** St Thomas More Catholic Voluntary Academy**

**Personal Development and Safeguarding Curriculum Overview**

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|  | **Advent 1** | **Advent 2** | **Lent 1** | **Lent 2** | **Pentecost 1** | **Pentecost 2** |
| **Mission** **Statement:**  | **Love One Another As I Have Loved You** |
| **Whole School** **Themes and Events** | Mission statement, Vision and Values Assembly Cafod Family Fast day Foodbank – HarvestVisit by ‘UK Parliament’  | Black History MonthFirework safety Antibullying week Diwali Assembly Windrush assembly- Yr5Earth Day | World book dayChildren’s mental health week  | Lenten FundraisingHealthy lunchboxesScience week Fair trade fortnightCAFOD | Queen Platinum Jubliee Local Community Litter picking One World Day (Cycle 1)Diversity Day (Cycle 2) | Well-being week Water safety talkSports Day Vocations week |
| **Restorative Approach** | Being ‘Restorative’ focuses on building positive relationships based on respect and fairness. In turn this creates a community that is supportive, accountable and respectful. We believe that every individual is responsible for their own behaviour. See Behaviour Policy |
| **British Values****D- Democracy****IL- Indidivual Liberty****MR- Mutual Respect****RoL- Rule of Law****T- Tolerance** | Democracy (Visit by ‘UK Parliament’)Voting school council. DHouse Captain voting DClass charter D, ILSHINE and MORE assembly- RoL | Individual Liberty | Mutual Respect | Rule of Law | Tolerance | Revisit all British ValuesYear 5 Come and See – Freedom and Responsibility |
| **Understanding of technology & Media** | See computing LT plan | Warning Zone- Year 6 | Internet safety week  | Ukraine discussion |  |  |
| **Eco-team** | Weekly Travel Tracker | Weekly Travel TrackerEco Focus Week/Laudato Si’Eco team trip to St Pauls | Recycling schemeWeekly Travel Tracker | Weekly Travel TrackerFair Trade Bake Sale | Weekly Travel Tracker | Weekly Travel Tracker |
| **Wider opportunities** | Portuguese club Young Voices ChoirSports eventsRocksteadyScience club with AbiVisiting drama / theatre / musicians | Young Voices ChoirMenphysBriars Y6World Youth Fun Day (NDCYS)Sports eventsRocksteadyF2 and KS1 PlayAble Writers Day Upper KS2Whole school Pantomime Science club More able writers- KS2 at Holy Cross | Cross countrySports eventsRocksteady | Young Voices ChoirSports eventsRocksteadyScience Week – Abi Davis (Science Capital)Y5 – St Paul’s Beauty and the Beast Trip | Young voices ChoirSports eventsRocksteady | Sports eventsRocksteadyY6 PlayTransition Day (Y5s and Y6)Vocation DayF2 and KS1 - Trips |
| **Pupil wider safety** | Y6 Swimming | Warning Zone- Year 6Y6 Swimming | Online safetySustrans Walk and wheel event 21.3.22-1.4.22 | Y5 Swimming | RSHE Bikeability – Year 6 Road Safety |  |
| **Physical and mental health** | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week |
| **Citizenship** | Class LibrarianCurrent affairsFirst News Y2- KS2 | Poppy AppealBriars Y6Class LibrarianCurrent affairsFirst News Y2-KS2World youth fun day-  | Class LibrarianCurrent affairsFirst News Y2-KS2 | Class LibrarianCurrent affairsFirst News Y2-KS2 | Class LibrarianCurrent affairsFirst News Y2-KS2 | Class LibrarianCurrent affairsFirst News Y2-KS2 |
| **Economic wellbeing** | Learning behaviours |  |  | National Careers week |  | Grow a Pound |
| **Parental Engagement** | Weekly class dojo updateClass Service | Weekly class dojo updateChristmas FairClass Service | Weekly class dojo updateFather’s Celebration Assembly- KS1Class Service | Weekly class dojo updateMother's Day Service – F2Class ServiceParents Evening | Weekly class dojo updateF2 New parents meetingClass Service | Weekly class dojo updateSummer fairClass Service |
| **Safeguarding** | Our school-where to go for lunch etc.Washing hands. How to line up sensiblySafe use of classroom resources.Trusted adults in schoolNSPCC pants | Stranger DangerHalloween SafetyFire safety (Bonfire night).Flu VaccinationAnti-bullying week.Black History Month | Internet Safety Day | Stranger Danger | Keeping Safe outdoors | Water SafetySun Safety |
| **Ordo Themes** | WelcomeCreationEncounterBelonging Learning Inclusion Rosary Diversity  | Individuality HolinessGivingYouthKingdomHopePeaceJoy | EpiphanyDiscipleshipInspireChallengeCareHealing | MercyForgivenessPrayerFastingAlmsgiving SacrificeJourney | Missionary discipleshipFaithVocationWitnessExample | PentecostPietyKnowledgeUnderstanding Wisdom  |
| **Chaplaincy Team** | Weekly collective worshipHarvest | Weekly collective worship | Weekly collective worship | Weekly collective worship | Weekly collective worship | Weekly collective worship |

