

St Teresa's Catholic Primary School

PSHE and RSHE curriculum



July 2025

Ten:Ten
Resources



| | | EYSF | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|---|---|---|---|---|---|---|---|
| Autumn term: Module 1: Created an loved by God | Autumn 1 | U1: Story Sessions Handmade With Love | U1: Story Sessions Let the Children Come | U1: Story Sessions Let the Children Come | U1: Story Sessions Get Up! | U1: Story Sessions Get Up! | U1: Story Sessions Calming the Storm | U1: Story Sessions Calming the Storm |
| | | U2: Session 1 I Am Me | U2: Session 1 I am Unique | U3: Session 2 Feeling Inside | U1: Session 2 The Sacraments | Review of year 3 U3, followed by: U3: Session 3 | U2: Session 1 Gifts and Talents | U4: Session 5 Coping with Change |
| | | U2: Session 2 Heads, Shoulders, Knees and Toes | U2: Session 2 Girls and Boys | U3: Session 3 Super Susie Gets Angry | U2: Session 1 We Don't Have to Be the Same | U3: Session 3 I am Thankful | U2: Session 2 Girls' Bodies | U4: Session 4 Classroom Shorts |
| | | U2: Session 3 Ready Teddy? | U2: Session 3 Clean and Healthy (My Body) | | U2: Session 2 Respecting Our Bodies | | U2: Session 3 Boys' Bodies | U4: Session 4 Hope Beyond Death |
| | | U3: Session 1 I Like, You Like, We All Like! | | | | | U2: Session 4 Spots and Sleep | |
| | | U3: Session 2 All the Feelings! | U3: Session 1 Feelings, Likes and Dislikes | U4 Session 2: Beginnings and Endings | U3: Session 1 What Am I Feeling? | U2: Session 3 What is Puberty? | U3: Session 1 Body Image | U4: Session 1 Making Babies (Part 1) |
| | | U3: Session 3 Let's Get Real | U4: Session 1 The Cycle of Life | U4: Session 3: Change Is All Around | Session 2 U3: What Am I Looking at? | Session 4 U2: Changing Bodies | Session 2 U3: Peculiar Feelings | U4: Session 2 Making Babies (Part 2) |
| | U4: Session 1 Growing Up | | Classroom Shorts | U3: What Am I Looking at? | U2: Session 5 Male/Female Discussion | U3: Session 3 Emotional Changes | U4: Session 3 Menstruation | |
| | U4: Session 2 New People, New Places | | | U4: Session 1 Life Cycles | Groups (optional) | U3: Session 4 Seeing Stuff Online | | |
| | | | | | U4: Session 3 Big Changes, Little Changes | | | |
| | | | | | Classroom Shorts | | | |

Spring term: Module 2:
Created to love others

Spring 1

Spring 2

U1: Session 1
[Role Model](#)
Session 1
[Who's Who?](#)
Session 2
[You've Got A Friend In Me](#)
Session 3
[Forever Friends](#)
Session 1
[What is the Internet?](#)
Session 2
[Playing Online](#)

Session 1
[Safe Inside and Out](#)
Session 2
[My Body, My Rules](#)
Session 3
[Feeling Poorly](#)
Session 4
[People Who Help Us](#)

U1: Session 1
[God Loves You](#)
U2: Session 1
[Special People](#)

U2: Session 2
[Treat Others Well...](#)
U2: Session 3
[...and Say Sorry](#)

U1: Session 1
[God Loves You](#)
U3: Session 1
[Real Life Online](#)
Session 2
U3: [Rules To Help Us](#)
U4: Session 1
[Good and Bad Secrets](#)

U4: Session 2
[Physical Contact](#)
U4: Session 3
[Harmful Substances](#)
U4: Session 4
[Can You Help Me? \(Part 1\)](#)
U4: Session 5
[Can You Help Me? \(Part 2\)](#)

U1: Story Sessions
[Jesus, My Friend](#)
U2: Session 1
[Family, Friends and Others...](#)
U2: Session 2
[When Things Feel Bad](#)

U3: Session 1
[Sharing Online](#)
U3: Session 2
[Chatting Online Classroom Shorts](#)
U4: Session 1
[Safe in My Body Classroom Shorts](#)

Review:
U2: Session 1
[Family, Friends and Others...](#)
U2: Session 2
[When Things Feel Bad](#)

Session 3
U4: [First Aid Heroes](#)
U4: Session 4
[Rights and Responsibilities Classroom Shorts](#)

U1: Session 1
[God Is Calling You](#)
U2: Session 1
[Under Pressure](#)
U2: Session 2
[Do You Want A Piece of Cake?](#)

U3: Session 1
[Sharing Isn't Always Caring](#)
U3: Session 2
[Cyberbullying Classroom Shorts](#)
U4: Session 1
[Types of Abuse Classroom Shorts](#)

U2: Session 3
[Self-Talk](#)
U2: Session 4
[Build Others Up Classroom Shorts](#)

Review:
U4 Session 1
[Types of Abuse Classroom Shorts](#)
U4: Session 2
[Impacted Lifestyles Classroom Shorts](#)
U4: Session 3
[Making Good Choices](#)
U4: Session 4
[Giving Assistance](#)

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|--|----------|--|---|---|---|--|--|---|
| Summer term: Module 3: Created to live in community | Summer 1 | Session 1 God is Love Session 2 Loving God, Loving Others Session 1 Me, You, Us | U1: Session 1 Three In One | U2: Session 1 The Communities We Live In | U1: Session 1 A Community of Love U1: Session 2 What is the Church? | Review: U2: Session 1 How Do I Love Others? U2: Session 2 Working Together Classroom Shorts | U1: Session 1 The Holy Trinity U1: Session 2 Catholic Social Teaching | Review: U1: Session 2 Catholic Social Teaching |
| | Summer 2 | Session 2 When I Grow Up... Classroom Shorts Session 3 ‘Money Doesn’t Grow On Trees’ Classroom Shorts | U1: Session 2 Who is My Neighbour? | U3: Session 2 Who Will I Be? Classroom Shorts U3: Session 3 Needs and Wants Classroom Shorts | U2: Session 1 How Do I Love Others? U2: Session 2 Working Together Classroom Shorts | U2: Session 3 Money Matters Classroom Shorts | U2: Session 1 Reaching Out | U2: Session 2 The World of Work Classroom Shorts U2: Session 3 Money and Me Classroom Shorts |