

PSHE Curriculum Map 2024-25 Cycle B

Cycle A	Autumn 1		Autumn 2	
Topic	EYFS – Module 1: Created and Loved by God Module 1 This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 Story Sessions: Handmade with Love Unit 2 – Me, My Body, My Health x 3 sessions plus extended activities Unit 2 • Session 1: I am me • Session 2: Heads, shoulders, knees and toes • Session 3: Ready Teddy? Unit 3 – Emotional wellbeing x 3 sessions Unit 3 • Session 1: I like, you like, we all like! • Session 2: All the feelings! • Session 3: Let’s get real! Unit 4 – Life cycles x 1 session Unit 4 • Session 1: Growing up!	Introduction to Zones of Regulation in EYFS. EYFS to teach lessons 1 to 5 of the set Zones lessons. Lessons planned by PSHE Lead and differentiated accordingly. In these lessons, children will consider: • What are the Zones? • How they will identify what Zone they are in • How their behaviour affects others Infants to recap Zones of Regulation lessons as appropriate. EYFS and Infant teachers to record work in class book Whole school – Friendship Week (to coincide with Anti-bullying Week) Differentiated resources will be provided in Curriculum 2025/26 for each phase to use to suit their cohort. Friendship Week • Odd Socks Day – 12th November 2025	Lesson 1 – Creating posters: becoming familiar with the Zones and exploring facial expressions Lesson 1 Lesson 2 – Zones Bingo: increasing ability to recognise facial expressions and identify emotions Lesson 2 Lesson 3 – The Zones in video: recognising the Zones in others and gain insight into expected and unexpected behaviours Lesson 3 Lesson 4 – The Zones in me: understand that is natural to experience all the Zones and reflect on how they might need to match their behaviours to the demands of the situation Lesson 4 Lesson 5 – Understanding different perspectives: understanding that in specific situations there are expected and unexpected behaviours Lesson 5
	Infants – Module 1: Created and Loved by God Module 1	Unit 1 – Religious Understanding Unit 1		

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	This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity.	Story Sessions: Let the children come Unit 2 – Me, My Body, My Health Unit 2 x 3 sessions • Session 1: I am unique • Session 2: Girls and boys • Session 3: Clean and healthy (my body) Unit 3 – Emotional wellbeing Unit 3 x 3 sessions • Session 1: Feelings, likes and dislikes • Session 2: Feeling inside out • Session 3: Super Susie gets angry Unit 4 – Life cycles Unit 4 x 2 sessions • Session 1: The cycle of life • Session 2: Beginnings and endings	Theme: Choose respect • World Kindness Day – 13th November 2025 Theme: Make kindness the norm Kindness boomerang - One Day	
	Lower Juniors – Module 1: Created and Loved by God Module 1 This module explores the individual. Rooted in the teaching that we are created by God out of love and for	Unit 1 – Religious Understanding Unit 1 Story Sessions: Get up! Followed by The Sacraments, a reflection session Unit 2 – Me, My Body, My Health Unit 2 x 5 sessions	Lower Juniors – Module 1: Created and Loved by God continued Module 1 This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will	Unit 3 – Emotional wellbeing Unit 3 x 3 sessions • Session 1: What am I feeling? • Session 2: What am I looking at? • Session 3: I am thankful

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	love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity.	- Session 1: We don't have to be the same - Session 2: Respecting our bodies - Session 3: What is puberty - Session 4: Changing bodies - Male/female discussion groups (optional)	develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity	Unit 4 – Life cycles Unit 4 x 2 sessions - Session 1: Life cycles - Session 2: A time for everything
	Upper Juniors – Roles and responsibilities Understanding the qualities of a leader	Head Boy and Head Girl elections House Captain elections Sports ambassadors School Council Chicken monitors	Upper Juniors – Module 1: Created and Loved by God continued Module 1 This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity	Unit 3 – Emotional wellbeing Unit 3 x 4 sessions - Session 1: Body image - Session 2: Peculiar feelings - Session 3: Emotional changes - Session 4: Seeing stuff online
	Upper Juniors – Module 1: Created and Loved by God Module 1 This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will develop an understanding of the	Unit 1 – Religious Understanding Unit 1 Story Sessions: Calming the storm Unit 2 – Me, My Body, My Health Unit 2 x 4 sessions - Session 1: Gifts and talents - Session 2: Girls' bodies		Unit 4 – Life cycles Unit 4 x 4 sessions - Session 1: Making babies (Part 1) - Session 2: Making babies (Part 2) - Session 3: Menstruation - Hope beyond death

