



Holy Cross

Long Term Plan for: PSHE/RSE (following Ten: Ten - Life to the Full)

2024/25

KS1	<u>Advent 1:</u> Religious Understanding Let the Children come Module 1, Unit 1 5 x 5-10 minute sessions over 5 days KAPOW: Eco Wellbeing Unit 6 sessions 2025/2026 Citizenship <u>Advent 2:</u> Module 2, Unit 2 Personal Relationships 3 sessions	<u>Lent 1:</u> Life Online Module 2, Unit 3 2 sessions Keeping Safe Module 2, Unit 4 5 sessions (3 to be covered) <u>Lent 2:</u> Keeping Safe -continued Module 2, Unit 4 5 sessions (2 to be covered) KAPOW <u>Health and Well being</u> Select lessons	<u>Pentecost 1:</u> Me, my body and my health Module 1, Unit 2 4 sessions <u>Pentecost 2:</u> Emotional Well-being Module 1, Unit 3 3 sessions Life Cycle Module 1, Unit 4 2 sessions
	9 Sessions	7 sessions	9 sessions
LKS2*	<u>Advent 1:</u> Religious Understanding Let the Children come Module 1, Unit 1 5 x 5-10 minute sessions over 5 days KAPOW: Eco Wellbeing Unit 6 sessions 2025/2026 Citizenship <u>Advent 2:</u> Module 2, Unit 2 Personal relationships 2 sessions	<u>Lent 1:</u> Module 2, Unit 3 Life online 2 sessions Module 2, Unit 4 Keeping Safe 3 sessions <u>Lent 2:</u> Module 1, Unit 3 Emotional well being 3 sessions KAPOW <u>Health and Well being</u> Select lessons	<u>Pentecost 1:</u> Life Cycles Module 1, Unit 4 2 sessions <u>Pentecost 2:</u> Me my body my health Module 1, Unit 2 Year 3 – first two sessions only Year 4 – all five sessions (puberty unit)

	8 sessions	8 sessions	Year 3 4 sessions Year 4 7 sessions
UKS2*	Advent 1: Module 1, Unit 1 Religious Understanding 5 x 5-15 minute sessions over 5 days Advent 1: KAPOW: Eco Wellbeing Unit 6 sessions 2025/2026 Citizenship Advent 2: Module 2, Unit 2 Personal Relationships 4 sessions Module 2, Unit 3 Life Online Year 5 only 2 sessions Year 6 to start Health and Well being	Lent 1: Module 2, Unit 4 Keeping Safe 4 sessions Year 6 –To cover first phone Module 1, Unit 2 Me my body my health 4 sessions puberty unit KAPOW <u>Health and Well being</u> Select lessons	Pentecost 1: Module 1, Unit 3 Emotional Well being 4 sessions Pentecost 2: Module 1, Unit 4 Life Cycles 4 sessions Year 5 – Sessions 3 and 4 only Year 6 – all sessions (making babies sessions 1 and 2)
	12 sessions	8 sessions	Year 5 6 sessions Year 6 8 sessions

* Extension tasks to be used in Years 2, 4 and 6 to challenge pupils and extend knowledge

**Completion of units in EYFS is optional, as requirements are covered through the EYFS curriculum. The four main areas of learning where RSE and PSHE are covered in EYFS are Communication and Language; Personal, Social and Emotional Development, Physical Development and Understanding the World.