

PSHE overview

[All plans on TenTen website](#)

Catholic Social Teaching Themes

PSHE Yearly Overview						
	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Nursery	Where I Belong Life and Dignity of the Human Person	Traditional Tales	People Who Help us Care for God's Creation	Changes Life and dignity as a human person	All Creatures Great and Small Care for God's Creation	Happy Holidays Care for God's Creation
Reception	Where I Belong Life and Dignity of the Human Person	Traditional Tales	People Who Help us Care for God's Creation	Changes Life and dignity as a human person	All Creatures Great and Small Care for God's Creation	Happy Holidays Care for God's Creation
	Me, my body, my health 3 x 20 min sessions EYFS 1.2.1 I Am Me EYFS 1.2.2 Heads, Shoulders, Knees and Toes EYFS 1.2.3 Ready Teddy? 3 lessons	Emotional Understanding 3 x 20 min sessions EYFS 1.3.1 I Like, You Like, We All Like! EYFS 1.3.2 All The Feelings! EYFS 1.3.3 Let's Get Real 3 lessons	Personal relationships 3 x 20 min sessions EYFS 2.2.1 Who's Who? EYFS 2.2.2 You've Got a Friend in Me EYFS 2.2.3 Forever Friends 3 lessons	Keeping Safe 4 x 20 min sessions EYFS 2.4.1 Safe Inside and Out EYFS 2.4.2 My Body, My Rules EYFS 2.4.3 Feeling Poorly EYFS 2.4.4 People Who Help Us 4 lessons	Lifecycles 1 x 20 min session EYFS 1.4.1 Growing Up Life online 2 x 20 min sessions EYFS 2.3.1 What is the Internet? EYFS 2.3.2 Playing Online 3 lessons	Wider World 1 x 20 min sessions EYFS 3.2.1 Me, You, Us Transition sessions 1 lesson

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Road Safety Year 1 and 2	Anti Bullying Week 11 – 15 Nov Fire visit Y2/6	Children's Mental Health Week 3 – 9 Feb Safer Internet Day 11 Feb		Kooth Y6	
Year 1	Being a good citizen 3 sessions Road Safety Year 1 and 2 1 session Visitor			Safety – Stranger awareness 1 session	Safety – Sun 1 session	
		Personal Relationships TenTen 3 x 40 min sessions KS1 2.2.1 Special People KS1 2.2.2 Treat Others Well... KS1 2.2.3 ...And Say Sorry 3 lessons	Life Online TenTen 2 x 40 min sessions KS1 2.3.1 Real Life Online KS1 2.3.2 Rules To Help Us 3 lessons	Keeping Safe Ten Ten 5 x 40 min sessions KS1 2.4.1 Good and Bad Secrets KS1 2.4.2 Physical Contact 3 lessons	KS1 2.4.3 Harmful Substances KS1 2.4.4 Can You Help Me? (Part 1) KS1 2.4.5 Can You Help Me? (Part 2) 3 lessons	Wider world TenTen 1 x 40 min session KS1 3.2.1 The Communities We Live In 1 lessons Transition day
Year 2	Being a good citizen 3 sessions Road Safety Year 1 and 2 1 session Visitor				Safety – Sun 1 session	
		Emotional Well Being 3 x 40 min sessions KS1 1.3.1 Feelings, Likes and Dislikes KS1 1.3.2 Feeling Inside Out KS1 1.3.3 Super Susie Gets Angry 3 lessons	Life Online TenTen 2 x 40 min sessions KS1 2.3.1 Real Life Online KS1 2.3.2 Rules To Help Us Lifecycles Tenten 2 x 40 min sessions KS1 1.4.1 The Cycle of Life KS1 1.4.2 Beginnings and Endings 4 lessons	Keeping Safe Ten Ten 5 x 40 min sessions KS1 2.4.1 Good and Bad Secrets KS1 2.4.2 Physical Contact KS1 2.4.3 Harmful Substances KS1 2.4.4 Can You Help Me? (Part 1) KS1 2.4.5 Can You Help Me? (Part 2) 5 lessons	Me My Body My Health Tenten 4 x 40 min sessions KS1 1.2.1 I Am Unique KS1 1.2.2 Girls and Boys KS1 1.2.3 Clean and Healthy (My Body)– 3 lessons	Wider world TenTen 1 x 40 min session KS1 3.2.1 The Communities We Live In 1 lesson Transition day
Year 3	Being a good citizen 3 sessions				Safety – Sun 1 session	
		Personal Relationships TenTen 2 x 45 min sessions LKS2 2.2.1 Family, Friends and Others	Life Online TenTen 2 x 45 min sessions LKS2 2.3.1 Sharing Online LKS2 2.3.2 Chatting Online	Keeping Safe TenTen 3 x 45 min sessions LKS2 2.4.1 Safe In My Body		Wider world TenTen 1x 45 min sessions LKS2 3.2.1 How Do I Love Others?

