

St Mary's PSHE Curriculum Overview

	Moral	Spiritual	Physical	Emotional	Social
YR	Say 'please' and 'thankyou'	That I am made by God	That I am living and growing	What I like and dislike	I know who can help me in school
	Say 'sorry	That God loves me and I can talk to God through prayer	That a baby grows inside its mother's womb before birth	Say how I feel at different times	That I belong to a family and can name my family members
	Talk about the good things in my life	That Jesus cares for me and I am part of God's family	Identify living things		When people are being unkind to me and others and how to respond
	Be patient when I do not always get what I want straight away	That Jesus tells us to love one another	Name similarities and differences between myself and others		Identify special people (family, carers, friends) in my life
	Show care for others	What I am good at	Keep clean by washing and drying my hands		Show friendly behaviour towards others
					Ask questions about the wider world
	Moral	Spiritual	Physical	Emotional	Social
KS1	Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting	That I am special because I am made and loved by God	That babies change and grow and that there are life stages from conception to death	That we all have different likes and dislikes	Who to go to if I am worried or need help
	Be forgiving, able to say sorry to mend relationships	That prayer is listening to God as well as talking to Him	That a baby moves as it grows in its mother's womb	That how I act can have consequences	That healthy families love, care and protect one another and that there are different family structures and these should be respected
	Give thanks for the good things in my life	That Catholics belong to the Church family and that Jesus cares for all	Identify the needs of people and other living things	Name happy and sad times in my life	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond
	Look after myself and show respect to others	That Jesus tells us to forgive one another	Describe the similarities and differences between different people (general)	Manage my feelings and behaviour	How my behaviour affects other people and that there are appropriate and inappropriate behaviours

	Be honest, able to tell the truth about my actions	That I have individual gifts, talents and abilities, given by God	Say what I should do to keep my body healthy, (exercise, food, teeth, sleep, keeping clean)	Talk about my mood and know that how I am feeling is a normal part of daily life	Recognise the characteristics of positive and negative relationships
	Accept that I do not always get what I want		Describe how to keep safe in the sun describe		How to use simple rules for resisting pressure when I feel unsafe or uncomfortable
	Be caring, aware of the needs of others				Recognise what makes people special
					Be friendly and can make friends
					Recognise that I belong to a variety of communities locally, nationally and globally
					Show awareness of differences between my life and others in the wider world
					Get adult help if someone gets hurt
	Moral	Spiritual	Physical	Emotional	Social
	Be courteous, showing good manners at home and in school	That life is precious and given by God	That my body is changing as I grow and some of the changes that occur throughout life	Confidently say what I like and dislike	That I can go to a number of different people for help in different situations.
	Be forgiving, able to say sorry and not hold grudges against those who have hurt me	That I can spend time with God in prayer by myself and with others which helps me in life	How a baby grows and develops in its mother's womb	That some behaviour is unacceptable	That there are different types of relationships including those between acquaintances, friends, relatives and family
LKS2	Be grateful to others for the good things in my life	That belonging to the Church family means that I should love other people in the same way as Jesus does	Describe the needs of people and other living things, including the need to reproduce	Describe the wider range of my feelings	What bullying is (including cyber-bullying) and how to respond
	Be respectful of myself and others, recognising differences	That following Jesus' teaching on forgiveness can help me in my relationships my friends	Describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions	Describe changes that happen in life e.g. loss, separation, divorce and bereavement	That not all images, language and behaviour are appropriate

	Be honest, able to be truthful in my relationships with others	That God wants me to use my individual gifts, talents and abilities	Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene	Cope with natural negative emotions and show resilience following setbacks	The difference between good and bad secrets
	Accept that I do not always get what I want and show an awareness of why this is		Describe how and why to keep safe in the sun	Describe some ways to maintain good mental health (exercise, diet, sleep, company)	How to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online
	Be caring, aware of the needs of others and responding to those needs				Show care and concern for the special people in my life
					Be friendly, able to make and keep friends
					Show concern for the communities to which I belong, aware that my behaviour has an impact upon them
					Identify injustices in the wider world
					Make a clear and efficient call to emergency services if necessary
	Moral	Spiritual	Physical	Emotional	Social
UKS2	Be courteous in my dealings with friends and strangers	That we are all children of God and made in God's image and likeness	The changes that occur at each stage of a human being's life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty	Be confident in my relationships with my peers in various situations, including online	That there are a number of different people and organisations I can go to for help in different situations and how to contact them
	Be forgiving, developing the skills to allow reconciliation in relationships	That prayer and worship nourish my relationship with God and support my relationships with others	About the week by week development of the baby in its mother's womb	That some behaviour is unacceptable, unhealthy or risky	About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond, respecting diversity
	Demonstrate my gratitude to others for the good things in my life through words and actions	That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)	How human life is conceived in the womb, including the language of sperm and ova and about the nature and role of	Describe how my emotions may change and intensify as I grow and move through puberty	How to report and get help if I encounter inappropriate materials or messages

			menstruation in the fertility cycle		
Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)	The importance of forgiveness and reconciliation in relationships and the challenges involved in following Jesus' teaching on forgiveness	About the differences between boys and girls with regard to puberty and reproduction		Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement	How to use technology safely
Be honest, striving to live truthfully and with integrity, using good judgement	That each person has a purpose in the world and that God has created me for a particular purpose which involves commitment and self-giving (vocation)	About the impact that poor lifestyle choices can have on my health including physical activity, dental health, healthy eating, sleep, hygiene, drugs and alcohol. The facts and science relating immunisation and vaccination		Show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges	How to make informed choices in relationships
Be self-disciplined and able to delay or even deny myself		About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage		Describe the impact that poor lifestyle choices can have on mental health and how exercise, fresh air, company (Including helping others), hobbies, good diet and sleep can support mental well-being	That my increasing independence brings increased responsibility to keep myself and others safe
Be compassionate, able to empathise with the suffering of others and displaying the generosity to help					Show care and concern for the special people in my life and put their needs before my own
					Be loyal, able to develop and sustain friendships
					Be just and fair, acting with integrity to show understanding of the impact of my actions locally, nationally and globally
					Speak out about injustice in the wider world and what I can do to help
					Describe some basic first-aid, dealing with common injuries