The Marist

PSHE and RSE Overview

Ten Ten

PSHE and RSE

For the majority of our PSHE and RSE curriculum we are following and using the resources and lesson plans from Ten Ten Life to the Full Plus.

A spiral curriculum means that key themes are revisited and reinforced over two year groups, but each time they're explored in a slightly deeper or more age-appropriate way.

Key: BLACK – Ten Ten Lesson Resources

BLUE – New Ten Ten Life to the Full Plus

RED – Own resources for themed weeks or transition work

Orange - Attendance Whole School Curriculum (cycle of three lessons per year for each phase)

Green – Life Style First

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 Whole School Curriculum
Week 6	EYFS Module 1 Unit 1 Story sessions: Handmade with love (5X10 minutes)
Week 7	

Autumn 2	
Week 1	Anti Bullying Week – Own resources
Week 2	EYFS Module 1 Unit 2- Session 1- I am me
Week 3	Road Safety Week – Own resources
Week 4	EYFS Module 1 Unit 2- Session 2- Heads, shoulders, knees and toes
Week 5	EYFS Module 1 Unit 2- Session 3- Ready Teddy? And classroom shorts
Week 6	

Spring 1	
Week 1	Attendance Whole School Curriculum
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	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 Whole School Curriculum
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	Life Style First – Sleep Lesson Focus 1 – How much sleep do you need?
Week 2	Life Style First – Physical Activity Lesson Focus 1 – Why do we need to move?
Week 3	EYFS Module 3 Unit 1 Session 2: Loving God, Loving others
Week 4	EYFS Module 3 Unit 2 Session 1: Me, you, us
Week 5	EYFS Module 3 Unit 2 Session 2: When I Grow Up… + Classroom Shorts
Week 6	EYFS Module 3 Unit 2 Session 3: Monday doesn't grow on trees + Classroom Shorts
Week 7	Transition – Own Resources

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 Whole School Curriculum
Week 4	KS1 Module 1 Unit 1 Story sessions: Let the Children Come (5 X 10 minutes)
Week 5	KS1 Module 1 Unit 2: Session 1- I am unique
Week 6	**KS1 Module 1 Unit 2: Session 2- Girls and boys * KEY DECISIONS* You can teach version 1**
Week 7	

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

Spring 1	
Week 1	Attendance Whole School Curriculum
Week 2	KS1 Module 1 Unit 3Session 3: Super Susie gets angry
Week 3	KS1 Module 1 Unit 4 Session 1: The cycle of life
Week 4	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 1Session 1: God loves you
Week 2	KS1 Module 2 Unit 2 Session 1: Special people + classroom shorts
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 Whole School Curriculum
Week 2	KS1 Module 2 Unit 4 Session 1: Good and bad secrets
Week 3	**KS1 Module 2 Unit 4 Session 2: Physical contact *KEY DECISIONS- Do not teach the optional section which mentions FGM. But do teach the NSPCC PANTS rule Part 1**
Week 4	KS1 Module 2 Unit 4 Session 3: Harmful substances
Week 5	KS1 Module 2 Unit 4 Session 4: Can you help me? (part 1 and 2)
Week 6	Life Style First – Sleep Lesson Focus 2 – What happens if you don't get enough sleep?

Summer 2	
Week 1	Life Style First–Physical Activity Lesson Focus 2–What happens when we sit too long?
Week 2	Life Style First–Minimising Harm Lesson Focus 2-What does screen time do to our brains?
Week 3	KS1 Module 3 Unit 1 Session 1: Three in one
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 Whole School Curriculum
Week 4	LKS2 Module 1 Unit 1 Story Sessions: Get Up! (5 X 15 minutes)
Week 5	LKS2 Module 1 Unit 1 Session 2 The Sacraments
Week 6	LKS2 Module 1 Unit 1 Session 1: We Don't Have to be the Same
Week 7	

Autumn 2	
Week 1	Anti Bullying Week – Own Resources
Week 2	LKS2 Module 1 Unit 1 Session 2: Respecting our bodies + classroom shorts
Week 3	Road Safety Week – Own Resources
Week 4	**Y4 only LKS2 Module 1 Unit 1 Session 3: What is Puberty? * KEY DECISIONS You can teach this but ensure you have looked carefully ahead of time YEAR 4 ONLY (Year 3 using Lifestyle First resources)**
Week 5	**Y4 only LKS2 Module 1 Unit 1 Session 4: Changing Bodies * KEY DECISIONS You can teach this but ensure you have looked carefully ahead of time YEAR 4 ONLY (Year 3 using Lifestyle First resources)**
Week 6	LKS2 Module 1 Unit 3 Session 1: What am I feeling? + classroom shorts
Week 7	LKS2 Module 1 Unit 3 Session 2: What am I looking at?

