



# PSHE and RSE

Year group overview using Ten  
Ten Life to the Full Plus



### PSHE/RSE Overview EYFS

Autumn 1	
Week 1	--
Week 2	--
Week 3	Ready, Respectful, Safe – Own Resources
Week 4	Zones of Regulation – Own Resources
Week 5	Attendance curriculum – School resource (New for Sept 2026)
Week 6	Internet Safety – Purple Mash
Week 7	Internet Safety – Purple Mash

Autumn 2	
Week 1	Anti Bullying Week – Own resources
Week 2	EYFS Module 1 Unit 1 Story sessions: Handmade with love (5X10 minutes)
Week 3	Road Safety Week – Own resources
Week 4	EYFS Module 1 Unit 2- Session 1- I am me
Week 5	EYFS Module 1 Unit 2- Session 2- Heads, shoulders, knees and toes
Week 6	EYFS Module 1 Unit 2- Session 3- Ready Teddy?

Spring 1	
Week 1	EYFS, Module 1 Unit 3- Session 1: I like, You like, We all like!
Week 2	EYFS, Module 1 Unit 3- Session 2: All the feelings!
Week 3	EYFS, Module 1 Unit 3- Session 3: Let's Get Real
Week 4	Attendance Curriculum – School Resource EYFS, Module 1 Unit 4- Session 1: Growing Up
Week 5	EYFS, Module 1 Unit 4- Session 2: New people, New Places + Classroom Shorts
Week 6	Children's Mental Health Week – Own resources

Spring 2	
Week 1	EYFS Module 2, Unit 1 Session 1: Role Model
Week 2	EYFS Module 2 Unit 2 Session 1: Who's Who?
Week 3	EYFS Module 2 Unit 2 Session 2: You've got a friend in me
Week 4	EYFS Module 2 Unit 2 Session 3: Forever Friends
Week 5	EYFS Module 2 Unit 3 Session 1: What is the internet?
Week 6	EYFS Module 2 Unit 3 Session 2: Playing online

Summer 1	
Week 1	Attendance Curriculum – School Resource
Week 2	EYFS Module 2 Unit 4 Session 1: Safe inside and out
Week 3	EYFS Module 2 Unit 4 Session 2: My body, my rules
Week 4	EYFS Module 2 Unit 4 Session 3: Feeling poorly
Week 5	EYFS Module 2 Unit 4 Session 4: People who help us
Week 6	EYFS Module 3 Unit 1 Session 1: God is love

Summer 2	
Week 1	EYFS Module 3 Unit 1 Session 2: Loving God, Loving others
Week 2	EYFS Module 3 Unit 2 Session 1: Me, you, us
Week 3	EYFS Module 3 Unit 2 Session 2: When I Grow Up...
Week 4	EYFS Module 3 Unit 2 Session 2: When I Grow Up Classroom Shorts
Week 5	EYFS Module 3 Unit 2 Session 3: Monday doesn't grow on trees
Week 6	EYFS Module 3 Unit 2 S 3: Monday doesn't grow on trees Classroom Shorts

Week 7	Transition – Own Resources
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PSHE/RSE Overview Year 1 and 2

Autumn 1	
Week 1	Ready, Respectful, Safe – Own Resources
Week 2	Zones of Regulation – Own Resources
Week 3	Attendance curriculum – School resource (New for Sept 2026)
Week 4	Internet Safety – Purple Mash
Week 5	Internet Safety – Purple Mash
Week 6	KS1 Module 1 Unit 1 Story sessions: Let the Children Come (5 X 10 minutes)
Week 7	KS1 Module 1 Unit 2: Session 1- I am unique

Autumn 2	
Week 1	Anti Bullying Week – Own Resources
Week 2	KS1 Module 1 Unit 2: Session 2- Girls and boys
Week 3	Road Safety Week – Own Resources
Week 4	KS1 Module 1 Unit 2: Session 3- Clean and Healthy (My body) Part 1
Week 5	KS1 Module 1 Unit 2: Session 3- Clean and Healthy (My body) Part 2
Week 6	KS1 Module 1 Unit 3 Session 1: Feelings, likes and dislikes