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	importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity.	• Session 3: Boys' bodies • Session 4: Spots and sleep		
Outcomes				
Cycle A	Spring 1		Spring 2	
Topic	EYFS – Module 2: Created to Love Others Module 2 This module explores relationships with others. Building on the understanding that we have been created out of love and for love, children will explore how to take this belief into their family, friendships and relationships. They will learn strategies for developing healthy relationships and keeping safe both online and in their daily lives. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 1 x session • Session 1: Role model Unit 2 – Personal Relationships Unit 2 x 3 sessions • Session 1: Who's who? • Session 2: You've got a friend in me • Session 3: Forever friends Unit 3 – Life Online Unit 3 x 2 sessions • Session 1: What is the internet? • Session 2: Playing online Unit 4 – Keeping Safe Unit 4 x 4 sessions • Session 1: Safe inside and out • Session 2: My body, my rules • Session 3: Feeling poorly	EYFS – Module 2: Created to Love Others - continued Children will continue their work on developing strategies for developing healthy relationships and keeping safe both online and in their daily lives.	Unit 4 – Keeping safe x 4 sessions • Session 1: Safe inside and out • Session 2: My body, my rules • Session 3: Feeling poorly • Session 4: People who help us

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	Infants – Module 2 Lower Juniors – Module 2 Upper Juniors – Module 2:	Session 4: People who help us	Infants – Module 2 Lower Juniors – Module 2 Upper Juniors – Module 2:	
Outcomes				
Cycle A	Summer 1		Summer 2	
Topic	EYFS – Module 3: Created to Live in a Community Module 3 This module explores relationships with the wider world. Children will explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good. Each unit includes a unit prayer and assessment activity. Infants – Module 3	Unit 1 – Religious Understanding 2 x sessions - Session 1: God is Love - Session 2: Loving God, loving others Unit 2 – Living in the Wider World x 1 session - Session 1: Me, you, us		

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	Lower Juniors – Module 3			
	Upper Juniors			
Outcomes				
Cycle B	Autumn 1		Autumn 2	
Topic	EYFS – Module 1: Created and Loved by God Module 1 This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 Story Sessions: Handmade with Love Unit 2 – Me, My Body, My Health x 3 sessions plus extended activities Unit 2 • Session 1: I am me • Session 2: Heads, shoulders, knees and toes • Session 3: Ready Teddy? Unit 3 – Emotional wellbeing x 3 sessions Unit 3 • Session 1: I like, you like, we all like! • Session 2: All the feelings! • Session 3: Let's get real! Unit 4 – Life cycles x 1 session Unit 4 • Session 1: Growing up!	Introduction to Zones of Regulation across the school. All staff, from EYFS to Year 6, to teach lessons 1 to 5 of the set Zones lessons. Lessons planned by PSHE Lead and differentiated accordingly. In these lessons, children will consider: • What are the Zones? • How they will identify what Zone they are in • How their behaviour affects others Teachers to record work as appropriate to their phase: • EYFS and Infants to record sessions in class book • Lower and Upper Juniors to record sessions in individual folders Whole school – Friendship Week (to coincide with Anti-bullying Week)	Lesson 1 – Creating posters: becoming familiar with the Zones and exploring facial expressions Lesson 1 Lesson 2 – Zones Bingo: increasing ability to recognise facial expressions and identify emotions Lesson 2 Lesson 3 – The Zones in video: recognising the Zones in others and gain insight into expected and unexpected behaviours Lesson 3 Lesson 4 – The Zones in me: understand that is natural to experience all the Zones and reflect on how they might need to match their behaviours to the demands of the situation Lesson 4 Lesson 5 – Understanding different perspectives: understanding that in specific situations there are

