

St Clement's PSHE/RSE Overview

2025/2026



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Zones of Regulation World Mental Health Day Rail Safety Ten 10 Module 1, Unit 1 Religious Understanding Handmade with love Ten 10 Module 1, Unit 2 Me, My body, My Health I am me, Heads shoulders, knees and toes/Ready Teddy	Anti – Bullying week Ten 10 Module 1, Unit 3 Emotional Wellbeing I like you like, we all life/All the feelings/Let's get real Ten 10 Module 1, Unit 4 Emotional Wellbeing Growing Up	Kapow - Online Safety Safer Internet Day Children's Mental Health Week Ten 10 Module 2, Unit 1 Religious Understanding Role model Ten 10 Module 2, Unit 2 Personal Relationships Who's who/You've got a friend n me/Forever friend	Kapow - Online Safety Ten 10 Module 2, Unit 3 Life Online What is the internet? /Playing online Ten 10 Module 2, Unit 4 Life Online Safe inside and out/My body, my rules/Feeling poorly/People who help us	Kapow - Online Safety Ten 10 Module 3, Unit 1 Religious Understanding God is love/Loving God, loving others	Kapow - Online Safety EYFS Ten 10 Module 3, Unit 2 Living in the wider world Me, you us
Year 1	Kapow - Online Safety Kapow- set the rules Zones of Regulation World Mental Health Day What are friendships? Friendship problems Rail Safety Health – Handwashing and personal hygiene Citizenship – Rules/Caring for others - Animals	Kapow - Online Safety Anti – Bullying week Road Safety Week Money – What is money? Ten 10 Module 2, Unit 1 Religious understanding God loves you	Kapow - Online Safety Safer Internet Day Children's Mental Health Week Money – Keeping money safe Ten 10 Module 2, Unit 2 Personal relationships Special people/Treat others well.../...and say sorry	Kapow - Online Safety Money – What is a bank? Ten 10 Module 2 Unit 3 Life online Real life online/Rules to help us Ten 10 Module 2 Unit 4 Keeping safe Good and bad secrets/Physical contact/Harmful substances/Can you help me 1 & 2?	Kapow - Online Safety Safety – First Aid: Making an emergency call Money –Saving and spending Ten 10 Module 3, Unit 1 Religious Understanding Three in one	Kapow - Online Safety Careers – Jobs in school/Jobs out of school Citizenship –Democratic decisions Ten 10 Module 3 Unit 2 Living in the wider world The communities we live in
Year 2	Kapow - Online Safety Kapow- set the rules Zones of Regulation World Mental Health Day Other people's feelings/ Unhappy friendships Rail Safety Fire safety Citizenship – Rules/ Rights of the child	Kapow - Online Safety Anti – Bullying week Road Safety Week Money – Where does money come from? Ten 10 Module 1, Unit 1 Religious understanding Let the children come	Kapow - Online Safety Safer Internet Day Children's Mental Health Week Money – Exploring wants Ten 10 Module 1, Unit 2 Me, my body my health I am unique/Girls and boys/Clean and healthy (my body)	Kapow - Online Safety Money – Exploring needs Ten 10 Module 1, Unit 3 Emotional Wellbeing Feelings and dislikes/Feeling inside out/Super Susie gets angry	Kapow - Online Safety Safety – First Aid: Bleeding and head injuries Money –Bank cards and accounts Ten 10 Module 1 Unit 4 Life Cycles The Cycle of Life/Beginnings and endings	Kapow - Online Safety Careers – My skills and talents/Job roles in our local community Citizenship – Rules beyond School/ Giving my opinion Ten 10 Module 3, Unit 1 Religious Understanding Who is my neighbour? Ten 10 Module 3 Unit 2 Living in the wider world

