



St Vincent De Paul Catholic Primary School

# PSHE / RSE CURRICULUM

Ten Ten Life to the Full Plus

July 2024

Ten Ten to the Full Plus Lessons and resources to be used. **Purple: Teachers to source and use own resources.**

**\*RSE components are highlighted – inform parents before teaching.**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p><b>Rules and Routines</b> <b>Protective behaviours</b></p>	<p><b>Belonging (School community)</b> <b>Friendships</b></p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN</b></p> <p><b>EYFS, Module 1 Unit 2:</b></p> <p><b>Session 1:</b> I Am Me</p> <p><b>Session 2:</b> Heads, Shoulders, Knees and Toes</p> <p><b>Session 3:</b> Ready Teddy (Personal Hygiene)</p>	<p><b>TEN TEN</b></p> <p><b>EYFS, Module 1 Unit 3:</b></p> <p><b>Session 1:</b> I like, You Like, We Like</p> <p><b>Session 2:</b> All the Feelings (Emotional Regulation)</p> <p><b>Session 3:</b> Let's Get Real</p> <p><b>Protective behaviours + Hand network</b></p> <p><b>Zones of Regulation</b></p>	<p><b>Our wider community</b></p> <p><b>EYFS, Module 3 Unit 2:</b></p> <p><b>Session 1:</b> Me, You, Us</p> <p><b>Teeth Hygiene:</b></p>	<p><b>Transition: Moving on</b></p> <p><b>Protective behaviours + Hand network</b></p>

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Year 1	<p><b>Rules and Routines Protective behaviours</b></p>	<p><b>Belonging (School community)</b></p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN Relationships and Friendships</b></p> <p><b>EYFS, Module 2 Unit 2:</b></p> <p><b>Session 1:</b> Special People</p> <p><b>Session 2:</b> Treat Others Well</p> <p><b>Session 3:</b> ... and Say Sorry</p> <p><b>Zones of Regulation</b></p>	<p><b>*RSE – TEN TEN</b></p> <p><b>EYFS, Module 2 Unit 4:</b></p> <p><b>*Session 1:</b> Good and Bad Secrets</p> <p><b>*Session 2:</b> Physical Contact</p> <p><b>Session 4: Can You Help Me? (Part 1)</b></p> <p><b>Session 5:</b> Can You Help Me? (Part 2)</p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN</b></p> <p><b>KS1, Module 3, Unit 2:</b></p> <p><b>Session 1:</b> The Communities We Live In</p> <p><b>Session 2:</b> Who Will I Be? + Classroom Shorts</p>	<p><b>Transition Moving on</b></p> <p><b>Protective behaviours + Hand network</b></p>

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	<p><b>Rules and Routines</b> <b>Protective behaviours</b></p>	<p><b>Belonging (School community)</b> <b>Friendships</b></p> <p><b>Protective behaviours+</b> <b>Hand network</b></p>	<p><b>TEN TEN</b></p> <p><b>KS1, Module 1, Unit 3:</b></p> <p><b>Session 1:</b> Feelings, Likes and Dislikes</p> <p><b>Session 2:</b> Feeling Inside Out</p> <p><b>Session 3:</b> Super Susie Gets Angry</p> <p><b>Zones of Regulation</b></p>	<p><b>RSE – TEN TEN</b> <b>*Inform parents before teaching. / Presentation.</b></p> <p><b>*KS1, Module 1, Unit 2:</b></p> <p><b>*Session 1:</b> I Am Unique</p> <p><b>*Session 2:</b> Girls and Boys (version 2- genitalia labels)</p> <p><b>Session 3 &amp; 4:</b> Clean and Healthy (My Body)</p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN</b> <b>KS1, Module 2, Unit 3:</b></p> <p><b>Session 1:</b> Real Life online</p> <p><b>Session 2:</b> Rules To Help Us</p> <p><b>KS1, Module 3, Unit 2:</b></p> <p><b>Session 1:</b> Communities We Live In</p> <p><b>Session 2:</b> Needs and Wants /Classroom Shorts</p>	<p><b>Transition</b> <b>Moving on</b></p> <p><b>Protective behaviours+</b> <b>Hand network</b></p>

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Year 3	<p><b>Rules and Routines</b> <b>Protective behaviours</b></p>	<p><b>Belonging (School community)</b> <b>Friendships</b></p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>*Families: Recognise and Respect All Types</b></p> <p><b>RSE – TEN TEN</b> <b>*Inform parents before teaching.</b></p> <p><b>LKS2, Module 2, Unit 2</b> <b>Session 2: When Things Feel Bad</b></p> <p><b>*LKS2, Module 2, Unit 3</b> <b>*Session 1: Sharing (Images) Online</b> <b>Session 2: Chatting Online and Classroom Shorts.</b></p> <p><b>Zones of Regulation</b></p>	<p><b>TEN TEN</b></p> <p><b>LKS2, Module 2, Unit 4</b></p> <p><b>Session 3: First Aid Heroes</b></p> <p><b>Session 4: Rights and Responsibilities + Classroom Shorts</b></p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN</b></p> <p><b>LKS2, Module 3, Unit 2</b></p> <p><b>Session 1: How Do I Love Others?</b></p> <p><b>Session 2: Working Together + Classroom Shorts</b></p>	<p><b>Transition Moving on</b></p> <p><b>Protective behaviours + Hand network</b></p>

