

RSHE/Wellbeing/Catholic Life at Much Woolton Catholic Primary School 2026-2027

Autumn Term

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Journey in Love	The joy of being a special person in my family. (S&E)	I am loved in my family (S&E)	The joy and friendship of belonging to a diverse community (S&E)	Recognise how friendships keep us happy and safe (S&E)	We all should be accepted and respected (S&E)	Understand emotional relationship changes as we grow and develop (S&E)	Different types of caring, stable relationships are at the heart of happy families (S&E)
Diversity (No Outsiders)	Lesson 1: To say what I think Lesson 2: To understand it's OK to like different things.	Lesson 1: To like the way I am Lesson 2: To play with boys and girls	Lesson 1: To understand what diversity is. Lesson 2: To understand how we share the world.	Lesson 1: To understand how difference can affect someone Lesson 2: To understand what discrimination means.	Lesson 1: I know when to be assertive Lesson 2: To understand why some people choose to get married.	Lesson 1: To learn from our past Lesson 2: To justify my actions.	Lesson 1: To promote diversity. Lesson 2: To stand up to discrimination.
PSHE - Kapow	1 st Half Term: Self-Regulation: My Feelings 2 nd Half Term: Building relationships: Special Relationships	1 st Half Term: My healthy self: How can we look after our emotions? 2 nd Half Term: Connecting with others: How can I help myself and others feel happy and safe?	1 st Half Term: My healthy self: How can we look after our bodies? 2 nd Half Term: Connecting with others: How can I build safe, kind and caring relationships with others?	1 st Half Term: My healthy self: How can I take care of my mind and body? 2 nd Half Term: Connecting with others: What helps us feel safe and included?	1 st Half Term: My healthy self: How can I make healthy choices? 2 nd Half Term: Connecting with others: How can we respect each other?	1 st Half Term: My healthy self: How can I support my mind and body as I grow? 2 nd Half Term: Connecting with others: Why are healthy relationships important?	1 st Half Term: My healthy self: How do my choices today shape my future health? 2 nd Half Term: Connecting with others: What does it mean to stand up for myself and others?

Extra	NSPCC - Pants Anti-Bullying Week Road Safety Week Black History Month	NSPCC - Pants Anti-Bullying Week Road Safety Week Black History Month	NSPCC - Pants Anti-Bullying Week Road Safety Week Black History Month	NSPCC - Pants Anti-Bullying Week Road Safety Week Black History Month	Anti-Bullying Week Road Safety Week Black History Month	Anti-Bullying Week Road Safety Week Black History Month	Anti-Bullying Week Road Safety Week Black History Month
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Hello Yellow Mental Health 9th October, Black History Month 1st -31st October, Anti-Bullying Week - 16th- 20th November, Road Safety Week 15th - 21st November.

Spring Term							
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Journey in Love	We are all different and unique. (Ph)	How we are cared for and kept safe in our families (Ph)	Know ways of being safe in communities (Ph)	Know friendships can break down, repaired and strengthened (Ph)	Know how to treat others in a diverse, modern society (Ph)	Know and understand physical changes in puberty (Ph)	How human life is conceived (Ph)
Diversity (No Outsiders)	Lesson 3: To make friends with someone different Lesson 4: To understand that families are different.	Lesson 3: To recognise that people are different ages. Lesson 4: To understand our bodies work in different ways.	Lesson 3: To understand what makes someone feel proud. Lesson 4: To feel proud of being different	Lesson 3: To find a solution to a problem Lesson 4: Use strategies to help someone who feels different	Lesson 3: To overcome language as a barrier. Lesson 4: To ask questions	Lesson 3: To recognise someone who needs help. Lesson 4: To appreciate artistic freedom.	Lesson 3: To challenge the cause of racism. Lesson 4: To consider how my life changes as I grow up
PSHE - Kapow	1 st Half Term: Managing self: Taking on challenges 2 nd Half Term: Self-Regulation Listening and Following Instructions.	1 st Half Term: The online world: How do we spend time online? 2 nd Half Term:	1 st Half Term: Safety 2 nd Half Term: Citizenship: How can I help others and the environment?	1 st Half Term: The online world: How can we stay safe online? 2 nd Half Term: Citizenship: How do people belong to a community and earn money?	1 st Half Term: The online world: How can we decide what to trust online? 2 nd Half Term: Citizenship: How can I spend money	1 st Half Term: The online world: How am I influenced by what I see online? 2 nd Half Term: Citizenship: How can we make a difference in our	1 st Half Term: The online world: How do I feel about the things I see online? 2 nd Half Term: Citizenship: How can we protect everyone's

					<i>responsibly?</i>	<i>communities and beyond?</i>	<i>rights?</i>
Extra	Children's Mental Health Week Safer Internet Day	Children's Mental Health Week Safer Internet Day	Children's Mental Health Week Safer Internet Day	Children's Mental Health Week Safer Internet Day	Children's Mental Health Week Safer Internet Day	Children's Mental Health Week Safer Internet Day	Children's Mental Health Week Safer Internet Day

Children's Mental Health Week 10th - 16th Feb, Safer Internet Day 9th Feb

Summer Term							
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Journey in Love	The joy of being a special person in God's family (Sp)	God loves and cares for us (Sp)	Celebrate ways of meeting God in our communities (Sp)	Know the joy and happiness of living in friendship with God and others (Sp)	Celebrate the uniqueness and innate beauty of each of us (Sp)	The joy of growing physically and spiritually (Sp)	Being made in the image of God informs decisions and actions when building relationships with others (Sp)
Diversity (No Outsiders)	Lesson 5: To celebrate my family	Lesson 5: To understand that we share the world with lots of people.	Lesson 5: To be able to work with everyone in my class	Lesson 5: To be welcoming	Lesson 5: To be who you want to be	Lesson 5: To accept people who are difference from me.	Lesson 5: To recognise my freedom
PSHE	1 st Half Term: Building Relationships My family and friends 2 nd Half Term: Managing self My Wellbeing	1 st Half Term: Health protection: How can I protect myself and others in daily life? 2 nd Half Term: Staying safe: How can I stay safe?	1 st Half Term: Growing up: How can we look after and respect our bodies as we grow? 2 nd Half Term: Staying safe: How can I make safe choices in different places?	1 st Half Term: Health protection: How can we prevent illness and injury and respond if they happen? 2 nd Half Term: Citizenship: What careers do people choose and why?	1 st Half Term: First Aid- Red Cross 2 nd Half Term: Staying safe: What signs help me recognise what is safe or unsafe?	1 st Half Term: First Aid - Red Cross 2 nd Half Term: Citizenship: How can we be in control of our money?	1 st Half Term: Staying safe: How can I stay safe as I grow up? 2 nd Half Term: First Aid - Red Cross
Extra	Walk to School Week Healthy Eating Week	Walk to School Week Healthy Eating Week	Walk to School Week Healthy Eating Week	Walk to School Week Healthy Eating Week	Walk to School Week Healthy Eating Week	Walk to School Week Healthy Eating Week	Walk to School Week Healthy Eating Week

Walk to School Week 17th - 21st May

Healthy Eating Week 10th - 14th June