**We recognise that safeguarding teaching needs may arise at different points in the year due to individual, school, local, national or worldwide events. Staff will be flexible in teaching to ensure that any additional or specific needs in teaching of safeguarding are met.**

**PSHE Curriculum Overview: Year Group 'What is not covered in TenTen’**

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|  | **Advent 1** | **Advent 2** | **Lent 1** | **Lent 2** | **Pentecost 1** | **Pentecost 2** |
| **EYFS** | Settling in & learning new routines | RSE | RSE | RSE | Working towards ELG (see below) |
|  | Across the year: **Self-Regulation** - Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. **Managing Self** - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal need, including dressing, going to the toilet, and understanding the importance of healthy food choices. **Building Relationships** – Work and play co-operatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others’ needs. |
| **Year 1 and 2****Cycle A** | [Think Positive KS1](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/think-positive-year-2-pshce-twinkl-life) (Twinkle) | RSE | RSE | One World KS1(Twinkle) | It’s my bodyKS1 (Twinkle) | Aiming High KS1(Twinkle) |
| **Year 1 and 2****Cycle B** | Safety First KS1(Twinkle: some) | RSE | RSE | [Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/living-in-the-wider-world-pshe-and-citizenship-twinkl-life/britain-living-in-the-wider-world-pshe-citizenship-and-relationships-education-twinkl-life) KS1(Twinkle) | [Money Matters KS1](https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-money-matters-planning-overview-t-lf-2549216) (Twinkle) |
| **Year 3 and3/4****Cycle A****Year 4/5** | [Think Positive LKS2](https://www.twinkl.co.uk/resources/pshce-twinkl-life/health-and-wellbeing-pshe-and-citizenship-twinkl-life/think-positive-health-and-wellbeing-pshe-citizenship-rse-smsc-scheme-of-work-schools-mental-health-school-wellbeing-wellbeing-resource) (Twinkle)Safety First  | RSE | RSE | RSE | One World LKS2(Twinkle) | [Aiming High LKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-aiming-high-planning-overview-t-lf-2549471)(Twinkle) |
| **Year 3 and3/4****Cycle B****Year 4/5** | RSE | RSE | RSE | [Diverse Britain LKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-diverse-britain-planning-overview-t-lf-2549350)(Twinkle) | [Money Matters LKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-money-matters-planning-overview-t-lf-2549336)(Twinkle) |
| **Year 5 and 6****Cycle A** | [Think Positive UKS2](https://www.twinkl.co.uk/resources/pshce-twinkl-life/health-and-wellbeing-pshe-and-citizenship-twinkl-life/think-positive-health-and-wellbeing-pshe-citizenship-rse-smsc-scheme-of-work-schools-mental-health-school-wellbeing-wellbeing-resource) (Twinkle) | RSE | RSE | RSE | One World UKS2(Twinkle) | [Aiming High UKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-aiming-high-planning-overview-t-lf-2549490)(Twinkle) |
| **Year 5 and 6****Cycle B** | RSE | RSE | RSE | [Diverse Britain UKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-diverse-britain-planning-overview-t-lf-2549398)(Twinkle) | Grow a Pound[Money Matters UKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-money-matters-planning-overview-t-lf-2549428)(Twinkle) |

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| Health and well-being | Living in the Wider World | Ten Ten Life to the Full RSE(See below) | Economic Well-beingAspirations, work and career | Economic Well-being: Money |

