

St Cuthbert's Catholic Primary School



2023-2024

PERSONAL, SOCIAL, HEALTH and ECONOMIC EDUCATION and Relationships and Health Education (RHE)

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
	8 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks
Staff	Well-being provision- well-being survey		Supporting work load, time management, life/work balance		Workload reviews	
Year R	<p>RE – Myself</p> <p>RE – Welcome</p> <p>Road Safety Awareness</p> <p>RHE: I am me Head, Shoulders, knees and toes</p> <p>Ready teddy</p> <p>Trip to Kenton Library</p>	<p>RE – Birthday</p> <p>RE – Judaism</p> <p>Hygiene – hand washing, teeth cleaning</p> <p>RHE Good Feelings, Bad feelings</p> <p>I like, You Like, We all Like</p> <p>Trip to Church</p>	<p>RE – Celebrating</p> <p>RE - Gathering</p> <p>E-SAFETY</p> <p>Chinese New Year</p> <p>RHE: You've Got a Friend in me</p> <p>Forever Friends</p> <p>Trip to Tescos</p> <p>Trip to Church</p>	<p>RE – Growing</p> <p>Respecting cultures</p> <p>RHE: Safe Inside and Out</p> <p>My Body, My Rules</p> <p>Trip to Rising Sun Country Park (Minibeast Workshop)</p> <p>Police Officer comes into school (People Who Help Us)</p>	<p>RE – Good News</p> <p>RE – Friends</p> <p>RE – Islam</p> <p>Keeping Fit</p> <p>RHE: You, Me, Us</p> <p>Walk around Local Area(People Who Help Us)</p>	<p>RE – Our world</p> <p>Moving on-Transition</p> <p>Plessey Woods Summer Trip - environment</p> <p>Holidays: being safe in the sun</p> <p>Transition</p> <p>Trip to Kirkley Hall</p>
Year 1	<p>Trip to Kenton Library</p> <p>RE – Families/Babies</p> <p>RE – Belonging</p> <p>RHE: I am Unique (Me)</p> <p>Clean and Healthy (My Health)</p>	<p>Local walk around Kenton</p> <p>RE – Waiting</p> <p>RE – Judaism</p> <p>RHE: Feelings, Likes and Dislikes</p> <p>Mental Health and Wellbeing Tier 1</p>	<p>RE - Special People</p> <p>RE – Meals</p> <p>Visit from Deacon John</p> <p>RHE: Special people</p> <p>Treat others well and</p> <p>Say sorry.</p>	<p>Trip to Seven Stories</p> <p>RE – Change</p> <p>RE – Holidays and holy days</p> <p>RHE: Who is my neighbour?</p> <p>Keeping Safe</p>	<p>RE – Being Sorry</p> <p>RE – Islam</p> <p>Active Life First Aid</p> <p>Trip to St Mary's Lighthouse</p> <p>RHE: Keeping safe</p> <p>Harmful substances,</p>	<p>RE – Neighbours</p> <p>Transition</p> <p>Money</p>

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	<p>Class Responsibilities</p> <p>Mental Health and Wellbeing Tier 1 groups</p>	<p>groups</p>	<p>Science – Ourselves</p> <p>Healthy Food (DT)</p> <p>Different jobs in the community</p>		<p>Can you help me?</p>	
	<p>Road Safety Awareness</p> <p>Who am I? Human body, senses, dental hygiene visit</p>	<p>Pantomime/theatre</p> <p>Polar Adventures – keeping warm, looking after yourself, where do I live?</p> <p>Class Novel: Lost and Found (friendships)</p>	<p>E-SAFETY</p>	<p>Prevent Week</p> <p>DT: Eat more fruit and veg -Eatwell guide</p>	<p>Looking after the environment</p>	<p>weather being safe in the sun</p>
Year 2	<p>RE – Beginnings</p> <p>RE – Signs & Symbols</p> <p>Health & Growth</p> <p>RHE: Me, my body, my health – Girls and boys (My Body)</p>	<p>Variation (we are all different)</p> <p>RE – Preparation</p> <p>RE – Judaism</p> <p>Feeling inside out – likes and dislikes</p>	<p>RE – Books</p> <p>RE – Thanksgiving</p> <p>Visit from Deacon John</p> <p>RHE: Super Susie Gets Angry</p> <p>God Loves You</p>	<p>RE – Opportunities</p> <p>RE – Spread the word</p> <p>HEALTHY LIFESYLES</p> <p>RHE: Keeping safe – Good secrets and Bad secrets</p> <p>Physical contact (PANTS)</p> <p>Pants – school health</p>	<p>RE – Rules</p> <p>RE – Islam</p> <p>Building Bridges</p> <p>RHE: The communities we live in.</p>	<p>RE – Treasures</p> <p>Difference</p>
	<p>Homes & Families</p> <p>Road Safety Awareness</p>	<p>Pantomime/theatre</p> <p>Zippy's friends</p> <p>The Eatwell Guide</p>	<p>Zippy's friends</p> <p>Healthy Me – Humans</p>	<p>Zippy's friends</p> <p>Prevent Week</p> <p>Plants</p>	<p>Zippy's friends</p> <p>Active Life 1st Aid</p>	<p>Sun safety</p> <p>- weather being safe in the sun</p>



