**St Thomas of Canterbury**

**PSHE/RSE Long Term Plan**

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| St Thomas has chosen six key themes which are colour-coded to give an ‘at a glance guide’ in order to demonstrate how the spiral curriculum develops over the primary phase – it is recognised these themes overlap. | Rights and Responsibilities | Feelings and Friendship | Money | Safety and Risk | Health | Identity  |
| Themes covered by Ten Ten – Created and Loved by God, Created to Love Others, Created to Live in Community |

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS | **I have a strong sense of who I am.**Created and Loved by God | **I am able to look after myself.** | **I am able to look after others.**Created to Love Others | **I am able to Contribute and Create.**Created to Live in Community | **I am a critical thinker.** | **I am able to communicate.**Created to Live in Community |
| Year 1 | **How do we decide how to behave?** Created to Love Others | **What can we do with money?**  | **How do we keep safe?**  | **How can we be healthy?**Created and Loved by God | **How do we feel?**  | **What makes us special?** Created and Loved by God |
| Year 2 | **How can we help?** Created to Live in Community | **What is bullying?** Created to Love Others | **How can we be healthy?**  | **What is the same and different about us?** Created and Loved by God | **How do we show our feelings?** Created and Loved by God | **How can we keep safe in different places?** Created to Love Others |
| Year 3 | **What are the rules that keep us safe?** Created to Love Others | **What can we do about bullying?**  | **What are we responsible for?** Created to Love Others | **How can we describe our feelings?** Created and Loved by God | **How can we eat well?**  | **What jobs would we like?**  |
| Year 4 | **What is diversity?**  | **How can we be a good friend?** Created to Love Others  | **How do we grow and change?** Created and Loved by God | **How can we keep safe in our local area?**  |
| Year 5 | **How can we be safe online and using social media?** Created to Love Others | **What makes a community?** Created to Live in Community | **What does discrimination mean?** Created to Love Others | **What makes us enterprising?**  | **What choices help health?** Created and Loved by GodCreated to Love Others | **How can we manage our money?**  |
| Year 6 | **What makes a healthy and happy relationship?** Created and Loved by God Created to Love Others | **What are human rights?**  | **How can money affect us?**  | **How can we stay healthy?**Created and Loved by God  | **How can we manage risk?**  |