

St Vincent's PSHE Curriculum Knowledge Map

PSHE and RSE	Autumn 1	Spring 1	Summer 1	Autumn 2	Spring 2	Summer 2
Driving Question	How can we show compassion, care and love to those in need?	Why should we show respect for others and how can we do this?	How can we be stewards of our environment and of one another?	In what practical ways can we learn from our mistakes?	Why should we not judge others?	How can we build trusting relationships?
EYFS	<p>Anti-bullying/Friendships - Learn about qualities of good friendships, conflict resolution with friends, and identifying trusted adults to confide in.</p> <p>Underwear rule</p> <p>Unit 1 - Religious Understanding - Children describe aspects of the creation story, with some prompting</p> <p>Recall the creation story and its lesson about being</p>	<p>Religious Understanding Learn about God's love. Describe ways to love others.</p> <p>Personal relationships Identify their "special people." Articulate gratitude for family/friends and understand the importance of family. Learn about the qualities of a good friend and recognise inappropriate behaviours in relationships.</p> <p>Understand the importance of apologising and forgiving in friendships, recognising that hurting others also affects God and requires seeking forgiveness.</p>	<p>Life online - Introduction to the Internet- pros and cons, basic online safety rules</p> <p>Keeping Safe - learn practical safety indoors and outdoors, body privacy and importance of confiding in trusted adults if they're troubled. Medicine safety and emergency helpers.</p>	<p>Mental Health and wellbeing -positive sense of themselves, others; develop social skills manage their feelings and behaviour, have confidence</p> <p>Underwear rule</p> <p>Created and loved by God. Recall the story of creation, and what it teaches us about how we are created by God.</p>	<p>Me, my body and my health Learn about similarities and differences. Gifts, talents, and skills make us unique. Explore various physical movements. Independently recall movement words, describe body capabilities, and identify body parts. Grasp the concept of being "ready." Understand ways to care for their bodies, including diet, exercise, sleep, and hygiene.</p> <p>Emotional well-being Learn about differences and feelings. Express likes and dislikes and show interest in others. Learn that feelings can influence actions, understanding the choice in their actions regardless of feelings.</p>	<p>Created by God Describe personal growth. Understand human life stages.</p> <p>Religious Understanding Grasp the concept of the Holy Trinity. Link being made in God's image to loving others, offering practical examples. Comprehend the idea of belonging to various communities. Recognise the importance of living in a loving community.</p> <p>Created to Live in Community will recognise their community memberships. Most will grasp their duty to care for others and the environment. Some will eagerly anticipate future responsibilities and gain insight into impacting their world positively. They'll also learn about future careers, money management, and budgeting.</p>

