

St George & St Martin RHE Medium Term Plan

Subject: RHE (Religion and Health Education- Combination of PSHE and RSE)

To access TenTen lesson plans and resources, follow this link:

<https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/>

Year group	Autumn	Spring	Summer
Nursery	<p>Ten:Ten Lessons:</p> <p>Handmade with Love (5 sessions over 5 days) [EYFS Module 1, Unit 1]</p> <p>Role Model (2 sessions) [Module 2, Unit 1, Session 1]</p> <p>Who's Who? [Module 2, Unit 2, Session 1]</p> <p>You've got a friend in me [Module 2, Unit 2, Session 2]</p> <p>Forever Friends [Module 2, Unit 2, Session 3]</p>	<p>Ten:Ten Lessons:</p> <p>What is the Internet? [EYFS Module 2, Unit 3, Session 1]</p> <p>Playing Online [EYFS Module 2, Unit 3, Session 2]</p> <p>God is Love [Module 3, Unit 1, Session 1]</p> <p>Loving God, Loving Others [Module 3, Unit 1, Session 2]</p>	<p>Ten:Ten Lessons:</p> <p>Safe Inside and Out [EYFS Module 2, Unit 4, Session 1]</p> <p>My Body, My Rules [Module 2, Unit 4, Session 2]</p> <p>Feeling Poorly [Module 2, Unit 4, Session 3]</p> <p>People who help us [Module 2, Unit 4, Session 4]</p>
Reception	<p><u>All about me</u> Lesson 1 All About Me</p> <p>Lesson 2 Understanding Feelings</p> <p>Ten:Ten Lesson: Handmade with Love (5 sessions over 5 days) [EYFS Module 1, Unit 1]</p> <p>Lesson 3 Showing our Emotions</p> <p>Ten:Ten Lesson: I Am Me! [Module 1, Unit 2, Session 1]</p> <p>Lesson 4</p>	<p><u>Resilience and Coping</u> Lesson 1 Enjoying the Moment</p> <p>Ten:Ten Lesson: I like, you like, we all like! [Module 1, Unit 3, Session 1]</p> <p>Lesson 2 Being Kind to Myself</p> <p>Lesson 3 Introducing Resilience</p> <p>Ten:Ten Lesson: All the Feelings! [Module 1, Unit 3, Session 2]</p> <p>Lesson 4 Coping with Change</p>	<p><u>Being the best me that I can be</u> Lesson 1 Personal Strengths</p> <p>Ten:Ten Lesson: God is Love [Module 3, Unit 1, Session 1]</p> <p>Lesson 2 Role Models</p> <p>Lesson 3 Trying our Best</p> <p>Ten:Ten Lesson: Loving God, Loving Others [Module 3, Unit 1, Session 2]</p> <p>Lesson 4 Me in my Classroom</p>