Spring 1	
Week 1	Attendance Whole School Curriculum
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	LKS2 Module 1 Unit 4 Session 3: Big changes, little changes + Classroom Shorts
Week 5	LKS2 Module 2 Unit 1 Story sessions: Jesus, my friend (4 X 15 minutes)
Week 6	Children's Mental Health Week – Own Resources

Spring 2	
Week 1	LKS2 Module 2 Unit 2 Session 1: Family, friends and others…
Week 2	LKS2 Module 2 Unit 2 Session 2: When things feel bad
Week 3	LKS2 Module 2 Unit 2 Session 3: Balancing Needs NEW for October 2026
Week 4	LKS2 Module 2 Unit 3 Session 1: Sharing online
Week 5	LKS2 Module 2 Unit 3 Session 2: Chatting online + Classroom Shorts
Week 6	LKS2 Module 2 Unit 4 Session 1: Safe in my body + Classroom Shorts

Summer 1	
Week 1	Attendance Whole School Curriculum
Week 2	LKS2 Module 2 Unit 4 Session 2: Recognising Risks + classroom shorts – NEW for Oct 2026
Week 3	LKS2 Module 2 Unit 4 Session 3: Drugs, alcohol and tobacco
Week 4	LKS2 Module 2 Unit 4 Session 5: First Aid Heroes
Week 5	LKS2 Module 2 Unit 4 Session 5: Rights and Responsibilities + classroom shorts
Week 6	Year 3 Life Style First – Sleep Lesson Focus 1 – How much sleep do you need? Year 4 Life Style First – Sleep Lesson Focus 2 – What happens when we don't get enough sleep?

Summer 2	
Week 1	Year 3&4 Life Style First – Minimising Harm Lesson Focus 1– What is screen time?
Week 2	Year 3&4 Life Style First – Minimising Harm Lesson Focus 2 – What does screen time do to our brains?

Week 3	LKS2 Module 3 Unit 1Session 1: A community of love
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 Whole School Curriculum
Week 4	Story Sessions: Calming the Storm (5 X 15 minutes)
Week 5	UKS2 Module 1 Unit 2: Session 1: Gifts and Talents
Week 6	UKS2 Module 1 Unit 2: Session 2: Girls' bodies (Taught in Science)
Week 7	UKS2 Module 1 Unit 2: Session 3: Boys' Bodies (Taught in Science)

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 3: Session 1: Body image
Week 5	UKS2 Module 1 Unit 3: Session 2: Peculiar feelings
Week 6	UKS2 Module 1 Unit 3: Session 3: Emotional change Do not *teach S4: Seeing stuff online*

Spring 1	
Week 1	Attendance Whole School Curriculum
Week 2	UKS2 Module 1 Unit 4: Session 1: Making babies (Part 1)
Week 3	**UKS2 Module 1 Unit 4: Session 2: Making babies (Part 2) * KEY DECISIONS* Year 6 only**
Week 4	UKS2 Module 1 Unit 4: Session 3: Menstruation
Week 5	UKS2 Module 1 Unit 4: S4: Hope beyond death-Teach appropriate- class depending
Week 6	Children's Mental Health Week – Own Resources

Spring 2	
Week 1	UKS2 Module 1 Unit 4: S5: Coping with change + Classroom Shorts
Week 2	UKS2 Module 2 Unit 1: Session 1: God is calling you
Week 3	UKS2 Module 2 Unit 2: Session 1: Under pressure
Week 4	UKS2 Module 2 Unit 2: Session 2: Do you want a piece of cake?
Week 5	UKS2 Module 2 Unit 2: Session 3: Self- Talk
Week 6	UKS2 Module 2 Unit 2: Session 4: Confidence vs control – NEW for October 2026
Week 7	UKS2 Module 2 Unit 2: Session 5: Build Others Up + Classroom Shorts

Summer 1	
Week 1	Attendance Whole School Curriculum
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 V1 *KEY DECISIONS- Do not teach about FGM +** Classroom Shorts
Week 5	Year 5 Life Style First – Sleep Lesson Focus 3 – Bedtime routines Year 6 Life Style First – Sleep Lesson Focus 5 – Our Sleep Cycles
Week 6	Year 5 Life Style First –Physical Activity Lesson focus 3 – Little and often Year 6 Life Style First –Physical Activity Lesson focus 4 – Moving through play

Summer 2	
Week 1	Year 5&6 Life Style First–Minimising Harm Lesson Focus 3–Screen time v Play Time–Get the balance
Week 2	Year 5&6 Life Style First–Minimising Harm Lesson Focus 5 – Smart Brain Habits

Week 3	UKS2 Module 2 Unit 4: Session 3: Making good choices (Taught with additional slides to include vapes, smoking)
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