



The Holy Spirit Catholic Primary School
RSHE Overview

Cycle A repeated for Cycle B Year Reception / Year 1 Pathway 2 -2 Year cycle over 3 terms			
Term	Module and Unit	Session Title	Session Length
Autumn 2	EYFS Module 1, Unit 1	Story Sessions: Handmade With Love	5x15-minutes over 5 days
Spring 1	EYFS Module 1 Unit 2	Session 1 I Am Me	20 minutes
		Session 2 Heads, Shoulders, Knees and Toes	20 minutes
		Session 3 Ready Teddy?	20 minutes
Spring2	EYFS Module 1 Unit 3	Session 1 I Like, You Like, We All Like	20 minutes
		Session 2 All The Feelings	20 minutes
		Session 3 Let's Get Real	20 minutes
Summer1	EYFS Module 1, Unit 4	Session 1 Growing Up	20 minutes
		Session 2 New people, New Places +Classroom Shorts	20 minutes
Summer 1 or 2	EYFS Module 3 Unit 1	Session 1 God Is Love	20 minutes
		Session 2 Loving God Loving Others	20 minutes
	EYFS Module 3 Unit 2	Session 1 Me, You, Us	20 minutes
		Session 2 When I grow UP+ Classroom Shorts	20 minutes
		Session 3 Money Doesn't Grow On Trees + Classroom Shorts	20 minutes



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Cycle A Year 1/2 Pathway 2 -2 Year cycle over 3 terms			
Term	Module and Unit	Session Title	Session Length
Autumn 2	KS1 Module 1, Unit 1	Story Sessions: Let The Children Come	5x10-minutes over 5 days
	KS1 Module 2 Unit 1	Session 1 God Loves You	40 minutes
Spring 1	KS1Module 2 Unit 2	Session 1 Special People	30 minutes
		Session 2 Treat Others Well	35 minutes
		Session 3 ...And Say Sorry	30 minutes
Spring 2	KS1 Module 2, Unit 4	Session 1 Good and Bad Secrets	35 minutes
		Session 2 Physical Contact	45 minutes Or 2x25 minutes
		Session 3 Harmful Substances	30 minutes
		Session 4 Can You Help Me?(Part1)	35 minutes
		Session 5 Can You Help Me (Part 2)	35 minutes
Summer 1 or 2	Module 3 Unit 1	Session 1 Three In One	25 minutes
		Session 2 Who Is My Neighbour	30 minutes
	KS1 Module 3 Unit 2	Session 1 The Communities We Live In	35 minutes
		Session 2 Who Will I be?+ Classroom Shorts	30 Minutes



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Cycle B Year 1/2 Pathway 2 -2 Year cycle over 3 terms			
Term	Module and Unit	Session Title	Session Length
Autumn 2	KS1 Module 1, Unit 1	Story Sessions: Let The Children Come	5x10-minutes over 5 days
Spring1	KS1 Module 1 Unit 2	Session 1 I Am Unique	30minutes
		Session 2 Girls And Boys	30-40 minutes
		Session 3 &4 Clean and Healthy (My Body)	40 minutes (2 Sessions)
Spring 2	KS1Module 1 Unit 3	Session 1 Feelings Likes and Dislikes	40 minutes
		Session 2 Feeling Inside Out	30 minutes
		Session 3 Super Susie Gets Angry	40 minutes
Summer1	KS1 Module 1, Unit 4	Session 1 The Cycle of Life	30 minutes
		Session 2 Beginning And Ending	40minutes Or 2x25 minutes
		Session 3 Change Is All Around Us + (Classroom Shorts)	30 minutes
	KS1 Module 2 Unit 3	Session 1 Real Life Online	30 minutes
		Session 2 Rules To Help Us	30 minutes
Summer 1 or 2	Module 3 Unit 1	Session 1 Three In One	25 minutes
		Session 2 Who Is My Neighbour	30 minutes
	Ks1 Module 3 Unit 2	Session 1 The Communities We live In	35 minutes
		Session 3 Needs And Wants + Classroom Shorts	30 Minutes



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Cycle A Year 3 /4 Pathway 2 -2 Year cycle over 3 terms			
Term	Module and Unit	Session Title	Session Length
Autumn2	LKS2 Module 1 Unit 1	Story Sessions Get Up	5x15 minutes over 5 days
		Session 2 The Sacraments	45 minutes
	LKS2 Module 2 Unit 1	Session 1 Jesus my Friend	5x15 minutes over 5 days
Spring1	LKS2 Module 2, Unit 2	Session 1 Family Friends And Others	45 minutes
		Session 2 When Things Feel Bad	45 minutes
	LKS2 Module 2 Unit 3	Session 1 Sharing Online	45 minutes
		Session 2 Chatting Online + Classroom Shorts	45 minutes
Spring2	LKS2 Module 2 Unit 4	Session 1 Safe In My Body + Classroom Shorts	45minutes
		Session 2 Drugs, Alcohol and Tobacco	45 minutes
		Session 3 First Aid Heroes	45 minutes
		Session 4 Rights and Responsibilities+ Classroom Shorts	45 minutes
Summer 1 or 2	LKS2 Module 3 Unit 1	Session 1 A Community Of Love	30 minutes
		Session 2 What Is The Church	45 Minutes
	LKS2 Module 3 Unit 2	Session 1 How Do I Love Others	50 Minutes
		Session 2 Working Together+ Classroom Shorts	45 Minutes