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						The communities we live in
Year 3	Kapow - Online Safety Kapow- set the rules Zones of Regulation World Mental Health Day Friendship conflict Rail Safety Feet First Citizenship – Rules/ Rights of the child	Kapow - Online Safety Anti – Bullying week Road Safety Week Money – How do people pay for things? Ten 10 Module 1, Unit 1 Religious Understanding Jesus my friend The Sacraments	Kapow - Online Safety Safer Internet Day Children's Mental Health Week Money – What does budgeting mean? Ten 10 Module 2, Unit 2 Personal Relationships Friends, Family and others/When things go bad	Kapow - Online Safety Money – How do people feel about money? Ten 10 Module 2, Unit 3 Sharing online/Chatting online Ten 10 Module 3, Unit 1 Life Online God is love as shown by the Trinity/Self-giving relationships	Kapow - Online Safety First Aid: Emergencies and calling for help/Bites and stings Money –What happens when people spend money? Ten 10 Module 3, Unit 1 Keeping Safe Safe in my body/Drugs, alcohol, tobacco/First Aid Heroes	Kapow - Online Safety Careers – What careers do people have? /Can anyone be anything? Citizenship – Local democracy Ten 10 Module 3, Unit 1 & 2 Religious Understanding A community of love Living in the wider world How do I love others?
Year 4	Kapow - Online Safety Kapow- Setting the rules Zones of Regulation Respect and manners Healthy friendships Celebrating Mistakes World Mental Health Day Rail Safety Citizenship – Community	Kapow - Online Safety Anti – Bullying week Road Safety Week Money – What is value for money? Ten 10 Module 1, Unit 1 Religious Understanding Get up! The Sacraments	Kapow - Online Safety Safer Internet Day Children's Mental Health Week Money – Why keep track of money? Ten 10 Module 1, Unit 2 Me, My body, My health We don't have to be the same/Respecting our bodies/What is puberty? /Changing bodies/ Group discussion	Kapow - Online Safety Bikeability Money – What ways are there to look after money? Ten 10 Module 1, Unit 3 Emotional Well-being What am I feeling? /What am I looking at? I am thankful	Kapow - Online Safety First Aid – Asthma Careers – What influences career choices? Ten 10 Module 1, Unit 4 Life Cycles Life cycles/A time for everything Ten 10 Module 3, Unit 1 Religious Understanding A community of love/ What is the Church?	Kapow - Online Safety Careers – Why make a career change? Citizenship –Contributing/ Local Councillors Ten 10 Module 3, Unit 2 Living in the wider world How do I love others?
Year 5	Kapow - Online Safety Kapow- - Setting the rules Zones of Regulation World Mental Health Day Rail Safety	Kapow - Online Safety Anti – Bullying week Road Safety Week Money – Why prioritise needs and wants?	Kapow - Online Safety Safer Internet Day Children's Mental Health Week Money – What ss a weekly budget? Ten 10 Module 2, Unit 2	Kapow - Online Safety Money – What is borrowing and loaning? Ten 10 Module 2, Unit 3 Sharing isn't always caring/Increasing independence	Kapow - Online Safety Safety – First Aid: Bleeding and head injuries Money –What are the risks of handling money online? Ten 10 Module 3, Unit 1	Kapow - Online Safety Careers – Why challenge workplace stereotypes/What makes a suitable career? Citizenship – Contributing to the community/Parliament

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	Friendship skills Embracing failure/Going for goals Citizenship – Rights and responsibilities	Ten 10 Module 2 -Unit 1 Religious Understanding God is calling you	Personal Relationships Under pressure/Consent and body autonomy/consequences of thoughts and feelings/Build others up	brings greater responsibility/Cyberbullying Ten 10 Module 2, Unit 4 Life online Types of abuse/Impacted lifestyles/Making good choices/Giving assistance	Keeping safe The Holy Trinity/Catholic Social Teaching	Wellbeing Ambassadors/Junior Supremo training Ten 10 Module 3, Unit 2 Reaching out
Year 6	Kapow - Online Safety Kapow Setting the rules Zones of Regulation Kapow Citizenship – Valuing diversity/ Parliament/National Democracy Rail Safety World Mental Health Day	Kapow - Online Safety Anti – Bullying week Road Safety Week Bikeability Money – How do people navigate feelings about money? UKS2 Ten 10 Module 1, Unit 1 Religious Understanding Calming the storm	Kapow - Online Safety Safer Internet Day Children's Mental Health Week Money – How do people keep money safe? Ten 10 Module 1, Unit 2 Me, My body, My health Girls' bodies/Boys' bodies/Spots and sleep	Kapow - Online Safety Junior Citizen Money – What money responsibilities are there in secondary school? Ten 10 Module 1, Unit 3 Emotional Well-being Body Image/Peculiar Feelings/Emotional Changes Seeing Stuff online	Kapow – Online safety Money – what are the risks of gambling? Ten 10 Module 1, Unit 4 Life Cycles Making Babies Part 1 and Part 2 Menstruation/Hope beyond death Ten 10 Module 3, Unit 1 Religious Understanding The Holy Trinity/Catholic Social Teaching Ten 10 Module 3, Unit 2 Living in the wider world Reaching out	Kapow – Online safety Careers – What career routes are there? Eikon – secondary transition