	<p>Zippy's Friends</p> <p>Material Monster -link to staying warm, looking after yourself</p>	<p>Flu Vac</p> <p>Zippy's Friends</p> <p>Healthy Me – Humans and animals (including hygiene)</p>	<p>and animas</p> <p>E-SAFETY</p>	<p>Young Gardeners – what we need to grow</p>	<p>Woodland & Rain forest – deforestation and medicines</p>
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PERSONAL, SOCIAL, HEALTH and ECONOMIC EDUCATION and Relationships and Health Education (RHE)

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Year 3	<p>RE - Homes RE – Promises</p> <p>“What’s in my head”</p> <p>Active Life – teambuilding and resilience</p> <p>RHE: We Don’t Have to be The Same</p>	<p>RE – Visitors RE – Journeys RE – Judaism</p> <p>RHE: What am I feeling?</p> <p>What am I looking at?</p> <p>I am thankful!</p>	<p>RE - Listening & Sharing Science- Animals/Nutrition</p> <p>RHE: Jesus is my friend</p>	<p>RE – Giving all</p> <p>Active Life First Aid</p> <p>RHE: Sharing</p> <p>Drugs, alcohol and tobacco</p> <p>First Aid Heroes</p>	<p>RE – Energy RE – Choices RE – Islam Science: Light and Dark/sun safety</p> <p>Relationships</p> <p>Living in the Wider World</p>	<p>RE – Special places</p> <p>Money</p>
	<p>How are bodies move</p> <p>Mental Health and Wellbeing Tier 1 groups</p>	<p>A Journey in Love How we live in love/The Story of Zacchaeus</p> <p>Mental Health and Wellbeing Tier 1 groups</p>	<p>Smart Scooter training</p> <p>Learn to Ride</p> <p>E-SAFETY</p>	<p>Prevent Week</p> <p>Health and nutrition/Green Plants</p>	<p>Healthy Relationships</p>	<p>RE – Reconciliation</p> <p>The Eatwell Guide</p>
Year 4	<p>RE – People RHE: All Change – Respecting our bodies</p> <p>RE – Building Bridges and</p>	<p>RE – Gift RE – Judaism Sacrament of Reconciliation</p> <p>RHE: Life before birth – life cycles</p>	<p>RE – Community & Sacramental Prep</p> <p>RE – Giving & Receiving School Sleepover</p> <p>RE - Hinduism</p> <p>RHE: Family friends and</p>	<p>RE – Self-discipline RE – New life Giving/Receive Lent-self-discip.</p> <p>RHE: Sharing – Sharing online,</p>	<p>Penetcost – Transformation Bapt/Confirm A call to witness</p> <p>Swimming</p>	<p>Money RE – God’s people RE - Islam</p> <p>Swimming</p> <p>RHE How do I love</p>

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	Sacramental Prep Swimming	E-Safety Swimming Black History Week	others When things feel bad Learn to Ride Swimming	First Aid Heroes Safe in my body Holy Communion Health and Behaviour survey Active Life 1 st Aid Swimming		others? (community)
	Zoo Lab Ukelele Trip – Geog – River/mount	Ukelele Trip – Science – electricity - Discovery Museum Zoom -History – Romans	Healthy Eating Science-Teeth and Eating The Eatwell Guide Dental Hygiene Ukelele E-SAFETY Trip – Hancock Mus. History and science – Greeks and living things	R.E. (Community & Responsibility) School Nurse: Relationships Ukelele Bikeability L1 Trip – Scared Heart - Computer science	Ukelele FHC day and breakfast Sacred Heart – visit school - ceramics	Re - God's People and Saints (ambitions) Ukelele Trip – History (local) – Kenton Bunker
Year 5	RE – Ourselves RE – Life choices RSE: Puberty Gardening Club	RE –Hope RE – Mission RE – Judaism Gardening Club	RE –Memorial Sacrifice Active Life – First Aid Gardening Club	RE – Sacrifice Gardening Club	RE – Transformation RE – Islam Science- Changing Human Body Gardening Club	RE – Freedom & Responsibility RE – Stewardship Gardening Club
	Bikeability L2		E-SAFETY RHE: Under pressure Do you want a piece of cake? Self talk	Prevent Week Bikeability L2	Oasis (Homeless charity workshop)	RHE: Gifts and Talents Girls Bodies/Boys Bodies Spots and Sleep Festival days-(St Cuthbert's/Sacred Heart)

