

**OUR LADY OF LOURDES RCPS
PSHE LONG TERM PLAN**

	Learning Journey 1	Learning Journey 2	Learning Journey 3
EYFS	New Beginnings Welcome to School How can we become confident and happy members of our class? <i>We want our children to...</i> Become confident and happy members of the class	Created and Loved by God Life cycles What does it mean to have a new beginning? <i>We want our children to...</i> Have developed their understanding of the natural, human life cycle Have gathered more information about the characteristics of different life stages	Created to Love Others Keeping safe How are we created to love others by keeping ourselves and others safe? <i>We want our children to...</i> Have learned ways to look after themselves and to ask for help Have moved towards an understanding that our bodies are gifts from God and should be taken care of
	Created and Loved by God Religious Understanding Who created the world and how are we part of God's creation? <i>We want our children to...</i> Have developed their understanding that God created the world and that they are a part of God's creation	Created to Love Others Religious Understanding What does it mean that we are created and loved by God? <i>We want our children to...</i> Have grasped the idea that Jesus calls us to love others Have developed their understanding of the loving example Jesus gave us	Created to Live in Community Religious Understanding What does it mean to live in a loving community as part of God's family? <i>We want our children to...</i> Have developed their understanding of the loving nature of God Have increased their knowledge of the Trinity and of what a community is

	Created and Loved by God Me, My Body, My health How can I look after my body and why am I special? <i>We want our children to...</i> Have increased the number of ways that they can take care of their bodies Have a greater understanding of why they are special	Created to Love Others Personal Relationships How am I created and loved by God in my body and my health? <i>We want our children to...</i> Have developed an understanding of what makes a good friend Have shown more discrimination about the nature of the relationships they have?	Created to Live in Community Living in the Wider World How do we live responsibly and help others in our wider community? <i>We want our children to...</i> Have furthered their knowledge of ways in which we help each other Have developed their understanding of responsibility towards others
	Created and Loved by God Emotional Wellbeing What feelings do I have and how can I express them? <i>We want our children to...</i> Be able to distinguish between feelings, likes and needs Have expanded their vocabulary for feelings	Created to Love Others Life Online How does being created and loved by God help us understand our feelings? <i>We want our children to...</i> Have increased their knowledge of what the internet is for Have increased their understanding of how to keep safe online	

KS1 Year A	New Beginnings What does it mean to be a member of our class and what is expected of us this year?	Created to Love Others Personal Relationships Who are the special people in our lives and how can we recognise kind and unkind behaviour?	Created to Live in Community Religious Understanding What does it mean that God is love and how does God want us to love others?
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	<i>We want our children to...</i> Understand the expectations for the year ahead and feel ownership as a member of our class.	<i>We want our children to...</i> Have identified the special people in their lives Have increased their understanding of what makes behaviour unkind	<i>We want our children to...</i> Have an increased awareness that God is love Have developed their understanding that God wants us to be loved and to love others
	British Values Democracy What is democracy, and what role does the Monarchy have in the UK? <i>We want our children to...</i> Know the role of the Monarchy in the UK	Created to Love Others Keeping Safe How can we recognise unsafe situations, and what is the difference between good and bad secrets? <i>We want our children to...</i> Have learned to recognise what makes a situation unsafe Have learned the difference between good and bad secrets	Protected Characteristics How can we understand, respect, and live alongside people who are different from us? <i>We want our children to...</i> Gain an understanding of the world they are growing up in and learn how to live alongside and show respect for a diverse range of people
	Created and Loved by God Religious Understanding What does it mean to be created and loved by God, and why are we important to Him? <i>We want our children to...</i> Have developed their understanding of God and why they are important to Him		

