b> Reflective lesson</p>	<p><u>Being the best me that I can be</u> <b>Lesson 1</b> Introduce the concept of personal strengths</p> <p><b>Lesson 2</b> Introduction of what a 'role model' is</p> <p><b>Ten:Ten Lesson:</b> <b>Growing Up</b> [Module 1, Unit 4, Session 1]</p> <p><b>Lesson 3</b> Understanding how to try their best</p> <p><b>Ten:Ten Lesson:</b> <b>God is Love</b> [Module 3, Unit 1, Session 1]</p> <p><b>Ten:Ten Lesson:</b> <b>Loving God, Loving Others</b> [Module 3, Unit 1, Session 2]</p> <p><b>Lesson 4</b> Consider character traits that can help within the classroom</p> <p><b>Lesson 5</b> Consider character traits that can help at home</p> <p><b>Ten:Ten Lesson:</b> <b>You, Me, Us</b> [Module 3, Unit 2, Session 1]</p> <p><b>Lesson 6</b> Reflective lesson</p>
Y1	<p><u>Friendships</u> <b>Lesson 1</b> Identifying characteristics related to being a good friend</p> <p><b>Ten:Ten Story Session:</b></p>	<p><u>Belonging</u> <b>Lesson 1</b> Creating a positive, personal classroom ethos</p> <p><b>Ten:Ten Lesson:</b> <b>Being Safe</b></p>	<p><u>My wider world</u> <b>Lesson 1</b> Understanding what a community is</p> <p><b>Ten:Ten Lesson:</b> <b>Can you help me?</b> [Module 2, Unit 3, Session 5]</p>

	<p><b>Let the children come</b> [KS1 Module 1, Unit 1, Story Session] <b>Lesson 2</b> Recognising different opinions <b>Ten:Ten Lesson:</b> <b>God Loves You</b> [KS1 Module 2, Unit 1, Session 1] <b>Lesson 3</b> Understanding why working together is important <b>Ten:Ten Lesson:</b> <b>Special People</b> [Module 2, Unit 2, Session 1] <b>Lesson 4</b> Identifying positive problem solving strategies that can help with friendships <b>Lesson 5</b> Positive strategies for resolving conflict <b>Ten:Ten Lesson:</b> <b>Treat Others Well...</b> [Module 2, Unit 2, Session 2] <b>Ten:Ten Lesson:</b> <b>...And Say Sorry</b> [Module 2, Unit 2, Session 3] <b>Lesson 6</b> Reflective lesson about the topic</p>	<p>[Module 2, Unit 3, Session 1] <b>Lesson 2</b> Recognise that families all look different <b>Lesson 3</b> Identify important figures in their lives <b>Ten:Ten Lesson:</b> <b>Good Secrets and Bad Secrets</b> [Module 2, Unit 3, Session 2] <b>Lesson 4</b> Identify things that make them happy <b>Ten:Ten Lesson:</b> <b>Physical Contact</b> [Module 2, Unit 3, Session 3] <b>Lesson 5</b> Identify emotions associated with being included <b>Lesson 6</b> Reflective lesson <b>Ten:Ten Lesson:</b> <b>Harmful Substances</b> [Module 2, Unit 3, Session 4]</p>	<p><b>Lesson 2</b> Thinking about local community <b>Ten:Ten Lesson:</b> <b>Three in One</b> [Module 3, Unit 1, Session 1] <b>Lesson 3</b> Considering connections to others <b>Ten:Ten Lesson:</b> <b>Who is my Neighbour?</b> [Module 3, Unit 1, Session 2] <b>Lesson 4</b> Introduce concept of helping others without reward <b>Lesson 5</b> Working with others to improve the environment <b>Lesson 6</b> Rights and responsibilities <b>Ten:Ten Lesson:</b> <b>The Communities We Live In</b> [Module 3, Unit 2, Session 1]</p>
