



St Vincent de Paul Catholic Primary School

PHSE/RSE CURRICULUM

Ten Ten Life to the full Plus Programme

LOWER KEY STAGE 2 OVERVIEW

Module 1: Created and loved by God
Unit 2: Me, my body, my health
Session 1: We don't have to be the same
Session 2: Respecting our bodies
Session 3: What is Puberty?
Session 4: Changing bodies
Unit 3: Emotional well-being
Session 1: What am I feeling?
Session 2: What Am I looking At?
Session 3: I Am Thankful
Module 2: Created to Love Others
Unit 2: Personal Relationships
Session 2: When things feel bad
Unit 3: Keeping Safe
Session 1: Sharing online
Session 2: Chatting online
Session 5: First Aid Heroes
Module 3: Created to live in Community
Unit 2: Living in the Wider World
Session 1: How do I love others?