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	Infants – Module 1: Created and Loved by God Module 1 This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 Story Sessions: Let the children come Unit 2 – Me, My Body, My Health Unit 2 x 3 sessions • Session 1: I am unique • Session 2: Girls and boys • Session 3: Clean and healthy (my body) Unit 3 – Emotional wellbeing Unit 3 x 3 sessions • Session 1: Feelings, likes and dislikes • Session 2: Feeling inside out • Session 3: Super Susie gets angry Unit 4 – Life cycles Unit 4 x 2 sessions • Session 1: The cycle of life • Session 2: Beginnings and endings	Differentiated resources provided in Curriculum 2024/25 for each phase to use to suit their cohort. Friendship Week • Odd Socks Day – 12th November Theme: Choose respect • World Kindness Day – 13th November • Theme: Make kindness the norm • Kindness boomerang - One Day	expected and unexpected behaviours Lesson 5
	Lower Juniors – Module 1: Created and Loved by God Module 1 This module explores the individual. Rooted in the teaching that we are created	Unit 1 – Religious Understanding Unit 1 Story Sessions: Get up! Followed by The Sacraments, a reflection session		

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	by God out of love and for love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity.	Unit 2 – Me, My Body, My Health Unit 2 x 5 sessions • Session 1: We don't have to be the same • Session 2: Respecting our bodies • Session 3: What is puberty • Session 4: Changing bodies • Male/female discussion groups (optional) Unit 3 – Emotional wellbeing Unit 3 x 3 sessions • Session 1: What am I feeling? • Session 2: What am I looking at? • Session 3: I am thankful Unit 4 – Life cycles Unit 4 x 2 sessions • Session 1: Life cycles • Session 2: A time for everything		
	Upper Juniors – Roles and responsibilities Understanding the qualities of a leader	Head Boy and Head Girl elections House Captain elections Sports ambassadors		

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		School Council Chicken monitors		
Outcomes	EYFS: - Understand that God created the world and they are part of God's creation - Recognise why they are special - Have an increased understanding of how to take care of their bodies - Begin to recognise the difference between feelings, likes and needs - To develop children's understanding of the natural human life cycle - To understand characteristics of different life stages Infants: - Develop understanding of why they are important to God - Develop understanding of the Kingdom of Heaven - Develop understanding of who made them and why God made them - Increase vocabulary to describe feelings - Increase ways of managing feelings - Increase knowledge of the different stages of life Lower Juniors: - Further understanding of God's creative purpose - Increase understanding of prayer and the sacraments - Develop understanding of who made them and why God made them - Increase vocabulary to describe feelings - Increase ways of managing feelings - Increase knowledge of the different stages of life		For all year groups: - Become familiar with the concepts of ZoR - Wider range of emotions vocabulary - Increased recognition of facial expressions - Pupils able to identify and name emotions - Understand that their own behaviour can impact on other people's feelings and Zones - Increased ability to recognise which Zone they are in - Recognise that in specific situations there are expected behaviours in certain Zones - Gain awareness of how they think and feel when another pupil produces unexpected behaviours	

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	Upper Juniors: • Recognise the qualities of a leader • Understand that roles and responsibilities impact our school community			
Cycle B	Spring 1		Spring 2	
Topic	EYFS – Module 2: Created to Love Others Module 2 This module explores relationships with others. Building on the understanding that we have been created out of love and for love, children will explore how to take this belief into their family, friendships and relationships. They will learn strategies for developing healthy relationships and keeping safe both online and in their daily lives. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 1 x session Story sessions: Role model Unit 2 – Personal Relationships Unit 2 x 3 sessions • Session 1: Who’s who? • Session 2: You’ve got a friend in me • Session 3: Forever friends Unit 3 – Life Online Unit 3 x 2 sessions • Session 1: What is the internet? • Session 2: Playing online Unit 4 – Keeping Safe Unit 4 x 4 sessions • Session 1: Safe inside and out • Session 2: My body, my rules • Session 3: Feeling poorly • Session 4: People who help us	EYFS to Lower Juniors: Zones of Regulation continued. Staff in EYFS, Infants and Lower Juniors to teach lessons 6 to 9 of the Zones lessons. Staff in Upper Juniors to teach Module 2 of Ten:Ten Zones of Regulation lessons planned by PSHE Lead and differentiated accordingly. In these second group of lessons, children will consider: • How different Zones make them feel • How their emotions change throughout the day • What their triggers are Teachers to record work as appropriate to their phase: • EYFS and Infants to record sessions in class book • Lower and Upper Juniors to record sessions in individual folders	Lesson 6 – Me and my Zones Lesson 7 – How do I feel? Lesson 8 – My Zones across the day Lesson 9 – Caution! Triggers ahead