		LKS2 2.2.2 When Things Feel Bad 2 lessons	2 lessons	LKS2 2.4.2 Drugs, Alcohol and Tobacco LKS2 2.4.3 First Aid Heroes 4 lessons	1 lesson Transition day
Year 4	Being a good citizen 3 sessions	Links with electrical safety when teaching Science			Safety – Sun 1 session
		Emotional Well Being TenTen 3 x 45 min sessions LKS2 1.3.1 What Am I Feeling? LKS2 1.3.2 What Am I Looking At? LKS2 1.3.3 I Am Thankful! 3 lessons	Me, My Body My health TenTen 4 x 45 min sessions LKS2 1.2.1 We Don't Have To Be The Same LKS2 1.2.2 Respecting Our Bodies LKS2 1.2.3 What is Puberty? Year 4 only LKS2 1.2.4 Changing Bodies Year 4 only Life Online TenTen 2 x 45 min sessions LKS2 2.3.1 Sharing Online LKS2 2.3.2 Chatting Online 6 lessons	Lifecycles TenTen 2 x 45 min sessions LKS2 1.4.1 Life Cycles LKS2 1.4.2 A Time for Everything 2 lessons	1 lesson Wider world TenTen 1x 45 min sessions LKS2 3.2.1 How Do I Love Others? 1 lesson Transition day
Year 5	Being a good citizen 3 sessions				Safety – water/rail KLO Sun Safety recap
	Lifecycles (Mensuration) 1 x 60 min session UKS2 1.4.3 Menstruation 4 lessons	Personal Relationships TenTen 4x 60 min sessions UKS2 2.2.1 Under Pressure UKS2 2.2.2 Do You Want a Piece of Cake? UKS2 2.2.3 Self-Talk UKS2 2.2.4 Build Others Up 4 lessons	Life Online TenTen 2x 60 min sessions UKS2 2.3.1 Sharing Isn't Always Caring UKS2 2.3.2 Cyberbullying 2 lessons	Keeping Safe TenTen 3 x 60 min sessions UKS2 2.4.1 Types of Abuse UKS2 2.4.2 Impacted Lifestyles UKS2 2.4.3 Making Good Choices 3 lessons	2 lessons Wider world Tenten 1 x 60 min session UKS2 3.2.1 Reaching Out 1 lesson Transition day

Year 6	Being a good citizen 3 sessions				Sun Safety recap	Safety – rail/road/travel 1 session KLO – transition People and Planet Lesson 3 – Green careers
	Lifecycles (Mensuration) 1 x 60 min session UKS2 1.4.3 Menstruation 4 lessons	Me My Body, My Health Tenten 4 x 60 min sessions UKS2 1.2.1 Gifts and Talents UKS2 1.2.2 Girls' Bodies UKS2 1.2.3 Boys' Bodies UKS2 1.2.4 Spots and Sleep 4 lessons	Emotional Well Being Tenten 4 x 60 min sessions UKS2 1.3.1 Body Image UKS2 1.3.2 Peculiar Feelings UKS2 1.3.3 Emotional Changes UKS2 1.3.4 Seeing Stuff Online Lifecycles session 1 and 2 Tenten 2 x 60 min sessions UKS2 1.4.1 Making Babies (Part 1) UKS2 1.4.2 Making Babies (Part 2) May be omitted 6 lessons	Keeping Safe Tenten 3 x 60 min sessions UKS2 2.4.1 Types of Abuse UKS2 2.4.2 Impacted Lifestyles UKS2 2.4.3 Making Good Choices 3 lessons	SATS Keeping Safe Tenten 1 x 60 min sessions UKS2 2.4.4 Giving Assistance 1 lesson	Wider world Tenten 1 x 60 min session UKS2 3.2.1 Reaching Out Lifecycles Tenten 1 x 60 min sessions UKS2 1.4.4 Hope Beyond Death 3 lessons plus transition days

