



St Charles RC Primary School

PSHE & RSE Curriculum Map

2025-2026



Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Module 1: Created and loved by God Unit 1: Religious Understanding <i>Enjoys the company of other children and wants them.</i> <ul style="list-style-type: none"> Begin to be more outgoing with unfamiliar people and show more confidence in new social situations. Select and use resources with help. Play with at least one other child, giving cues in play. Begin to find solutions to conflicts (i.e. sharing with others) Follow simple class rules. Develop a sense of responsibility within the class. To settle at a self-chosen activity for a period of time. to play with 	Module 1: Created and loved by God Unit 1: Religious Understanding Module 1: Created and loved by God Unit 2: Me, My Body, My Health <ul style="list-style-type: none"> Recognise that they belong to different communities and social groups. Talk freely about their own home and community. Seeks out a familiar adult for comfort, help and assistance. See themselves as a valuable individual. 	Module 1: Created and loved by God Unit 1: Religious Understanding Keeping Well and Clean Physical Health and Fitness Healthy Eating Health and Prevention	Module 1: Created and loved by God Unit 1: Religious Understanding Module 1: Created and loved by God Unit 4: The cycle of life Healthy People Metal Wellbeing Physical Health and Fitness Healthy Eating Health and Prevention	LKS2 Module 1: Created and loved by God Unit 1: Religious Understanding Healthy Lifestyles Healthy Eating Physical Health and Fitness	Module 1: Created and loved by God Unit 1: Religious Understanding Mental Health Mental Wellbeing	Module 1: Created and loved by God Unit 1: Religious Understanding Module 2: Created to love others Unit 1: Religious Understanding (LKS2 modules) Module 1: Created and loved by God Unit 2 continued: Me, My Body, My Health	Module 3: Created to live in community Unit 1: Religious Understanding Module 3: Created to live in community Unit 2: Living in the wider world
			Module 2: Created and Loved by God. Unit 1: Religious Understanding	Module 1: Created and loved by God Unit 2: Me, My Body, My Health Coping with conflict Caring and Friendships Respectful Relationships	LKS2 Module 2: Created to love others Unit 1: Religious Understanding Emotions and Feelings Being Safe Mental Wellbeing	Module 1: Created and loved by God Unit 2: Me, my body, my health. Friendship and Inclusion Respectful relationships Caring friendships Mental Wellbeing	Module 2: Created to love others Unit 2: Personal relationships Friendships and coping with bullying Caring and Friendships	Conflict resolution Caring Friendships Respectful Relationships Online Relationships Mental Wellbeing Protected Characteristics and bullying

				Mental Wellbeing Internet Safety and Harms Making and breaking friendships Caring Friendships Mental Wellbeing			Respectful Relationships Online Relationships Being Safe Mental Wellbeing Stereotypes and diversity Respectful Relationships	Respectful relationships Online Relationships Mental Wellbeing
Spring	Module 2: Created to love others Unit 1: Religious Understanding Module 2: Created to love others Unit 2: Personal Relationships <ul style="list-style-type: none"> • Talk about their feelings (if they are happy or sad and why). • Play with more than one child, extending and elaborating play ideas. • Takes part in pretend play • Builds upon two way conversations (listening and responding to others). • Takes risks and tries new things. 	Module 1: Created and Loved by God Unit 3: Emotional Well-being Module 1: Created and loved by God Unit 4: Life Cycles <ul style="list-style-type: none"> • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Can talk about what they can do well and what they need help with. • Shows confidence choosing the resources they need for activities. 	Module 2: Created to love others Unit 2: Personal Relationships Losing and Finding Mental Wellbeing	Module 1: Created and loved by God Unit 3: Emotional Wellbeing	LKS2 Module 2: Created to love others Unit 2: Personal relationships	Module 1: Created and love by God Unit 3: Emotional Wellbeing	Module 1: Created and loved by God Unit 4: Life Cycles	Module 1: Created and Loved by God Unit 3: Emotional Wellbeing
			Module 2: Created to love others Unit 3: Keeping Safe	Module 3: Created to live in the community Unit 1: Religious Understanding Module 3: Created to live in community Unit 2: Living in the wider world	Me and my community Being a responsible citizen Where do things come from? Being a responsible citizen Economic Wellbeing	Module 3: Created to live in Community Unit 1: Religious Understanding Persuasion and Pressure Respectful Relationships Being Safe Online Relationships Mental Wellbeing	Module 2: Created to love others Unit 3: Keeping Safe What makes a democracy? Being a responsible citizen	Money and me Economic Wellbeing <u>Year 6 Relationships Conference</u> Module 1: created and loved by God Unit 1: Religious Understanding Unit 2: Me, My Body, My Health Unit 4: Life Cycles

Summer	<p>Module 3: Created to live in Community Unit 1: Religious Understanding</p>	<p>Module 2: Created to love others Unit 3: Keeping Safe</p>	<p>Looking after myself Being Safe</p> <p>Keeping Safe Being Safe Health and Prevention</p> <p>The Environment Being a responsible citizen</p>	<p>Global Food Being a responsible citizen</p>	<p>LKS2 Module 2: Created to love others Unit 2: Personal relationships</p>	<p>Module 3: Created to live in Community Unit 2: Living in the wider world</p> <p>Healthy Lifestyles Healthy Eating Health and Prevention Physical Health and Fitness</p>	<p>Module 3: Created to live in community Unit 1: Religious Understanding</p> <p>Healthy lifestyles Mental Wellbeing Physical Health and Fitness Healthy Eating Health and Prevention</p>	<p>Healthy Lifestyles Health and Prevention Basic First Aid</p> <p>Democracy and Decisions Being a responsible citizen</p>
	<p>Module 3: Created to live in Community Unit 2: Living in the wider world</p> <ul style="list-style-type: none"> • Begin to understand the feelings of others and respond appropriately. • Help to find solutions to conflicts. • Follow rules without always needing reminding. • Engages in pretend play with different roles • Aware of similarities and differences between themselves and others and celebrates these. 	<p>Module 3: Created to live in community Unit 1: Religious Understanding</p> <ul style="list-style-type: none"> • To show resilience and perseverance in the face of challenge. • To identify and moderate their own feelings and emotions. • To manage their own needs. • To think about the feelings and perspectives of others. • As above and... • Help the children to talk about and reflect on their learning through self evaluation. • Help the children to set and achieve their own goals. • Provide strategies for calm behaviour (breathing, time in a quiet space). • Notices when they can improve their creations and sees this 	<p>Module 3: Created to live in the community Unit 1: Religious Understanding</p> <p>Money Economic Wellbeing</p>	<p>Exploring our families Families and people who care for me Being Safe</p> <p>Money, shopping and saving Economic Wellbeing</p>	<p>LKS2 Module 3: Created to love others Unit 1: Religious Understanding</p> <p>Aspirations Economic Wellbeing Careers</p> <p>Managing Money Economic Wellbeing</p>	<p>Managing Money Economic Wellbeing</p>	<p>Self-respect and personal goals Respectful Relationships</p> <p>Working together and aspirations Respectful relationships Careers</p> <p>Money Economic Wellbeing Being a responsible citizen</p>	<p>Aspirations, work and career Economic Wellbeing Careers</p> <p>Moving On Mental Wellbeing</p>

		as learning and improving.						
--	--	----------------------------	--	--	--	--	--	--

TenTen curriculum

Module 1: Created and loved by God

Module 2: Created to love others

Module 3: Created to live in the community

PSHE HEP Planning:

Core theme 1: Health and wellbeing

Core theme 2: Relationships

Core theme 3: Living in the wider world

EYFS - PSED ARE by term