

St Clement's PSHE/RSE Overview

2025/2026



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

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

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