



Sacred Heart Catholic Primary School PSHE, Citizenship & Sex and Relationships Coverage



Alongside RE, PSHE, Citizenship & Sex and Relationships coverage at Sacred Heart school enables the children to learn the skills they need to develop effective relationships, assume greater personal responsibility and keep themselves safe. It also assists pupils to cope with the changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities. As a Catholic School we actively promote values, virtues and ethics that shape our pupils character and moral perspective, through the teachings of the Church. We are confident that our continued focus on the Gospel Values will give our pupils the necessary awareness of what it means to be a good citizen in Britain today, and embed in them the building blocks of a future successful and productive life.

At Sacred Heart Catholic Primary School we believe in celebrating the increasingly diverse cultural backgrounds of our community whilst also promoting and holding true to what we recognise to be British Values. Health & Wellbeing, democracy, rule of law, individual liberty, mutual respect and tolerance of those of different faiths are taught explicitly through assemblies, PSHE, Citizenship and RE curriculum. It also permeates all aspects of the curriculum.

Core Theme 1: Health & Wellbeing

Children should be taught:	Coverage		
	Foundation	KS1	KS2
1. what is meant by a healthy lifestyle	Healthy school Accreditation Fruit Snack times	Healthy school Accreditation Fruit snack times Science Animal Topics all years DT Cooking Topics all years	Healthy school Accreditation Fruit at first break Science Animal Topics all years DT Cooking Topics all years
2. how to maintain physical, mental and emotional health and wellbeing	Religious Education Physical Education	Religious Education Physical Education	Religious Education Physical Education
3. how to manage risks to physical and emotional health and wellbeing	Religious Education Physical Education	Religious Education Physical Education Science Animal Topics all years & Living Things Topics in Yr 2	Religious Education Physical Education Science Animal Topics all years & Living Things Topics in Yr 4,5,6
4. ways of keeping physically and emotionally safe	Internet Safety Week Anti-Bullying Week Feeling Good Week	Internet Safety Week Anti-Bullying Week Feeling Good Week	Internet Safety Week Anti-Bullying Week Feeling Good Week

	Road Safety Awareness Lessons	Road Safety Awareness Lessons Geography Year 1 – How we make our local area safer	Road Safety Awareness Lessons
5. about managing change, such as puberty, transition and loss	Close links with pre schools and home visits Transition from Nursery to Reception Transition from Foundation to KS1 Moving up afternoons Religious Education – how faith helps us to deal with loss	Transition from Foundation to KS1 – Transition Autumn Term Transition from Yr 1 to Yr 2 Moving up afternoons Religious Education – how faith helps us to deal with loss	Transition into juniors Moving up afternoons Close links with secondary schools for secondary transfer Religious Education – how faith helps us to deal with loss Science – Year 5 Sessions on Puberty lessons in Year 5 & on puberty & sexual relationships in Year 6
6. how to make informed choices about health and wellbeing and to recognise sources of help with this	Religious Education Internet Safety Week	Religious Education Play Leaders Science Animal Topics all years & Living Things Topics in Yr 2 Internet Safety Week	Religious Education Peer Mediators Anti-bullying Ambassadors Science Animal Topics all years & Living Things Topics in Yr 4,5,6 Internet Safety Week
7. how to respond in an emergency	People Who Help Us Fire drills Stop signals during PE	People Who Help Us Fire drills Stop signals during PE and lunchtimes	Fire drills Stop signals during PE and lunchtimes Identifying risk, danger, hazard during lessons especially Science & Design and Technology
8. to identify different influences on health and wellbeing	Religious Education Physical Education	Religious Education Science Physical Education	Religious Education Science Physical Education

Core Theme 2: Relationships

Children should be taught:	Coverage		
	Foundation	KS1	KS2
1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts	Religious Education One World Week Literacy – Stories from other cultures Geography – learning about different countries	Religious Education One World Week Literacy – Stories from other cultures Geography – learning about different countries School Trips	Religious Education One World Week Literacy – Stories from other cultures Geography – learning about different countries School Trips including Year 5 and Year 6 residential trips
2. how to recognise and manage emotions within a range of relationships	Religious Education Circle Time	Religious Education Circle Time – discussing playground & classroom issues as they arise	Religious Education Class Discussions - discussing playground & classroom issues as they arise Peer Mediators
3. how to recognise risky or negative relationships including all forms of bullying and abuse	Religious Education Anti-bullying Week Feeling Good Week Internet Safety Day	Religious Education Anti-bullying Week Feeling Good Week Internet Safety Day	Religious Education Anti-bullying Week Feeling Good Week Internet Safety Day
4. how to respond to risky or negative relationships and ask for help	Religious Education Anti-bullying Week Feeling Good Week Internet Safety Day	Religious Education Anti-bullying Week Feeling Good Week Internet Safety Day	Religious Education Anti-bullying Week Feeling Good Week Internet Safety Day
5. how to respect equality and diversity in relationships.	Religious Education Circle Time One World Week	Religious Education Celebration & Sharing assemblies Circle Time One World Week	Religious Education Celebration & Sharing assemblies Circle Time One World Week

Core Theme 3: Living in the Wider World

Children should be taught:	Coverage		
	Foundation	KS1	KS2
1. about respect for self and others and the importance of responsible behaviours and actions	Religious Education Class Promises Anti-Bullying Week Feeling Good Week	Religious Education Class Promises Anti-Bullying Week Feeling Good Week	Religious Education Class Promises Anti-Bullying Week Feeling Good Week
2. about rights and responsibilities as members of families, other groups and ultimately as citizens & 4. to respect equality and to be a productive member of a diverse community	Religious Education Peer teaching Fundraising	Religious Education Elections for school councils Election week during national elections School Council ECO Council Peer teaching Fundraising	Religious Education Elections for school councils Election week during national elections Senior Pupil Team School Council ECO Council Peer Mediators Play Leaders Anti-Bullying Ambassadors Year 6 Buddies Peer teaching Magistrate & Parliament trips/ workshops Fundraising Carol Singing

3. about different groups and communities	Religious Education One World Week Literacy – Stories from other cultures Geography – learning about different countries	Religious Education One World Week Literacy – Stories from other cultures Geography – learning about different countries	Religious Education One World Week Literacy – Stories from other cultures Geography – learning about different countries
5. about the importance of respecting and protecting the environment	Religious Education Gardening Grounds Week Walk to School Week Switch off Fortnight Empty Classroom Day	Religious Education ECO Council Grounds Week Walk to School Week Switch off Fortnight Empty Classroom Day Science – Plant & Animal Topics	Religious Education ECO Council Grounds Week Walk to School Week Switch off Fortnight Empty Classroom Day Science – Plant & Animal Topics
6. about where money comes from, keeping it safe and the importance of managing it effectively	Maths Role - Play	Maths – value of money Role - Play ICT	Maths - budgeting ICT - spreadsheet
7. how money plays an important part in people’s lives	RE Maths	RE Maths	RE Maths Money awareness lessons
8. a basic understanding of enterprise.	Fundraising – during lent, mufti days, during One World Week	Fundraising – during lent, mufti days One World Week – mini enterprise to raise money	Fundraising – during lent, mufti days One World Week – mini enterprise to raise money