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	<p>Earth, Sun and Moon</p> <p>Gardening Club</p>	<p>Gravity, Resistance and Mechanical Forces</p> <p>The Changing Evolution/Adaptation</p> <p>Christmas production</p>	<p>Gardening Club</p>	<p>Life Cycles</p> <p>Gardening Club</p>	<p>Gardening Club</p> <p>Human Body</p> <p>Beamish STEM trip</p>	<p>Crane STEM project</p> <p>Gardening Club</p>
Year 6	<p>RE – Loving</p> <p>RE – Vocation & Commitment</p> <p>Buddies Assembly</p> <p>Safety Works</p>	<p>RE – Expectations</p> <p>RE – Judaism</p> <p>Christmas production</p> <p>ABC Project</p>	<p>RE – Sources</p> <p>RE – Unity</p> <p>Mental health support</p> <p>Tier 1 support</p> <p>Science-The Circulatory System</p> <p>Tobacco awareness</p> <p>Importance of exercise</p> <p>ACTIVE LIFE FIRST AID</p>	<p>RE - New Life</p> <p>Gardening Club</p>	<p>RE – Witnesses</p> <p>RE – Healing</p> <p>RE – Islam</p>	<p>RE - Common Good</p>
	<p>Y6 Welcome meeting for parents</p> <p>Holy Island Day trip</p> <p>Active Life</p> <p>Safety Works</p> <p>RHE Body image</p> <p>Funny Feelings</p>	<p>Safeguarding (NSPCC workshop)</p> <p>E-Safety</p> <p>Active Life</p> <p>RHE Menstruation, Reproduction (life cycles)</p>	<p>Newcastle City Council Achievement Awards</p> <p>First Aid</p> <p>RHE: Seeing stuff online</p> <p>Emotional Changes</p>	<p>Prevent Week</p> <p>Active Life</p> <p>RHE: Sharing isn't always caring</p> <p>Cyberbullying</p>	<p>The Big Gig</p> <p>Active Life</p> <p>RHE Types of abuse, impacted lifestyles</p> <p>Making good choices, Giving assistance</p>	<p>Transition Days-High Schools.</p> <p>Moor House Residential</p> <p>Leaver's Assembly</p> <p>Active Life</p> <p>RHE: Reaching out,</p> <p>Making babies</p> <p>Catholic Social Teaching</p>

DELIVERED BY THE CLASS TEACHER AND SCHOOL NURSE EXTERNAL AGENCY BRITISH VALUES RHE Curriculum



Long Term Curriculum Map for the PERSONAL, SOCIAL, HEALTH and ECONOMIC EDUCATION and Relationships and Health Education (RHE)

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Catholic Values/British Values and Statements to live by	<p><i>We are all special I can say one good thing about myself I can say how I feel I can laugh and have fun</i></p> <p>SELF-BELIEF</p>	<p><i>I can tell you how I look after myself I think before I make choices about my health</i></p> <p><i>I can work, play, rest and pray each day Simple things can make us happy</i></p> <p>INDIVIDUAL LIBERTY</p>	<p><i>I try to love others as I love myself I try to follow our school and classroom rules I know that I belong to a community which includes my school I know we are happiest when we are united</i></p> <p>DEMOCRACY AND THE RULE OF LAW</p>	<p><i>I know that it is ok for me to make mistakes I can learn from my mistakes and failures I try to keep going when things are difficult and not give up hope I know what humility means</i></p> <p>PERSEVERANCE</p>	<p><i>I know when to ask for help and who to ask for help from I can recognise comfortable and uncomfortable feelings I know how to help others when they are in trouble I understand what trust means</i></p> <p>DIGNITY</p>	<p><i>I know what human dignity means and I show that I respect others I stand up for people who are being treated unfairly</i></p> <p><i>I notice that we are the same and we are different I try to be accepting of others</i></p> <p>TOLERANCE</p>
	<p><i>I know what to do if I see anyone being hurt I understand that rights match responsibility I try to stand up for myself and others without hurting others I try to be just and fair</i></p> <p>JUSTICE AND FAIRNESS</p>		<p><i>I listen to what others say and I show that I am listening I cooperate with others in work and play I try to use words that make the world a better place (please, sorry, thank you) I try to appreciate the beauty and wonder in the world around me</i></p> <p>RESPECT</p>		<p><i>I try to forgive people when they hurt me I try to accept forgiveness from others I know how to show I am sorry I understand the importance of peace</i></p> <p>FORGIVENESS</p>	