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Cycle B Year 3 /4 Pathway 2 -2 Year cycle over 3 terms			
Term	Module and Unit	Session Title	Session Length
Autumn 2	LKS2 Module 1 Unit 1	Story Sessions Get Up	5x15 minutes over 5 days
Spring1	LKS2 Module 1 Unit 2	Session 1 We Don't Have To Be The Same	45 minutes
		Session 2 Respecting Our Bodies	45 minutes
		Session 3 What Is Puberty	45 minutes
		Session 4 Changing Bodies	45 minutes
		Session 5 Male / Female Discussion Groups (Optional)	45 minutes
Spring2	LKS2 Module 1, Unit 3	Session 1 What Am I Feeling	45 minutes
		Session 2 What Am I Feeling	45 minutes
		Session 3 I Am Thankful	45 minutes
Summer 1	LKS2 Module 1Unit 4	Session 1 Life Changes	45 minutes
		Session 2 A Time For Everything	45 minutes
		Session 1 Big Changes, Little Changes + Classroom Shorts	30 minutes
Summer 1 or 2	LKS2 Module 3 Unit 1	Session 1 A Community of Love	45minutes
		Session 2 What Is The Church	45 minutes
	LKS2 Module 3 Unit 2	Session 1 How Do I Love Others?	50minutes
		Session 2 Money Matters + Classroom Shorts	45 Minutes



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Cycle A Year 5 / 6 Pathway 2 -2 Year cycle over 3 terms			
Term	Module and Unit	Session Title	Session Length
Autumn1	UKS2 Module 1 Unit 1	Story Sessions Calming The Storm	5x15 minutes over 5 days
	UKS2 Module 2 Unit 1	Session 1 God Is Calling You	45 minutes
Spring 1	UKS2Module 2 Unit 2	Session 1 Under Pressure	45-60 minutes
		Session 2 Do You Want A Piece Of Cake	45 -60minutes
		Session 3 Self-Talk	45 -60minutes
	UKS2 Module 2, Unit 3	Session 1 Sharing Isn't Always Caring	45-60 minutes
		Session 2 Cyberbullying + Classroom Shorts	45-60 minutes
Spring2	UKS2 Module 2 Unit 4	Session 1 Types of Abuse + Classroom Shorts	45-60 minutes
		Session 2 Impacted Lifestyles + Classroom Shorts	45-60 minutes
		Session 3 Making Good Choices	45-60 minutes
		Session 4 Giving Assistance	45-60 minutes
Summer 1 or 2	UKS2 Module 3 Unit 1	Session 1 The Holy Trinity	45-60 minutes
		Session 2 Catholic Social Teaching	45-60 minutes
	UKS2 Module 3 Unit 2	Session 1 Reaching Out	45-60 minutes
		Session 2 The World Of Work+ Classroom Shorts	60 Minutes



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Cycle B Year 5 / 6 Pathway 2 -2 Year cycle over 3 terms			
Term	Module and Unit	Session Title	Session Length
Autumn2	UKS2 Module 1 Unit 1	Story Sessions Calming The Storm	5x15 minutes over 5 days
	UKS2 Module 1 Unit 2	Session 1 Gifts And Talents	45-60 minutes
		Session 2 Girl's Bodies	45 -60minutes
		Session 3 Boy's Bodies	45 -60minutes
		Session 4 Spots and Sleep	45-60 Minutes
Spring 1	UKS2 Module 1, Unit 3	Session 1 Body Image	45-60 minutes
		Session 2 Peculiar Feelings	45-60 minutes
		Session 3 Emotional Changes	45-60 minutes
		Session 4 Seeing Stuff Online	45-60 minutes
Spring 2	UKS2 Module 1 Unit 4	Session 1 Making Babies (Part 1)	45-60 minutes
		Session 3 Menstruation	45-60 minutes
		Session 4 Hope Beyond Death	60 minutes
		Session 5 Coping With Change + Classroom Shorts	60 Minutes
Summer 1 or 2	UKS2Module 2 Unit 2	Session 4 Build Others Up + Classroom Shorts	60 Minutes
	UKS2 Module 3 Unit 1	Session 1 The Holy Trinity	45-60 Minutes
		Session 2 Catholic Social Teaching	45-60 Minutes
	UKS2 Module 3 Unit 2	Session 1 Reaching Out	45-60 Minutes
		Session 3 Money and Me + Classroom Shorts	60 Minutes



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