	<p>What is Character?</p> <p>Ten:Ten Lesson: Heads, Shoulders, Knees and Toes [Module 1, Unit 2, Session 2]</p> <p>Lesson 5 What is Character?</p> <p>Ten:Ten Lesson: Ready Teddy? [Module 1, Unit 2, Session 3]</p>	<p>Ten:Ten Lesson: Let's Get Real! [Module 1, Unit 3, Session 3]</p> <p>Lesson 5 Coping with Choice</p> <p>Ten:Ten Lesson: Growing Up [Module 1, Unit 4, Session 1]</p>	<p>Lesson 5 Me at Home</p> <p>Ten:Ten Lesson: You, Me, Us [Module 3, Unit 2, Session 1]</p>
Y1	<p><u>Friendships</u></p> <p>Lesson 1 Being a Good Friend</p> <p>Ten:Ten Story Session: Let the children come [KS1 Module 1, Unit 1, Story Session]</p> <p>Lesson 2 What's on your Mind?</p> <p>Ten:Ten Lesson: God Loves You [KS1 Module 2, Unit 1, Session 1]</p> <p>Lesson 3 Working Together</p> <p>Ten:Ten Lesson: Special People [Module 2, Unit 2, Session 1]</p> <p>Lesson 4 Social Problem Solving</p> <p>Lesson 5 Making Things Right</p> <p>Ten:Ten Lesson: Treat Others Well... [Module 2, Unit 2, Session 2]</p>	<p><u>Belonging</u></p> <p>Lesson 1 Ideal School</p> <p>Lesson 2 Celebrating Difference</p> <p>Lesson 3 Special People</p> <p>Ten:Ten Lesson: Good Secrets and Bad Secrets [Module 2, Unit 4, Session 1]</p> <p>Lesson 4 My Safe Space</p> <p>Ten:Ten Lesson: Physical Contact [Module 2, Unit 4, Session 2]</p> <p>Lesson 5 Helping Others to Belong</p> <p>Ten:Ten Lesson: Harmful Substances [Module 2, Unit 4, Session 3]</p>	<p><u>My wider world</u></p> <p>Lesson 1 My Community</p> <p>Ten:Ten Lesson: Can you help me? [Module 2, Unit 3, Session 5]</p> <p>Lesson 2 Me in My World</p> <p>Ten:Ten Lesson: Three in One [Module 3, Unit 1, Session 1]</p> <p>Lesson 3 Connectedness</p> <p>Ten:Ten Lesson: Who is my Neighbour? [Module 3, Unit 1, Session 2]</p> <p>Lesson 4 What is a Community Superhero?</p> <p>Lesson 5 Community Project</p> <p>Lesson 6 Rights and responsibilities</p> <p>Ten:Ten Lesson: The Communities We Live In [Module 3, Unit 2, Session 1]</p>

	<p>Ten:Ten Lesson: ...And Say Sorry [Module 2, Unit 2, Session 3]</p>		
Y2	<p><u>All about me</u> Lesson 1 All About Me</p> <p>Ten:Ten Story session: Let the children come [KS1 Module 1, Unit 1, Story Session]</p> <p>Lesson 2 Understanding Feelings</p> <p>Ten:Ten Lesson: I am Unique [KS1 Module 1, Unit 2, Session 1]</p> <p>Lesson 3 Showing Our Emotions</p> <p>Ten:Ten Lesson: Girls and Boys [Module 1, Unit 2, Session 2]</p> <p>Lesson 4 What is Character?</p> <p>Lesson 5 What is Character?</p> <p>Ten:Ten Lesson: Clean and Healthy (My Body) [Module 1, Unit 2, Session 3]</p>	<p><u>Resilience and Coping</u> Lesson 1 Enjoying the Moment</p> <p>Ten:Ten Lesson: Feelings, Likes and Dislikes [Module 1, Unit 3, Session 1]</p> <p>Lesson 2 Being Kind to Myself</p> <p>Ten:Ten Lesson: Feeling Inside Out [Module 1, Unit 3, Session 2]</p> <p>Lesson 3 Introducing Resilience</p> <p>Ten:Ten Lesson: Super Susie Gets Angry [Module 1, Unit 3, Session 3]</p> <p>Lesson 4 Coping with Change</p> <p>Ten:Ten Lesson: The Cycle of Life [Module 1, Unit 4, Session 1]</p> <p>Lesson 5 Coping with Choice</p> <p>Ten:Ten Lesson: Beginnings and Endings [Module 1, Unit 4, Session 2]</p>	<p><u>Being the best me that I can be</u> Lesson 1 Personal Strengths</p> <p>Ten:Ten Lesson: Real Life Online [Module 2, Unit 3, Session 1]</p> <p>Lesson 2 Role Models</p> <p>Ten:Ten Lesson: Rules to Help Us [Module 2, Unit 3, Session 2]</p> <p>Lesson 3 Trying our Best</p> <p>Ten:Ten Lesson: Can You Help Me? (Part 1) [Module 2, Unit 4, Session 4]</p> <p>Lesson 4 Me in My Classroom</p> <p>Ten:Ten Lesson: Can You Help Me? (Part 1) [Module 2, Unit 4, Session 5]</p> <p>Lesson 5 Me at Home</p>
Y3	<p><u>Friendships</u> Lesson 1 Being a Good Friend</p> <p>Ten:Ten Lesson: Get up! [LKS2 Module 1, Unit 1, Session 1]</p>	<p><u>Belonging</u> Lesson 1 Ideal School</p> <p>Ten:Ten Lesson: Sharing Online [LKS2 Module 2, Unit 3, Session 1]</p>	<p><u>My wider world</u> Lesson 1 My Community</p> <p>Lesson 2 Me in My World</p> <p>Ten:Ten Lesson: A Community of Love</p>