	Have expanded their thinking about the Kingdom of Heaven		
	Created to Love Others Religious Understanding Why is it important to be sorry and how can saying sorry mend friendships? <i>We want our children to...</i> Have developed their understanding about the importance of being sorry Have increased their understanding of how being sorry can mend friendships		
KS1 Year B	New Beginnings What does it mean to be a responsible member of our class and what are the expectations for the year ahead? <i>We want our children to...</i> Understand the expectations for the year ahead and feel ownership as a member of our class.	Created and Loved by God Emotional Well-Being What feelings do we have, and how can we describe and manage them? <i>We want our children to...</i> Have increased the number of words they can use to describe feelings Have increased their ways of managing their feelings	Created to Live in Community Living in the Wider World What communities do we belong to and what responsibilities do we have to those communities? <i>We want our children to...</i> Have become more aware of the communities to which they belong Have increased their understanding of their responsibilities to those communities
	British Values Democracy	Created to Love Others Life Online	Protected Characteristics

	What are the main features of the UK government and how does democracy work? <i>We want our children to...</i> Know the main features of the UK government	How does what we see online affect our feeling and how can we stay safe offline and online? <i>We want our children to...</i> Have learned how what they see online affects their feelings in real life Have learned the difference between things that keep us safe outside, inside and online	How can we understand our world and show respect to people who are different from us? <i>We want our children to...</i> Gain an understanding of the world they are growing up in and learn how to live alongside and show respect for a diverse range of people
	Created and Loved by God Religious Understanding What is the kingdom of heaven? <i>We want our children to...</i> Have developed their understanding of God and why they are important to Him Have expanded their thinking about the Kingdom of Heaven		
	Created and Loved by God Me, My Body, My Health Who made me and what makes me, me? <i>We want our children to...</i> Have developed their understanding of who made them		

	Have developed their understanding about why God made them?		
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LKS2 Year A	New Beginnings How can we prepare for our class and become confident members of our class? <i>We want our children to...</i> Understand the expectations for the year ahead and feel ownership as a member of year 3 / 4	Created to Love Others What types of relationships do we have and how does our behaviour affect them? <i>We want our children to...</i> Have shown greater awareness of the types of personal relationships Have shown greater awareness of the way in which behaviour can affect relationships	Created to Live in Community What do Christians believe about the Trinity, and how has the Church's role changed over time? <i>We want our children to...</i> Have developed their understanding of Church teaching on the Trinity Have increased their knowledge of the role of the Church over time
	British Values How is the UK governed and what role do political parties play in democracy? <i>We want our children to...</i> To know that the UK government is made up of different political parties	Created to Love Others How can we stay safe online and talk to trusted people? <i>We want our children to...</i> Have increased their knowledge of how to use technology safely Have increased their understanding of the importance of being open with trusted people	Created to Love Others How can we keep our bodies safe and know where to get help? <i>We want our children to...</i> Have increased their understanding of the difference between harming and taking care of our bodies Have increased their understanding of different types of abuse and where to get help
	Created and Loved by God How do prayer and the sacraments help us grow in faith?	Created to Love Others How can we keep our bodies safe and know where to get help?	

	<i>We want our children to...</i> Have furthered their understanding of God's creative purpose Have increased their understanding of the nature and uses of prayer and the sacraments	<i>We want our children to...</i> Have increased their understanding of the difference between harming and taking care of our bodies Have increased their understanding of different types of abuse and where to get help	
	Created to Love Others What makes a good friendship and how can we show love and care for others? <i>We want our children to...</i> Have furthered their understanding of what makes a good friendship		
LKS2 Year B	New Beginnings How can we prepare for our class and take responsibility? <i>We want our children to...</i> Understand the expectations for the year ahead and feel ownership as a member of the class	Created and Loved by God How can we understand and manage our feelings? <i>We want our children to...</i> Have increased their knowledge of how to manage their feelings Have increased their understanding of what affects how they feel	Created to Live in Community What is charity and how can we help others? <i>We want our children to...</i> Have developed their understanding of what 'charity' means and what charities do Have found new, practical ways that they can show love to others
	British Values How is the UK government organised and how do MPs represent people?	Created and Loved by God How does new life begin and grow as part of the life cycle?	Protected Characteristics How can we respect people who are different from us?