Y2	<p><u>All about me</u> <b>Lesson 1</b> Identifying what makes them unique <b>Ten:Ten Story session:</b> <b>Let the children come</b> [KS1 Module 1, Unit 1, Story Session] <b>Lesson 2</b> Labelling core emotions in themselves and others <b>Ten:Ten Lesson:</b> <b>I am Unique</b> [KS1 Module 1, Unit 2, Session 1] <b>Lesson 3</b> Finding ways to express emotions <b>Ten:Ten Lesson:</b> <b>Girls and Boys</b> [Module 1, Unit 2, Session 2] <b>Lesson 4</b> Labelling character traits of their peers <b>Lesson 5</b></p>	<p><u>Resilience and Coping</u> <b>Lesson 1</b> Developing understanding of mindfulness and what it means to be calm <b>Ten:Ten Lesson:</b> <b>Feelings: Inside and Out</b> [Module 1, Unit 3, Session 2] <b>Lesson 2</b> Identifying times they may need help from others and discussing the term 'worry' <b>Lesson 3</b> Understanding what it means to 'bounce back' <b>Ten:Ten Lesson:</b> <b>Super Susie Gets Angry</b> [Module 1, Unit 3, Session 3] <b>Lesson 4</b> Identify concrete examples of change in their lives <b>Lesson 5</b> Thinking about choices and how healthy and safe choices can be <b>Ten:Ten Lesson:</b> <b>The Life Cycle</b></p>	<p><u>Being the best me that I can be</u> <b>Lesson 1</b> Introduce the term 'determination' <b>Ten:Ten Lesson:</b> <b>Three in One</b> [Module 3, Unit 1, Session 1] <b>Lesson 2</b> Reflecting on their own achievements and how this links to being a good role model <b>Lesson 3</b> Understanding perseverance <b>Ten:Ten Lesson:</b> <b>Who is my Neighbour?</b> [Module 3, Unit 1, Session 2] <b>Lesson 4</b> Reflecting on their own character traits and how these are shown within the classroom <b>Lesson 5</b> Reflecting on character traits and how these are shown at home <b>Lesson 6</b> Reflective lesson <b>Ten:Ten Lesson:</b> <b>The Communities We Live In</b></p>

	Identifying character traits in themselves <b>Ten:Ten Lesson:</b> <b>Clean and Healthy</b> [Module 1, Unit 2, Session 3] <b>Lesson 6</b> Reflective lesson about the topic <b>Ten:Ten Lesson:</b> <b>Feelings: Likes and Dislikes</b> [Module 1, Unit 3, Session 1]	[Module 1, Unit 4, Session 1] <b>Lesson 6</b> Reflective lesson	[Module 3, Unit 2, Session 1]
Y3	<u>Friendships</u> <b>Lesson 1</b> Identifying characteristics in a good friend <b>Ten:Ten Lesson:</b> <b>Get up!</b> [LKS2 Module 1, Unit 2, Session 1] <b>Lesson 2</b> Recognising that their thoughts and emotions might be different to others <b>Ten:Ten Lesson:</b> <b>The sacraments</b> [LKS2 Module 1, Unit 2, Session 2] <b>Lesson 3</b> Importance of working together and what co-operation looks like <b>Ten:Ten Story session:</b> <b>Jesus, my friend</b> [LKS2 Module 2, Unit 1, Story Session] <b>Lesson 4</b> What being kind and helpful looks like in different situations <b>Ten:Ten Lesson:</b> <b>Friends, Family, Others</b> [LKS2 Module 2, Unit 2, Session 1] <b>Lesson 5</b> Considering the importance of forgiveness and making things right <b>Lesson 6</b> Reflective lesson about the topic	<u>Belonging</u> <b>Lesson 1</b> Understand the features of a good school <b>Ten:Ten Lesson:</b> <b>When things feel bad</b> [LKS2 Module 2, Unit 2, Session 2] <b>Lesson 2</b> Understand that all families are different <b>Ten:Ten Lesson:</b> <b>Sharing Online</b> [LKS2 Module 2, Unit 3, Session 1] <b>Lesson 3</b> Identify people who are important to them and why <b>Ten:Ten Lesson:</b> <b>Chatting Online</b> [LKS2 Module 2, Unit 3, Session 2] <b>Lesson 4</b> Identify what it means to feel safe and happy <b>Ten:Ten Lesson:</b> <b>Safe in my Body</b> [LKS2 Module 2, Unit 3, Session 3] <b>Lesson 5</b> How to help others feel like