	<p>Lesson 2 What's on your mind?</p> <p>Ten:Ten Lesson: The sacraments [LKS2 Module 1, Unit 1, Session 2]</p> <p>Lesson 3 Working Together</p> <p>Ten:Ten Story session: Jesus, my friend [LKS2 Module 2, Unit 1, Story Session]</p> <p>Lesson 4 Social Problem Solving</p> <p>Ten:Ten Lesson: Friends, Family, Others [LKS2 Module 2, Unit 2, Session 1]</p> <p>Lesson 5 Making Things Right</p> <p>Ten:Ten Lesson: When things feel bad [LKS2 Module 2, Unit 2, Session 2]</p>	<p>Lesson 2 Celebrating Difference</p> <p>Ten:Ten Lesson: Chatting Online [LKS2 Module 2, Unit 3, Session 2]</p> <p>Lesson 3 Special People</p> <p>Ten:Ten Lesson: Safe in my Body [LKS2 Module 2, Unit 4, Session 1]</p> <p>Lesson 4 My Safe Space</p> <p>Ten:Ten Lesson: Drugs, Alcohol and Tobacco [LKS2 Module 2, Unit 4, Session 2]</p> <p>Lesson 5 Helping Others to Belong</p> <p>Ten:Ten Lesson: First Aid Heroes [LKS2 Module 2, Unit 4, Session 3]</p>	<p>[LKS2 Module 3, Unit 1, Session 1]</p> <p>Lesson 3 Connectedness</p> <p>Ten:Ten Lesson: What is the Church? [LKS2 Module 3, Unit 1, Session 2]</p> <p>Lesson 4 What is a Community Superhero?</p> <p>Ten:Ten Lesson: How do I love others? [LKS2 Module 3, Unit 2, Session 1]</p> <p>Lesson 5 Community Project</p> <p>Lesson 6 Rights and Responsibilities</p>
Y4	<p><u>All about me</u> Lesson 1 All About Me</p> <p>Ten:Ten Lesson: Get Up! [LKS2 Module 1, Unit 1, Session 1]</p> <p>Lesson 2 Understanding Feelings</p> <p>Ten:Ten Lesson: We don't have to be the same [LKS2 Module 1, Unit 2, Session 1]</p> <p>Lesson 3</p>	<p><u>Resilience and Coping</u> Lesson 1 Enjoying the Moment</p> <p>Ten:Ten Lesson: Boy/Girl discussion groups [LKS2 Module 1, Unit 2, Session 5]</p> <p>Lesson 2 Being Kind to Myself</p> <p>Ten:Ten Lesson: What am I feeling? [LKS2 Module 1, Unit 3, Session 1]</p> <p>Lesson 3 Introducing Resilience</p>	<p><u>Being the best me that I can be</u> Lesson 1 Personal Strengths</p> <p>Ten:Ten Lesson: Life Cycles [LKS2 Module 1, Unit 4, Session 1]</p> <p>Lesson 2 Role Models</p> <p>Ten:Ten Lesson: A Time for Everything [LKS2 Module 1, Unit 4, Session 2]</p> <p>Lesson 3 Trying our Best</p>

