**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 God  Created 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?** |