Spring 1	
Week 1	KS1 Module 1 Unit 3 Session 2: Feelings inside out
Week 2	KS1 Module 1 Unit 3 Session 3: Super Susie gets angry
Week 3	KS1 Module 1 Unit 4 Session 1: The cycle of life
Week 4	Attendance Curriculum – School Resource KS1 Module 1 Unit 4 Session 2: Beginnings and Endings
Week 5	KS1 Module 1 Unit 4 Session 3: Change is all around + Classroom shorts
Week 6	Children’s Mental Health Week – Own Resources

Spring 2	
Week 1	KS1 Module 2 Unit 1 Session 1: God loves you
Week 2	KS1 Module 2 Unit 2 Session 1: Special people
Week 3	KS1 Module 2 Unit 2 Session 2: Treat others well..
Week 4	KS1 Module 2 Unit 2 Session 3: ... and say sorry
Week 5	KS1 Module 2 Unit 3 Session 1: Real life online
Week 6	KS1 Module 2 Unit 3 Session 2: Rules to help us

Summer 1	
Week 1	Attendance Curriculum – School Resource
Week 2	KS1 Module 2 Unit 4 Session 1: Good and bad secrets
Week 3	KS1 Module 2 Unit 4 Session 2: Physical contact
Week 4	KS1 Module 2 Unit 4 Session 2: Physical contact
Week 5	KS1 Module 2 Unit 4 Session 3: Harmful substances
Week 6	KS1 Module 2 Unit 4 Session 4: Can you help me? (part 1)

Summer 2	
Week 1	KS1 Module 2 Unit 4 Session 5: Can you help me? (part 2)
Week 2	KS1 Module 3 Unit 1 Session 1: Three in one
Week 3	KS1 Module 3 Unit 1 Session 2: Who is my neighbour?

Week 4	KS1 Module 3 Unit 2 Session 1: The communities we live in
Week 5	KS1 Module 3 Unit 2 Session 2: Who will I be? + Classroom Shorts
Week 6	KS1 Module 3 Unit 2 Session 3: Needs and Wants + Classroom Shorts
Week 7	Transition – Own Resources

#### PSHE/RSE Overview Year 3 and 4

Autumn 1	
Week 1	Ready, Respectful, Safe – Own Resources
Week 2	Zones of Regulation – Own Resources
Week 3	Attendance curriculum – School resource (New for Sept 2026)
Week 4	Internet Safety – Purple Mash
Week 5	Internet Safety – Purple Mash
Week 6	LKS2 Module 1 Unit 1 Story Sessions: Get Up! (5 X 15 minutes)
Week 7	LKS2 Module 1 Unit 1 Session 2 The Sacraments

Autumn 2	
Week 1	Anti Bullying Week – Own Resources
Week 2	LKS2 Module 1 Unit 1 Session 1: We Don't Have to be the Same
Week 3	Road Safety Week – Own Resources
Week 4	LKS2 Module 1 Unit 1 Session 2: Respecting our bodies
Week 5	Y4 only LKS2 Module 1 Unit 1 Session 3: What is Puberty?
Week 6	Y4 only LKS2 Module 1 Unit 1 Session 4: Changing Bodies
Week 7	LKS2 Module 1 Unit 3 Session 1: What am I feeling?

Spring 1	
Week 1	LKS2 Module 1 Unit 3 Session 2: What am I looking at?
Week 2	LKS2 Module 1 Unit 3 Session 3: I am thankful
Week 3	LKS2 Module 1 Unit 4 Session 2: A time for everything
Week 4	Attendance Curriculum – School Resource LKS2 Module 1 Unit 4 Session 3: Big changes, little changes
Week 5	LKS2 Module 1 Unit 4 Session 3: Big changes, little changes Classroom Shorts
Week 6	Children's Mental Health Week – Own Resources

Spring 2	
Week 1	LKS2 Module 2 Unit 1 Story sessions: Jesus, my friend (4 X 15 minutes)
Week 2	LKS2 Module 2 Unit 2 Session 1: Family, friends and others...
Week 3	LKS2 Module 2 Unit 2 Session 2: When things feel bad
Week 4	LKS2 Module 2 Unit 3 Session 1: Sharing online
Week 5	LKS2 Module 2 Unit 3 Session 2: Chatting online
Week 6	LKS2 Module 2 Unit 3 Session 2: Chatting online Classroom Shorts