	<i>We want our children to...</i> Know that the UK government is made up of MPs from different political parties	<i>We want our children to...</i> Have increased their knowledge of how a baby grows in its mother's womb Have understood how conception fits into the cycle of life	<i>We want our children to...</i> Gain an understanding of the world they are growing up in and learn how to live alongside and show respect for a diverse range of people
	Created and Loved by God What does God teach us through creation? <i>We want our children to...</i> Have furthered their understanding of God's creative purpose		
	Created and Loved by God How does our body change as we grow and how can we care for it? <i>We want our children to...</i> Have increased their understanding of puberty Have increased their knowledge of the names of body parts		

UKS2 Year A	New Beginnings What does a new beginning look like? Class discussion guidelines <i>We want our children to ...</i> Understand the expectations for the year ahead and feel ownership as a member of the class	Created to Love Others Personal Relationships What helps us build good relationships? <i>We want our children to...</i> Have increased their knowledge of when it's appropriate to say 'no' Have developed their skills in how to say 'no' at the appropriate time	Created to Live in Community Religious Understanding What does it mean to live well in a community? <i>We want our children to..</i> Have developed their understanding of who their neighbour is and increased the ways in which they can show love to others Have grasped more firmly why this is such an important commandment
	British Values What are British values and why are they important? <i>We want our children to...</i> Understand the role of the local council and the people who serve on it	Created to Love others Life Online How should we treat others when online? <i>We want our children to...</i> Have developed strategies to stay safe online Have increased their ability to recognise potential problems with technology use	Protected Characteristics Why is it important to respect people's differences and protect everyone equally? <i>We want our children to...</i> Gain an understanding of the world they are growing up in and learn how to live alongside and show respect for a diverse range of people
	Created and loved by God Religious Understanding What does it mean to be created and loved by God? <i>We want our children to...</i>	Created to Love Others Keeping safe How can we keep ourselves and others safe? <i>We want our children to:</i>	

	Have increased their knowledge of how God cares for them Have furthered their understanding of how faith in God can help them through changes in their lives	Have increased their understanding of what rights are, and how the rights of children are legally protected Have increased their knowledge of what harms and what respects God's gift of our bodies	
	Created to Love Others Religious Understanding What does it mean to be created and loved by God? <i>We want our children to...</i> Have developed their understanding of 'vocation' Have increased the range of ways they can pray and talk to God		
UKS2 Year B	New Beginnings What can new beginnings teach us about ourselves and others? <i>We want our children to...</i> Understand the expectations for the year ahead and feel ownership as a member of the class	Created and Loved by God Emotional Well-Being How can we understand and look after our emotional well-being? <i>We want our children to...</i> Have increased their understanding of what affects their emotions Have developed ways of dealing with feelings of envy and inadequacy	Created to Love Others Personal Relationships What makes a healthy and positive personal relationship? <i>We want our children to ...</i> Have a deeper empathy for victims of bullying and discrimination and eagerly approach the challenge to build others up through their words and actions

	British Values How do British values help us to live and work together fairly? <i>We want our children to ..</i> Understand how a government is formed after a general election	Created and Loved by God Life Cycles What can we learn about life through understanding life cycles? <i>We want our children to...</i> Have increased their knowledge of how a baby develops in its mother's womb Have furthered their understanding of the nature and role of menstruation	Created to Live in Community Living in the Wider World How can we play a positive role in the wider world? <i>We want our children to...</i> Understand how to apply the principles of Catholic Social Teaching to current issues Understand some of the benefits of working Understand the process of getting a job, consider some positive and negative influences on job choices and aspirations and will be able to reflect on types of work that fit with their own interests, skills and values Know factors that influence spending and saving choices and show an understanding of the unequal wealth in the world and their community
	Created and Loved by God Religious Understanding What do religious beliefs help us understand about life and faith? <i>We want our children to ...</i>		Protected Characteristics Why is it important to respect everyone's differences and treat people fairly? <i>We want our children to...</i>

	Have increased their knowledge of how God cares for them Have furthered their understanding of how faith in God can help them through changes in their lives		Gain an understanding of the world they are growing up in and learn how to live alongside and show respect for a diverse range of people
	Created and Loved by God Me, My Body, My Health How can we look after our bodies and make healthy choices? <i>We want our children to...</i> Have increased their knowledge of how to look after their bodies Have furthered their understanding of the nature of their bodies		