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Year 4	<p><b>Rules and Routines</b> <b>Protective behaviours</b></p>	<p><b>Belonging (School community) Friendships</b></p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN</b></p> <p><b>LKS2, Module 1, Unit 3</b></p> <p><b>Session 1:</b> What Am I Feeling?</p> <p><b>Session 2:</b> What Am I Looking At?</p> <p><b>Session 3:</b> I Am Thankful</p> <p><b>Zones of Regulation</b></p>	<p><b>RSE – TEN TEN</b> <b>*Inform parents before teaching. / Presentation.</b></p> <p><b>*LKS2, Module 1, Unit 2</b></p> <p><b>*Session 1:</b> We Don't Have to be the Same.</p> <p><b>*Session 2:</b> Respecting Our Bodies</p> <p><b>*Session 3:</b> What is Puberty?</p> <p><b>*Session 4:</b> Changing Bodies</p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN</b></p> <p><b>LKS2, Module 3, Unit 2</b></p> <p><b>Session 3:</b> Money Matters and Classroom Shorts</p>	<p><b>Transition: Moving on</b></p> <p><b>Protective behaviours + Hand network</b></p>

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Year 5	<p><b>Rules and Routines</b> <b>Protective behaviours</b></p>	<p><b>Belonging (School community)</b> <b>Friendships</b></p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>TEN TEN</b> <b><u>UKS2, Module 2, Unit 2</u></b></p> <p><b>Session 1:</b> Under Pressure</p> <p><b>Session 2:</b> Do You Want A Piece of Cake?</p> <p><b>Session 3:</b> Self Talk</p> <p><b>Zones of Regulation</b></p>	<p><b>RSE – TEN TEN</b> <b>*Inform parents before teaching</b></p> <p><b>*<u>UKS2, Module 2, Unit 3</u></b></p> <p><b>*Session 1:</b> Sharing Isn't Always Caring</p> <p><b>*Session 2:</b> Cyber Bullying + Classroom Shorts</p> <p><b>Protective behaviours + Hand network</b></p>	<p><b>Caring for my body:</b> food, exercise, sleep, hygiene, time online, sun.</p> <p><b>TEN TEN</b> <b><u>UKS2, Module 2, Unit 4</u></b></p> <p><b>Session 4:</b> Giving Assistance</p> <p><b><u>UKS2, Module 3, Unit 2</u></b></p> <p><b>Session 2:</b> The World of Work + Classroom Shorts</p>	<p><b>Transition</b> <b>Moving on</b></p> <p><b>Protective behaviours + Hand network</b></p>

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Year 6	<p>Rules and Routines</p> <p>Protective behaviours</p>	<p>Belonging (School community)</p> <p>Friendships</p> <p>TEN TEN</p> <p><u>UKS2, Module 3, Unit 2</u></p> <p>Session 3: Money and Me + Classroom Shorts</p> <p>Protective behaviours + Hand network</p>	<p>Zones of Regulation</p>	<p>Protective behaviours + Hand network</p>	<p><b>*RSE- TEN TEN</b></p> <p>Changing bodies</p> <p><u>*UKS2, Module 1, Unit 2</u></p> <p><b>*Session 1:</b> Gifts and Talents</p> <p><b>*Session 2:</b> Girls' Bodies</p> <p><b>*Session 3:</b> Boys' Bodies</p> <p><b>Session 4:</b> Spots and Sleep</p> <p><u>*UKS2, Module 1, Unit 3</u></p> <p><b>*Session 1:</b> Body Image</p> <p><b>*Session 2:</b> Peculiar Feelings</p> <p><b>*Session 3:</b> Emotional Changes</p> <p>Zones of Regulation</p>	<p><b>*RSE – TEN TEN</b></p> <p><u>*UKS2, Module 1, Unit 4</u></p> <p><b>*Session 1:</b> Making Babies (Part 1)</p> <p><b>*Session 3:</b> Menstruation</p> <p><b>Session 5:</b> Coping with Change + Classroom Shorts</p> <p><u>UKS2, Module 2, Unit 2</u></p> <p><b>Session 4:</b> Build Others Up</p> <p>Transition Moving up</p> <p>Protective behaviours</p>



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