Life to the Full (Ten Ten)

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|  |  | EYFS | KS1 | LKS2 | UKS2 |
| Advent 2 | 1 | Module 1 – Unit 2Introduction to module | Mod 1 Unit **Session 1:**[I am Unique](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/i-am-unique/) | Mod 1 Unit 2 **Session 1:**[We Don’t Have To Be The Same](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/we-dont-have-to-be-the-same/) | Mod 2 Unit 2 **Session 1:**[Under Pressure](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/uks2-mod2-unit2/under-pressure/) |
| 2 | Mod 1 Unit 2 **Session 1**[I Am Me](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session1-i-am-me/) | Mod 1 Unit 2 **Session 2:**[Girls and Boys](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/girls-and-boys/) | Mod 1 Unit 2 **Session 2:**[Respecting Our Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/respecting-our-bodies/) | Mod 2 Unit 2**Session 2:**[Do You Want a Piece of Cake?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/uks2-mod2-unit2/do-you-want-a-piece-of-cake/) |
| 3 | Mod 1 Unit 2 **Session 2**[Heads, Shoulders, Knees and Toes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session2-heads-shoulders/) | Mod 1 Unit 2 **Session 3 & 4** [Clean & Healthy](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/clean-and-healthy/) | Mod 1 Unit 2 **Session 3 (Yr4+)** [What is Puberty?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-is-puberty/) | Mod 2 Unit 2 **Session 3:**[Self-Talk](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/self-talk/) |
| 4 | Mod 1 Unit 2 **Session 3**[Ready Teddy?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session3-ready-teddy/) | Mod 1 Unit 2 **Session 3 & 4** [Clean & Healthy](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/clean-and-healthy/) | Mod 1 Unit 2 **Session 4 (Yr4+)**[Changing Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/changing-bodies/) | Mod 2 Unit 3 **Session 1:**[Sharing Isn’t Always Caring](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/sharing-online/) |
| 5 | Mod 1 Unit 3Introduction to module | Mod 1 Unit 3 **Session 1:**[Feelings, Likes and Dislikes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/feelings-likes-and-dislikes/) |  | Mod 2 Unit 3 **Session 2:**[Cyberbullying](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/chatting-online/) |
| 6 | Mod 1 Unit 3 **Session 1**[I Like, You Like, We All Like!](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session1-i-like-you-like/) | Mod 1 Unit 3 **Session 2**:[Feeling Inside Out](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/feelings-inside-out/) |  | Mod 2 Unit 3 **Session 3:**[Types of Abuse](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/physical-contact/) |
| 7 | Mod 1 Unit 3 **Session 2**[Good Feelings, Bad Feelings](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session2-good-feelings-bad-feelings/) | Mod 1 Unit 3 **Session 3**:[Super Susie Gets Angry](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/super-susie-gets-angry/) |  | Mod 2 Unit 3 **Session 4:**[Impacted Lifestyles](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/session-4-impacted-lifestyles/) |
| 8 | Mod 1 Unit 3 **Session 3**[Let's Get Real](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session3-lets-get-real/) |  |  |  |
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| Lent 1 | 1 | Module 1 – Unit 4 Introduction to module | Mod 1 Unit 4 **Session 1:**[The Cycle of Life](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/the-cycle-of-life/) | Mod 1 Unit **Session 1:**[What Am I Feeling?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-am-i-feeling/) | Mod 1 Unit 3 **Session 4**:[Seeing Stuff Online](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/seeing-stuff-online/) |
| 2 | Mod 1 Unit 4 **Session 1**[Growing Up](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session1-growing-up/) | Mod 2 Unit 2 **Session 1:**[Special People](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/special-people/) **Session 2:** | Mod 1 Unit 3**Session 2:**[What Am I Looking At?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-am-i-looking-at/) | Mod 1 Unit 4 **Session 1**:[Making Babies (P1)](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/making-babies-part-1/) |
| 3 | Module 2 – Unit 2Introduction to Module | Mod 2 Unit 2 [Treat Others Well…](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/treat-others-well/) | Mod 1 Unit 3**Session 3:**[I Am Thankful!](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/i-am-thankful/) | Mod 1 Unit 4 **Session 2**:[Making Babies (Pt2)](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/making-babies-part-2/)**\*Optional. See your Programme Coordinator** Not Covered at STM |
| 4 | Mod 2 Unit 2 **Session 1**[Who’s Who?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session1-whos-who/) | Mod 2 Unit 2 **Session 3:**[…and Say Sorry](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/and-say-sorry/) | Mod 1 Unit S**ession 1 (Yr4+):**[Life Cycles](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/life-cycles/)**Bereavement****Resource:**[A Time for Everything](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/bereavement-resource-a-time-for-everything/) | Mod 1 Unit 4 **Session 3**:[Menstruation](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/menstruation/)**Bereavement****Resource:**[A Time for Everything](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/bereavement-resource-a-time-for-everything/) |
| 5 | Mod 2 Unit 2 **Session 2**[You’ve Got a Friend in Me](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session2-youve-got-a-friend/) | Mod 2 Unit 3 S**ession 1:**[Being Safe](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/being-safe/) | Mod 2 Unit 2 **Session 1:**[Friends, Family and Others](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/friends-family-others/) | Mod 1 Unit 2 **Session 1**:[Gifts and Talents](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/gifts-and-talents/) |
| 6 | Mod 2 Unit 2 **Session 3**[Forever Friends](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session3-forever-friends/) | Mod 2 Unit 3**Session 2:**[Good Secrets & Bad Secrets](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/good-secrets-and-bad-secrets/) | Mod 2 Unit 2 **Session 2**:[When Things Feel Bad](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/when-things-feel-bad/) | Mod 1 Unit 2 **Session 2**:[Girls’ Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/girls-bodies/) |