<p>KS1</p>	<p>Anti-bullying/Friendships - Diverse opinions among peers. Recognise teasing and bullying, including online, as wrong. Understand the consequences of anti-social and aggressive behaviours. Recognise and challenge gender stereotypes.</p> <p>Underwear rule</p> <p>Religious Understanding - Understand they are uniquely created individuals Jesus wants as friends.</p>	<p>Religious Understanding Always welcome in God's family. Importance of saying sorry and how it can mend friendships, both with others and with God.</p> <p>Personal relationships "Special people" - who to turn to if troubled. Appropriate and inappropriate behaviour, qualities of a good friend, and recognising teasing and bullying.</p> <p>Keeping Safe Good and bad secrets and being open with "special people." Private parts, appropriate and inappropriate touch, and respecting their bodies as a gift from God. Medicines and harmful substances - alcohol and tobacco. Emergencies, how to call 999, and basic First Aid skills.</p>	<p>Religious understanding God loves us and wants us to love others. God is three in one: Father, Son and Holy Spirit.</p> <p>Living in the wider world Belonging to different communities. Actions/inactions can help/harm the communities they are part of. Duty of care for the world in which we live.</p>	<p>Mental Health and wellbeing Recognise and discuss a variety of emotions in different situations. Mental well-being is as important as physical health, emphasising exercise, nutrition, and sleep.</p> <p>Underwear rule</p> <p>Religious Understanding They are created and loved by God. They are unique individuals Jesus wants as friends.</p>	<p>Me, my body and my health Uniqueness includes individual gifts, talents, skills, and physical traits. Bodies are creations of God and are good. Name body parts and explain their functions. Challenge gender stereotypes. Care for their bodies, knowing how to maintain health and hygiene.</p> <p>Emotional wellbeing Feelings, choices and respect. Intensity of feelings. Choices have consequences. Describe strategies for managing feelings and behaviour, including forgiveness.</p>	<p>Life Cycles Life stages - relate these stages to God's plan. Comprehend the concept of death and understand the Christian perspective on death and eternal life.</p> <p>Life online Learn about what life is like online regarding positive and negative impacts.</p> <p>Religious Understanding God's love and the importance of loving others. Concept of the Holy Trinity: Father, Son, and Holy Spirit and how it relates to our capacity to love and be loved. Recognise everyone as their neighbour. Understand Jesus's call to love all, even those we've never met or don't like.</p> <p>Living in the wider world Community affiliations. Actions impact their communities.</p>
<p>LKS2</p>	<p>Anti-bullying/Friendships - Explain the different types of bullying in detail. Recognise the importance of self-respect. Recognise what constitutes a positive and healthy relationship with peers. Develop the skills to form and maintain positive and healthy relationships. Celebrating differences.</p>	<p>Religious understanding Understand that when we do wrong things, we hurt God and others, but when we say sorry, God forgives us.</p> <p>Personal relationships Different types of relationships, including family, friends and others.</p>	<p>Religious Understanding The Holy Trinity as a loving community, with a focus on being made in God's image to love others. Understand the Church as a global community of Jesus' followers, with an emphasis on loving others as God does.</p> <p>Living in the wider world</p>	<p>Mental Health and wellbeing Benefits of exercise and outdoor time for mental well-being. Recognise a range of emotions and learn to express them with a rich vocabulary. Understand the importance of discussing feelings with</p>	<p>Me, my body, my health Celebrate differences, find self-confidence in God's love. Learn basic self-care, grasp that their bodies are God's gift and how to respect them.. Learn about puberty as part of God's plan and when to expect it and what to expect during puberty. Understand the</p>	<p>Life Cycles Created by God through their parents. Comprehend the stages of a baby's development in the mother's womb. Grasp the concept of death. Understand the Christian perspective on death and eternal life.</p> <p>Religious Understanding</p>