	<p>Showing our Emotions</p> <p>Ten:Ten Lesson: Respecting our Bodies [LKS2 Module 1, Unit 2, Session 2]</p> <p>Lesson 4 What is Character?</p> <p>Ten:Ten Lesson: What is Puberty? [LKS2 Module 1, Unit 2, Session 3]</p> <p>Lesson 5 What is Character?</p> <p>Ten:Ten Lesson: Changing Bodies [LKS2 Module 1, Unit 2, Session 4]</p>	<p>Ten:Ten Lesson: What am I looking at? [LKS2 Module 1, Unit 3, Session 2]</p> <p>Lesson 4 Coping with Change</p> <p>Ten:Ten Lesson: I am Thankful [LKS2 Module 1, Unit 3, Session 3]</p> <p>Lesson 5 Coping with Choice</p>	<p>Ten:Ten Lesson: A Community of Love [LKS2 Module 3, Unit 1, Session 1]</p> <p>Lesson 4 Me in My Classroom</p> <p>Ten:Ten Lesson: What is the Church? [LKS2 Module 3, Unit 1, Session 2]</p> <p>Lesson 5 Me at Home</p> <p>Ten:Ten Lesson: How do I love others? [LKS2 Module 3, Unit 2, Session 1]</p>
Y5	<p><u>Friendships</u></p> <p>Lesson 1 Being a Good Friend</p> <p>Ten:Ten Story Session: Calming the Storm [UKS2 Module 1, Unit 1, Story Session]</p> <p>Lesson 2 What's on Your Mind?</p> <p>Ten:Ten Lesson: God is Calling you [UKS2 Module 2, Unit 1, Session 1]</p> <p>Lesson 3 Working Together</p> <p>Ten:Ten Lesson: Under Pressure [UKS2 Module 2, Unit 2, Session 1]</p> <p>Lesson 4 Social Problem Solving</p> <p>Ten:Ten Lesson:</p>	<p><u>Belonging</u></p> <p>Lesson 1 Ideal School</p> <p>Ten:Ten Lesson: Build Others Up [UKS2 Module 2, Unit 2, Session 4]</p> <p>Lesson 2 Celebrating Difference</p> <p>Ten:Ten Lesson: Sharing Isn't Always Caring [UKS2 Module 2, Unit 3, Session 1]</p> <p>Lesson 3 Special People</p> <p>Ten:Ten Lesson: Cyberbullying [UKS2 Module 2, Unit 3, Session 2]</p> <p>Lesson 4 My Safe Space</p> <p>Ten:Ten Lesson:</p>	<p><u>My wider world</u></p> <p>Lesson 1 My Community</p> <p>Ten:Ten Lesson: Making Good Choices [UKS2 Module 2, Unit 4, Session 3]</p> <p>Lesson 2 Me in My World</p> <p>Ten:Ten Lesson: Giving Assistance [UKS2 Module 2, Unit 4, Session 4]</p> <p>Lesson 3 Connectedness</p> <p>Ten:Ten Lesson: The Holy Trinity [UKS2 Module 3, Unit 1, Session 1]</p> <p>Lesson 4 What is a Community Superhero?</p>