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Whole School Activities linked to British Values	<p><i>Oliver Twist Performance</i></p> <p><i>Dyslexia Awareness Week</i></p> <p><i>Schools 500 competition</i></p>	<p><i>People's Kitchen (Student Council)</i></p> <p><i>'Wait a Minute' Chaplains</i></p> <p><i>Carol Singing at Kirkwood Care Home (Student council)</i></p> <p>Eco Warriors</p> <p>Safeguarding Champions</p>	<p>Eco Warriors</p> <p>Safeguarding Champions</p>	<p>Safeguarding Week</p> <p>Anti-bullying Week</p> <p>Student Council</p> <p>Eco Warriors</p> <p>Safeguarding Champions</p>	<p>E-safety</p> <p>Road Safety Week</p> <p>Walk to School Week</p> <p>Student Council (and surgery)</p> <p>Eco Warriors</p> <p>Safeguarding Champions</p>	<p>Student Council</p> <p>Eco Warriors</p> <p>Safeguarding Champions</p>
	<p>PSHE New School Year Assembly</p> <p>PSHE St Cuthbert's Mission Statement and School Prayer</p> <p>British Values</p>	<p>Advent and Christmas</p> <p>PSHE Firework Safety</p> <p>Chaplains Remembrance Day</p>	<p>Shrove Tuesday, Ash Wednesday, Lent and Easter</p> <p>Chaplains – Stations of the Cross assembly</p> <p>PSHE Safer Internet Day</p>	<p>Mary, the Mother of God</p> <p>Rosary Devotion</p> <p>The Ascension and Pentecost</p> <p>PHSE Safeguarding Assembly</p> <p>PHSE Anti-bullying Assembly</p> <p>PHSE Prevent Week</p>		<p>Transition</p> <p>Healthy Eating Week</p>
	<p>British/Gospel Value Awareness</p> <p>Safeguarding Week –</p>	<p>Cultural Diversity week</p>	<p>E-Safety Week</p> <p>Mental Health and Wellbeing week</p>	<p>Anti-bullying Week</p> <p>Road Safety Week</p>	<p>Great Outdoors</p>	<p>MoneyWise</p> <p>'Aspire to Inspire' week, including 'Ambition'</p>

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	<p>display work</p> <p>Golden Rules Assembly (link to R6)</p> <p>School Council/Head Boy & Girl elections</p> <p>Home school Agreements</p>			<p>STEAM week</p> <p>Newburn Leisure Centre Activities</p>		<p>Day'</p> <p>Leavers' Shows and Liturgy</p> <p>Money Money Money (link to well-being and enterprise L6)</p>
<p>Work with Parents and the Wider Community</p>	<p>Christmas Sing song (EYFS)</p> <p>KS1 Christmas production</p> <p><i>Admissions Talk (Nursery)</i></p> <p><i>Curriculum Talks</i></p> <p><i>Phonic Talks (EYFS/KS1)</i></p> <p><i>Buddy Assembly (R/Y6)</i></p> <p><i>Welcome meetings for Parents/Carers</i></p>	<p>Carols by Candlelight (KS2)</p> <p>Curriculum talk (Nursery)</p> <p>Reading Café (across school)</p> <p>Student council carol singing and Christmas cards at Kirkwood Court</p> <p>Reading Comprehension Workshop (Y6)</p> <p>SATS presentation (Y6)</p> <p>Happy Minds, Healthy Futures parent talk: Positive Mindset</p>	<p>EYFS/Y1 Phonic workshops</p> <p>Year 2 – expectations meeting including reading comprehension</p> <p>KS2 Maths workshops</p> <p>Happy Minds, Healthy Futures parent talk: Stress and anxiety</p>	<p>Palm Sunday Assembly (Rec)</p> <p>Easter crafts</p> <p>Y1 Maths workshop</p> <p>Positive Parenting workshop</p> <p>Happy Minds, Healthy Futures parent talk: Mindfulness</p> <p>Prevent week</p>	<p>Nursery – Learning through play workshop</p> <p>Maths workshops Reception and Y2</p> <p>Year 1 assembly</p> <p>Year 3 assembly</p> <p>Holy Communion Assembly</p> <p>Reading comprehension workshop Year 5</p> <p>Happy Minds, Healthy Futures parent talk: Psychological and emotional regulation</p>	<p>Nursery – Reading Café/Teddy Bear's Picnic</p> <p>Reception and Year 1: Reading café and comprehension presentation</p> <p>Year 2 assembly</p> <p>LKS2 Reading Comprehension workshop</p> <p>Year 5 assembly</p> <p>Year 6 leavers assembly</p> <p>Transition Meetings: EYFS and KS2</p> <p>Happy Minds, Healthy Futures parent talk: Grief, loss and depression</p>

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