	<p>Underwear rule</p> <p>Religious Understanding - Understand that they are created by God who loves them. God designed them with a purpose: to be loved, to love and to make a difference. Understanding of the Sacraments of Baptism and Reconciliation, and how they make the invisible visible. Understand the importance of saying sorry and seeking forgiveness in relationships with others and God.</p>	<p>Qualities of friendship and strategies to use when they go wrong. Awareness of bullying and understand that it is wrong. Understand the meaning of 'pressure' and 'resilience', and seeking support from trusted adults.</p> <p>Life online The speed at which information can be shared online and the importance of critical thinking regarding digital content. Focus on online chatting, cyberbullying, and how to report and seek help.</p> <p>Me, my body, my health Puberty and its role in God's plan for their bodies. Understanding of when to expect puberty and identify key moments of growth in their lives. Understanding of what to expect during puberty, name genitalia correctly.</p> <p>Keeping Safe Trusted adults if they feel unsafe. Understand appropriate and inappropriate physical contact, types of abuse, and the effects of substances like drugs, alcohol, and tobacco on the body. Know to call 999 in emergencies and learn basic First Aid.</p>	<p>Recognise actions that make them feel loved and learn practical ways to care for others. Focus on working together.</p>	<p>adults when dealing with isolation and loneliness.</p> <p>Underwear rule</p> <p>Religious Understanding Created by a loving God, designed for love and purpose.</p>	<p>puberty process and can correctly name genitalia.</p> <p>Emotional wellbeing Learn about feelings and actions. Understand emotional well-being and positive actions. Learn about "the media" and how it doesn't always reflect reality and can affect self-esteem, impacting on thoughts and choices Learn about unacceptable behaviour, realise feelings aren't always reliable, using resilience to make good choices.</p>	<p>The Holy Trinity as a loving community, with a focus on being made in God's image to love others. Understand the Church as a global community of Jesus' followers, with an emphasis on loving others as God does.</p> <p>Living in the wider world Identify actions that convey love and care. Create practical ways to show love and care to others.</p>
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UKS2	<p>Anti-bullying/friendship Recognise and model respectful behaviour, including online conduct. Understand the importance of considering different perspectives, negotiation, and compromise for positive solutions. Learn about the significance of communication and seeking permission in relationships. Recognise when it's appropriate to share personal/private information. Demonstrate compassion towards others. Gain a deeper understanding of bullying and discrimination and their long-term effects.</p> <p>Underwear rule</p> <p>Religious Understanding God created each of us individually and cares for us. Understand that having faith in God means putting confidence and hope in Him, even though we can't see Him.</p>	<p>Religious Understanding Learn that God calls us to love others. Appreciate that everyone can contribute to loving others.</p> <p>Personal Relationships Learn about the various forms of pressure and describe strategies to resist pressure. Demonstrate a nuanced understanding of pressure scenarios and consent, especially in relation to self-talk's impact on feelings and actions.</p> <p>Keeping Safe Sharing is not always caring, cyberbullying, seeking help from trusted adults when feeling unsafe, understanding appropriate physical contact, substance effects on the body, resisting pressure related to drugs and alcohol, and basic first aid skills.</p>	<p>Religious Understanding Understand The Holy Trinity as God the Father, God the Son, and God the Holy Spirit. empowers us to share God's love and goodness.</p> <p>Living in the wider world Grasp the fundamental application of Catholic Social Teaching principles to contemporary issues. Comprehend how these principles aid in evaluating not just what is wrong but also why it is wrong.</p>	<p>Mental Health and wellbeing Learn that isolation and loneliness can affect them, and it's important to discuss their feelings with adults and seek support. Discover the benefits of physical exercise, outdoor time, community participation, and self-care on mental well-being. Learn to judge the appropriateness of their feelings and behaviour. Understand that many people experience mental health issues, which can often be resolved with the right support, especially when accessed early. Know how to seek support, recognise triggers, and who to speak to in school if concerned about their own or someone else's mental well-being.</p> <p>Underwear rule</p> <p>Religious Understanding Learn they are individually created and cared for by God. Understand that having faith in God means trusting and hoping in Him, even when He's unseen.</p> <p>Me, my body, my health</p>	<p>Emotional well-being Learn that the media can distort reality. They look at media pressures affecting self-esteem. Learn about unacceptable behaviour and the connection between thoughts, feelings, and actions, realising feelings aren't always reliable.</p> <p>Learn emotions change with age. Describe techniques to manage thoughts, feelings, and actions.</p> <p>Learn about online content, distinguish harmful content and its impact.</p> <p>Life Cycles Learn about pregnancy and development in the womb. Describe this process with wonder and curiosity. Understand pregnancy and childbirth as God's gift of life entrusted to parents. Learn basic facts about sexual intercourse. Grasp its physical, emotional, moral, and spiritual implications.</p> <p>Learn about menstruation during puberty. Understand facts about</p>	<p>Personal Relationships Understand the wrongness of bullying. Comprehend prejudice, discrimination, and their relation to protected characteristics.</p> <p>Religious Understanding Understand the Holy Trinity. and how the Holy Spirit enables us to share God's love.</p> <p>Learn the seven principles of Catholic Social Teaching. Recognise God's love and how to apply Catholic Social Teaching principles.</p> <p>Living in the wider world Grasp applying Catholic Social Teaching to current issues. Understand how these principles help judge not only wrongness but also why it's wrong.</p>

				<p>Learn about uniqueness in family setups and individual gifts.</p> <p>Inferring and articulating characters' feelings in the "Paradise Street" film.</p> <p>Learn about puberty in girls and boys. Understand and can recall some puberty changes.</p> <p>Learn that lifestyle choices impact health. Most can discern whether choices are good or bad for health.</p>	<p>periods, hygiene, and the menstrual cycle.</p> <p>Learn about death and grief.</p> <p>Understand the Christian perspective on death and eternal life.</p>	
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