Summer 1	
Week 1	Attendance Curriculum – School Resource
Week 2	LKS2 Module 2 Unit 4 Session 1: Safe in my body
Week 3	LKS2 Module 2 Unit 4 Session 1: Safe in my body Classroom Shorts
Week 4	LKS2 Module 2 Unit 4 Session 2: Drugs, alcohol and tobacco
Week 5	LKS2 Module 2 Unit 4 Session 3: First Aid Heroes
Week 6	LKS2 Module 2 Unit 4 Session 4: Rights and Responsibilities

Summer 2	
Week 1	LKS2 Module 2 Unit 4 Session 4: Rights and Responsibilities Classroom Shorts
Week 2	LKS2 Module 3 Unit 1 Session 1: A community of love
Week 3	LKS2 Module 3 Unit 1 Session 2: What is the Church?
Week 4	LKS2 Module 3 Unit 2 Session 1: How do I love others?
Week 5	LKS2 Module 3 Unit 2 Session 2: Working together + Classroom Shorts
Week 6	LKS2 Module 3 Unit 2 Session 3: Money matters + Classroom Shorts
Week 7	Transition – Own Resources

PSHE/RSE Overview Year 5 and 6

Autumn 1	
Week 1	Ready, Respectful, Safe – Own Resources
Week 2	Zones of Regulation – Own Resources
Week 3	Attendance curriculum – School resource (New for Sept 2026)
Week 4	Internet Safety – Purple Mash
Week 5	Internet Safety – Purple Mash
Week 6	Story Sessions: Calming the Storm (5 X 15 minutes)
Week 7	UKS2 Module 1 Unit 2: Session 1: Gifts and Talents

Autumn 2	
Week 1	Anti Bullying Week – Own Resources
Week 2	UKS2 Module 1 Unit 2: Session 4: Spots and Sleep
Week 3	Road Safety Week – Own Resources
Week 4	UKS2 Module 1 Unit 2: Session 2: Girls' bodies
Week 5	UKS2 Module 1 Unit 2: Session 3: Boys' Bodies
Week 6	UKS2 Module 1 Unit 3: Session 1: Body image

Spring 1	
Week 1	UKS2 Module 1 Unit 3: Session 2: Peculiar feelings
Week 2	UKS2 Module 1 Unit 3: Session 3: Emotional change
Week 3	UKS2 Module 1 Unit 4: Session 1: Making babies (Part 1)
Week 4	Attendance Curriculum – School Resource UKS2 Module 1 Unit 4: Session 2: Making babies (Part 2)
Week 5	UKS2 Module 1 Unit 4: Session 3: Menstruation
Week 6	Children's Mental Health Week – Own Resources

Spring 2	
Week 1	UKS2 Module 1 Unit 4: S4: Hope beyond death
Week 2	UKS2 Module 1 Unit 4: S5: Coping with change + Classroom Shorts
Week 3	UKS2 Module 2 Unit 1: Session 1: God is calling you
Week 4	UKS2 Module 2 Unit 2: Session 1: Under pressure
Week 5	UKS2 Module 2 Unit 2: Session 2: Do you want a piece of cake?
Week 6	UKS2 Module 2 Unit 2: Session 3: Self- Talk
Week 7	UKS2 Module 2 Unit 2: Session 4: Build Others Up + Classroom Shorts

Summer 1	
Week 1	Attendance Curriculum – School Resource
Week 2	UKS2 Module 2 Unit 3: Session 1: Sharing isn't always caring

Week 3	UKS2 Module 2 Unit 3: Session 2: Cyberbullying + Classroom Shorts
Week 4	UKS2 Module 2 Unit 4: S1 Types of abuse + Classroom Shorts
Week 5	UKS2 Module 2 Unit 4: Session 2: Impacted lifestyles + Classroom Shorts
Week 6	UKS2 Module 2 Unit 4: Session 3: Making good choices

Summer 2	
Week 1	UKS2 Module 2 Unit 4: Session 4: Giving assistance
Week 2	UKS2 Module 3 Unit 1: Session 1: The Holy Trinity
Week 3	UKS2 Module 3 Unit 1: Session 2: Catholic Social Teaching
Week 4	UKS2 Module 3 Unit 2: Session 1: Reaching out
Week 5	UKS2 Module 3 Unit 2: Session 2: The world of work + Classroom Shorts
Week 6	UKS2 Module 3 Unit 2: Session 3: Money and Me + Classroom Shorts
Week 7	Transition – Own Resources