they belong <b>Ten:Ten Lesson:</b> <b>Drugs, Alcohol and Tobacco</b> [LKS2 Module 2, Unit 3, Session 4] <b>Lesson 6</b> Reflective lesson	<u>My wider world</u> <b>Lesson 1</b> Understanding that our community may be different to others <b>Ten:Ten Lesson:</b> <b>First Aid Heroes</b> [LKS2 Module 2, Unit 3, Session 5] <b>Lesson 2</b> Identify different communities that they belong to <b>Ten:Ten Lesson:</b> <b>A Community of Love</b> [LKS2 Module 3, Unit 1, Session 1] <b>Lesson 3</b> Understand what it means to be connected to others and how this can help children <b>Ten:Ten Lesson:</b> <b>What is the Church?</b> [LKS2 Module 3, Unit 1, Session 2] <b>Lesson 4</b> Consider how to show gratitude to others Looking after the school environment <b>Ten:Ten Lesson:</b> <b>How do I love others?</b> [LKS2 Module 3, Unit 2, Session 1] <b>Lesson 5</b> Know the difference between rights and responsibilities
Y4	<u>All about me</u> <b>Lesson 1</b> Celebrating differences between themselves and their peers <b>Ten:Ten Lesson:</b> <b>Get Up!</b>	<u>Resilience and Coping</u> <b>Lesson 1</b> Considering the benefits of mindfulness <b>Ten:Ten Lesson:</b> <b>Boy/Girl discussion groups</b> [LKS2 Module 1, Unit 2, Session 5]	<u>Being the best me that I can be</u> <b>Lesson 1</b> Reflecting on their personal strengths <b>Ten:Ten Lesson:</b> <b>Life Cycles</b> [LKS2 Module 1, Unit 4, Session 1]

	<p>[LKS2 Module 1, Unit 1, Session 1]  <b>Lesson 2</b>  Exploring more abstract emotions  <i>Ten:Ten Lesson:</i>  <b>We don't have to be the same</b>  [LKS2 Module 1, Unit 2, Session 1]  <b>Lesson 3</b>  Expressing emotions in a safe and healthy way  <i>Ten:Ten Lesson:</i>  <b>Respecting our Bodies</b>  [LKS2 Module 1, Unit 2, Session 2]  <b>Lesson 4</b>  Building on knowledge and vocabulary about character traits  <i>Ten:Ten Lesson:</i>  <b>What is Puberty?</b>  [LKS2 Module 1, Unit 2, Session 3]  <b>Lesson 5</b>  Negative characteristics  <i>Ten:Ten Lesson:</i>  <b>Changing Bodies</b>  [LKS2 Module 1, Unit 2, Session 4]  <b>Lesson 6</b>  Reflective lesson about the topic</p>	<p><b>Lesson 2</b>  Understanding what it means to have a 'kind mind'  <i>Ten:Ten Lesson:</i>  <b>What am I feeling?</b>  [LKS2 Module 1, Unit 3, Session 1]  <b>Lesson 3</b>  Understanding what it means to be a resilient person  <i>Ten:Ten Lesson:</i>  <b>What am I looking at?</b>  [LKS2 Module 1, Unit 3, Session 2]  <b>Lesson 4</b>  Understanding changes and the feelings associated  <i>Ten:Ten Lesson:</i>  <b>I am Thankful!</b>  [LKS2 Module 1, Unit 3, Session 3]  <b>Lesson 5</b>  Understand that it is sometimes it is okay to change your mind  <b>Lesson 6</b>  Reflective lesson</p>	<p><b>Lesson 2</b>  Reflecting on role models within the wider community  <i>Ten:Ten Lesson:</i>  <b>A Community of Love</b>  [LKS2 Module 3, Unit 1, Session 1]  <b>Lesson 3</b>  Discuss times when they have persevered  <i>Ten:Ten Lesson:</i>  <b>What is the Church?</b>  [LKS2 Module 3, Unit 1, Session 2]  <b>Lesson 4</b>  Reflecting on how personal strengths could support them in jobs in later life  <i>Ten:Ten Lesson:</i>  <b>How do I love others?</b>  [LKS2 Module 3, Unit 2, Session 1]  <b>Lesson 5</b>  Identify character traits to help at home  <b>Lesson 6</b>  Reflective lesson</p>