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|  | 1 | Mod 2 Unit 3Introduction to module | Mod 2 Unit 3**Session 3:** [Physical Contact](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/physical-contact/) | Mod 2 Unit 3 **Session 1:**[Sharing Online](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/sharing-online/) | Mod 1 Unit 2 **Session 3**:[Boys’ Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/boys-bodies/) |
| 2 | Mod 2 Unit 3 **Session 1**[Safe Inside and Out](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session1-safe-inside-and-out/) | Mod 2 Unit 3 **Session 4:**[Harmful Substances](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/session-4-harmful-substances/) | Mod 2 Unit 3 **Session 2:**[Chatting Online](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/chatting-online/) | Mod 1 Unit 2 **Session 4**:[Spots and Sleep](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/spots-and-sleep/) |
| 3 | Mod 2 Unit 3 **Session 2**[My Body, My Rules](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session2-my-body-my-rules/) | Mod 2 Unit 3 **Session 5:**[Can You Help Me?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/session-5-can-you-help-me/)(can be split into 2) | Mod 2 Unit 3 **Session 3**:[Safe in My Body](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/physical-contact/) | Mod 1 Unit 3 **Session 1**:[Body Image](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/body-image/) |
| 4 | Mod 2 Unit 3 **Session 3**[Feeling Poorly](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session3-feeling-poorly/) | Mod 3 Unit 2 **Session 1:**The CommunitiesWe Live In | Mod 2 Unit 3 **Session 4:**[Drugs, Alcohol and Tobacco](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/session-4-drugs-alcohol-tobacco/) | Mod 1 Unit 3 **Session 2**:[Peculiar Feelings](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/peculiar-feelings/) |
| 5 | Mod 2 Unit 3 **Session 4:**[People Who Help Us](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session4-people-who-help-us/) |  | Mod 2 Unit 3 **Session 5:**[First Aid Heroes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/session-5-first-aid-heroes/) | Mod 1 Unit 3 **Session 3**:[Emotional Changes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/emotional-changes/) |
| 6 | Mod 3 UnitMe, You, Us\*NEW\* |  | Mod 3 Unit 2 **Session 1:**How Do I LoveOthers? | Mod 3 Unit 2**Session 1** :Reaching Out |
| Pentecost 1 | 1 | Mod 3 Unit**Session 1**Me, You, Us\*NEW\* |  | Mod 1 Unit 2 **Session 3 (Yr4+)** [What is Puberty?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-is-puberty/) |  |
| 2 |  |  | Mod 1 Unit 2 **Session 4 (Yr4+)**[Changing Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/changing-bodies/) |  |