



St Vincent de Paul Catholic Primary School

PHSE/RSE CURRICULUM

Ten Ten Life to the full Plus Programme

UPPER KEY STAGE 2 OVERVIEW

Module 1: Created and loved by God
Unit 2: Me, my body, my health
Session 1: Gifts and Talents
Session 2: Girls' Bodies
Session 3: Boys' Bodies
Session 4: Spots and Sleep
Unit 3: Emotional well-being
Session 1: Body Image
Session 2: Peculiar Feelings
Session 3: Emotional Changes
Unit 4: Life Cycles
Session 1: Making babies (Part 1)
Session 3: Menstruation
Module 2: Created to Love Others
Unit 3: Keeping Safe
Session 1: Sharing isn't always caring
Session 2: Cyberbullying