	<p>Do you want a piece of cake? [UKS2 Module 2, Unit 2, Session 2]</p> <p>Lesson 5 Making Things Right</p> <p>Ten:Ten Lesson: Self-Talk [UKS2 Module 2, Unit 2, Session 3]</p>	<p>Types of Abuse [UKS2 Module 2, Unit 4, Session 1]</p> <p>Lesson 5 Helping Others to Belong</p> <p>Ten:Ten Lesson: Impacted Lifestyles [UKS2 Module 2, Unit 4, Session 2]</p>	<p>Ten:Ten Lesson: Catholic Social Teaching [UKS2 Module 3, Unit 1, Session 2]</p> <p>Lesson 5 Community Project</p> <p>Ten:Ten Lesson: Reaching Out [UKS2 Module 3, Unit 2, Session 1]</p> <p>Lesson 6 Rights and Responsibilities</p>
Y6	<p><u>All about me</u> Lesson 1 All About Me</p> <p>Ten:Ten Story Session: Calming the Storm [UKS2 Module 1, Unit 1, Story Session]</p> <p>Lesson 2 Understanding Feelings</p> <p>Ten:Ten Lesson: Gifts and Talents [UKS2 Module 1, Unit 2, Session 1]</p> <p>Lesson 3 Showing Our Emotions</p> <p>Ten:Ten Lesson: Girls' Bodies [UKS2 Module 1, Unit 2, Session 2]</p> <p>Lesson 4 What is Character?</p> <p>Ten:Ten Lesson: Boys' Bodies [UKS2 Module 1, Unit 2, Session 3]</p> <p>Lesson 5 What is Character?</p>	<p><u>Resilience and Coping</u> Lesson 1 Enjoying the Moment</p> <p>Ten:Ten Lesson: Body Image [UKS2 Module 1, Unit 3, Session 1]</p> <p>Lesson 2 Being Kind to Myself</p> <p>Ten:Ten Lesson: Peculiar Feelings [UKS2 Module 1, Unit 3, Session 2]</p> <p>Lesson 3 Introducing Resilience</p> <p>Ten:Ten Lesson: Emotional Changes [UKS2 Module 1, Unit 3, Session 3]</p> <p>Lesson 4 Coping with Change</p> <p>Ten:Ten Lesson: Seeing Stuff Online [UKS2 Module 1, Unit 3, Session 4]</p> <p>Lesson 5 Coping with Choice</p>	<p><u>Being the best me that I can be</u> Lesson 1 Personal Strengths</p> <p>Ten:Ten Lesson: Making Babies (Part 1) [UKS2 Module 1, Unit 4, Session 1]</p> <p>Lesson 2 Role Models</p> <p>Lesson 3 Trying Our Best</p> <p>Ten:Ten Lesson: Making Babies (Part 2) [UKS2 Module 1, Unit 4, Session 2]- <u>Session may be missed or given as homework task for pupils to complete with parents</u></p> <p>Lesson 4 Me in My Classroom</p> <p>Ten:Ten Lesson: Menstruation [UKS2 Module 1, Unit 4, Session 3]</p> <p>Lesson 5 Me at Home</p> <p>Ten:Ten Lesson: Hope Beyond Death</p>

	Ten:Ten Lesson: Spots and Sleep [UKS2 Module 1, Unit 2, Session 4]		[UKS2 Module 1, Unit 4, Session 4]
Year 7	<u>Living in the Wider World</u> Lesson 1 Target Setting Lesson 2 Decision Making Lesson 3 Self-Awareness Lesson 4 Review of Skills Lesson 5 The Language of Qualification Lesson 6 Eco-School Environment Lesson 7 Introduction to UniFrog Lesson 8 The Labour Market Lesson 9 Revision and Organisation <u>TenTen:</u> Lesson 1 Who am I? Lesson 2 Changing Bodies (Puberty) Lesson 3 Healthy Inside and Out Lesson 4 Where We Come From	<u>Health and Wellbeing</u> Lesson 1 & 2 How to Talk About Emotions Lesson 3 & 4 Physical Activity and Mental Health Lesson 5 & 6 Personal Hygiene Lesson 7 Intent Smoking Prevention Lesson 8 Mental and Physical Wellbeing Lesson 9 Preventing Illness (Bacteria/Viruses) <u>TenTen:</u> Lesson 1 Family and Friends Lesson 2 My Life on Screen Lesson 3 Living Responsibly	<u>Health and Wellbeing</u> Lesson 1 Bereavement Lesson 2 Sleep Lesson 3 Safety Around the House Lesson 4 & 5 Safety Outside Lesson 6 Dental Hygiene Lesson 7 Life Saving Skills <u>Living in the Wider World</u> Lessons 1-7 Ecological issues, self and community Lesson 8 Intent Smoking Prevention Lesson 9 Online Safety Lesson 10 Images Lesson 11 Transition to Year 8