



St Thomas of Canterbury
PSHE/RSE Long Term Plan



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.

Themes covered by Ten Ten – Created and Loved by God, Created to Love Others, Created to Live in Community

Rights and Responsibilities

Feelings and Friendship

Money

Safety and Risk

Health

Identity

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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?