Y5	<p><u>Friendships</u>  <b>Lesson 1</b>  Identifying a wide range of characteristics that contribute to being a good friend  <i>Ten:Ten Story Session:</i>  <b>Calming the Storm</b>  [UKS2 Module 1, Unit 1, Story Session]  <b>Lesson 2</b>  Recognising that their preferences may be different to others  <i>Ten:Ten Lesson:</i>  <b>Is God Calling You?</b>  [UKS2 Module 2, Unit 1, Session 1]  <b>Lesson 3</b>  Identifying features of effective collaboration  <i>Ten:Ten Lesson:</i>  <b>Under Pressure</b></p>	<p><u>Belonging</u>  <b>Lesson 1</b>  Understand what makes an ideal school  <i>Ten:Ten Lesson:</i>  <b>Self-Talk</b>  [UKS2 Module 2, Unit 2, Session 3]  <b>Lesson 2</b>  Understand that all families are different  <i>Ten:Ten Lesson:</i>  <b>Sharing Isn't Always Caring</b>  [UKS2 Module 2, Unit 3, Session 1]  <b>Lesson 3</b>  Identify important figures and what these can offer in different contexts  <i>Ten:Ten Lesson:</i>  <b>Cyberbullying</b>  [UKS2 Module 2, Unit 3, Session 2]  <b>Lesson 4</b>  Understand why feeling safe is important for everyone  <i>Ten:Ten Lesson:</i>  <b>Types of Abuse</b></p>	<p><u>My wider world</u>  <b>Lesson 1</b>  Understand what it means to be part of a diverse community  <i>Ten:Ten Lesson:</i>  <b>Making Good Choices</b>  [UKS2 Module 2, Unit 3, Session 5]  <b>Lesson 2</b>  Diverse communities  <i>Ten:Ten Lesson:</i>  <b>Giving Assistance</b>  [UKS2 Module 2, Unit 3, Session 6]  <b>Lesson 3</b>  Identify ways in which they are connected to others around the world  <i>Ten:Ten Lesson:</i>  <b>The Trinity</b>  [UKS2 Module 3, Unit 1, Session 1]  <b>Lesson 4</b>  Understand what it means to show gratitude  <i>Ten:Ten Lesson:</i>  <b>Catholic Social Teaching</b></p>

	<p>[UKS2 Module 2, Unit 2, Session 1]  <b>Lesson 4</b>  Understanding the importance of conflict resolution and outline possible strategies  <i>Ten:Ten Lesson:</i>  <b>Do you want a piece of cake?</b>  [UKS2 Module 2, Unit 2, Session 2]  <b>Lesson 5</b>  Understanding importance of moving on  <b>Lesson 6</b>  Reflective lesson about the topic</p>	<p>[UKS2 Module 2, Unit 3, Session 3]  <b>Lesson 5</b>  Discuss how to help others have a sense of belonging  <i>Ten:Ten Lesson:</i>  <b>Impacted Lifestyles</b>  [UKS2 Module 2, Unit 3, Session 4]  <b>Lesson 6</b>  Reflective lesson</p>	<p>[UKS2 Module 3, Unit 1, Session 2]  <b>Lesson 5</b>  Understand how they can help within the wider community  <i>Ten:Ten Lesson:</i>  <b>Reaching Out</b>  [UKS2 Module 3, Unit 2, Session 1]  <b>Lesson 6</b>  Know their rights and responsibilities</p>
Y6	<p><u>All about me</u>  <b>Lesson 1</b>  Identifying their own characteristics to promote self-esteem  <i>Ten:Ten Story Session:</i>  <b>Calming the Storm</b>  [UKS2 Module 1, Unit 1, Story Session]  <b>Lesson 2</b>  Applying emotions to real life situations  <i>Ten:Ten Lesson:</i>  <b>Gifts and Talents</b>  [UKS2 Module 1, Unit 2, Session 1]  <b>Lesson 3</b>  Expressing emotions in a safe and healthy way  <i>Ten:Ten Lesson:</i>  <b>Girls' Bodies</b>  [UKS2 Module 1, Unit 2, Session 2]  <b>Lesson 4</b>  Labelling their own character traits and understanding these in real-life contexts  <i>Ten:Ten Lesson:</i>  <b>Boys' Bodies</b>  [UKS2 Module 1, Unit 2, Session 3]  <b>Lesson 5</b>  Understanding how to address inappropriate character contexts in real-life contexts  <i>Ten:Ten Lesson:</i>  <b>Spots and Sleep</b>  [UKS2 Module 1, Unit 2, Session 4]</p>	<p><u>Resilience and Coping</u>  <b>Lesson 1</b>  Understanding the benefits of engaging in mindfulness activities  <i>Ten:Ten Lesson:</i>  <b>Body Image</b>  [UKS2 Module 1, Unit 3, Session 1]  <b>Lesson 2</b>  Identifying times when they need to think more positively  <i>Ten:Ten Lesson:</i>  <b>Funny Feelings</b>  [UKS2 Module 1, Unit 3, Session 2]  <b>Lesson 3</b>  Thinking about positive ways to support themselves  <i>Ten:Ten Lesson:</i>  <b>Emotional Changes</b>  [UKS2 Module 1, Unit 3, Session 3]  <b>Lesson 4</b>  Understand that change can be uncomfortable but that feeling is okay  <i>Ten:Ten Lesson:</i>  <b>Seeing Stuff Online</b>  [UKS2 Module 1, Unit 3, Session 4]  <b>Lesson 5</b>  Understand that it is okay to change your mind  <i>Ten:Ten Lesson:</i>  <b>Making Babies (Part 1)</b>  [UKS2 Module 1, Unit 4, Session 1]  <b>Lesson 6</b>  Reflective lesson  <i>Ten:Ten Lesson:</i>  <b>Making Babies (Part 2)</b>  [UKS2 Module 1, Unit 4, Session 2]-</p>	<p><u>Being the best me that I can be</u>  <b>Lesson 1</b>  Reflecting on which personal strengths are more appropriate in different situations  <i>Ten:Ten Lesson:</i>  <b>Menstruation</b>  [UKS2 Module 1, Unit 4, Session 3]  <b>Lesson 2</b>  Reflecting on being a role model  <i>Ten:Ten Lesson:</i>  <b>The Trinity</b>  [UKS2 Module 3, Unit 1, Session 1]  <b>Lesson 3</b>  Reflecting on times when they have tried their best  <i>Ten:Ten Lesson:</i>  <b>Catholic Social Teaching</b>  [UKS2 Module 3, Unit 1, Session 2]  <b>Lesson 4</b>  Considering positive strategies to help with school transitions  <i>Ten:Ten Lesson:</i>  <b>Reaching Out</b>  [UKS2 Module 3, Unit 2, Session 1]  <b>Lesson 5</b>  School transition support at home  <b>Lesson 6</b>  Reflective lesson</p>

	<b>Lesson 6</b> Reflective lesson about the topic		
Year 7	<u>Living in the wider world</u> <b>Lesson 1</b> Target Setting <b>Lesson 2</b> Decision Making <b>Lesson 3</b> Self-Awareness <b>Lesson 4</b> Review of Skills <b>Lesson 5</b> The Language of Qualification <b>Lesson 6</b> Eco-School Environment <b>Lesson 7</b> Introduction to UniFrog <b>Lesson 8</b> The Labour Market <b>Lesson 9</b> Revision and Organisation  <u>TenTen:</u> <b>Lesson 1</b> Who am I? <b>Lesson 2</b> Changing Bodies (Puberty) <b>Lesson 3</b> Healthy Inside and Out <b>Lesson 4</b> Where We Come From	<u>Health and Wellbeing</u> <b>Lesson 1 &amp; 2</b> How to Talk About Emotions <b>Lesson 3 &amp; 4</b> Physical Activity and Mental Health <b>Lesson 5 &amp; 6</b> Personal Hygiene <b>Lesson 7</b> Intent Smoking Prevention <b>Lesson 8</b> Mental and Physical Wellbeing <b>Lesson 9</b> Preventing Illness (Bacteria/Viruses)  <u>TenTen:</u> <b>Lesson 1</b> Family and Friends <b>Lesson 2</b> My Life on Screen <b>Lesson 3</b> Living Responsibly	<u>Health and Wellbeing</u> <b>Lesson 1</b> Bereavement <b>Lesson 2</b> Sleep <b>Lesson 3</b> Safety Around the House <b>Lesson 4 &amp; 5</b> Safety Outside <b>Lesson 6</b> Dental Hygiene <b>Lesson 7</b> Life Saving Skills <u>Living in the wider world</u> <b>Lessons 1-7</b> Ecological issues, self and community <b>Lesson 8</b> Intent Smoking Prevention <b>Lesson 9</b> Online Safety <b>Lesson 10</b> Images <b>Lesson 11</b> Transition to Year 8