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	Infants – Module 2: Created to Love Others Module 2 This module explores relationships with others. Building on the understanding that we have been created out of love and for love, children will explore how to take this belief into their family, friendships and relationships. They will learn strategies for developing healthy relationships and keeping safe both online and in their daily lives. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 1 x session Story sessions: God loves you Unit 2 – Personal Relationships Unit 2 x 3 sessions • Session 1: Special people • Session 2: Treat others well... • Session 3: ...and say sorry Unit 3 – Life Online Unit 3 x 2 sessions • Session 1: Real life online • Session 2: Rules to help us Unit 4 – Keeping Safe Unit 4 x 5 sessions • Session 1: Good and bad secrets • Session 2: Physical contact • Session 3: Harmful substances • Session 4: Can you help me? (Part 1) • Session 5: Can you help me? (Part 2)	Upper Juniors – Module 2: Created to Love Others Module 2 This module explores relationships with others. Building on the understanding that we have been created out of love and for love, children will explore how to take this belief into their family, friendships and relationships. They will learn strategies for developing healthy relationships and keeping safe both online and in their daily lives. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 1 x session Story sessions: God is calling to you Unit 2 – Personal Relationships Unit 2 x 3 sessions • Session 1: Who's who? • Session 2: You've got a friend in me • Session 3: Forever friends Unit 3 – Life Online Unit 3 x 2 sessions • Session 1: What is the internet? • Session 2: Playing online Unit 4 – Keeping Safe Unit 4 x 4 sessions • Session 1: Safe inside and out • Session 2: My body, my rules • Session 3: Feeling poorly • Session 4: People who help us
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	Lower Juniors – Module 2 Module 2 This module explores relationships with others. Building on the understanding that we have been created out of love and for love, children will explore how to take this belief into their family, friendships and relationships. They will learn strategies for developing healthy relationships and keeping safe both online and in their daily lives. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 1 x session Story sessions: Jesus my friend Unit 2 – Personal Relationships Unit 2 x 2 sessions • Session 1: Family, friends and others... • Session 2: When things feel bad Unit 3 – Life Online Unit 3 x 2 sessions • Session 1: Sharing online • Session 2: Chatting online Unit 4 – Keeping Safe Unit 4 x 4 sessions • Session 1: Safe in my body • Session 2: Drugs, alcohol and tobacco • Session 3: First aid heroes • Session 4: Rights and responsibilities		
	Upper Juniors – Module 1: Created and Loved by God Module 1	Unit 1 – Religious Understanding Unit 1 Story Sessions: Calming the storm		

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	This module explores the individual. Rooted in the teaching that we are created by God out of love and for love, children will develop an understanding of the importance of valuing themselves as the basis for personal relationships. Each unit includes a unit prayer and assessment activity	Unit 2 – Me, My Body, My Health Unit 2 x 4 sessions • Session 1: Gifts and talents • Session 2: Girls’ bodies • Session 3: Boys’ bodies • Session 4: Spots and sleep Unit 3 – Emotional wellbeing Unit 3 x 4 sessions • Session 1: Body image • Session 2: Peculiar feelings • Session 3: Emotional changes • Session 4: Seeing stuff online Unit 4 – Life cycles Unit 4 x 4 sessions • Session 1: Making babies (Part 1) • Session 2: Making babies (Part 2) • Session 3: Menstruation • Hope beyond death		
Outcomes	EYFS: • Begin to understand that Jesus loves us and calls us to love others • Begin to understand positive relationships and what makes a good friend	EYFS to Lower Juniors: • Understand how they feel in each Zone • Improve ability to recognise which Zone they are in • Understand that different events change the way they feel • Improve ability to use vocabulary to describe how they are feeling		

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	- To understand ways to look after themselves and ask for help. - Begin to understand that our bodies are gifts from God and should be taken care of Infants: - Develop an understanding of the importance of being sorry - Understand that being sorry can mend friendships - Identify the special people in their lives - Understand what makes behaviour unkind - Understand that what they see online can affect their behaviour in real life - Understand ways to stay safe inside, outside and online - Recognise what makes a situation unsafe - Understand the difference between good and bad secrets Lower Juniors: - Understand what makes a good friendship - Have a greater awareness of the different types of personal relationships - Have a greater awareness of the way positive and negative behaviours affect relationships - An increased knowledge of how to use technology safely - Understand the importance of being open and honest with trusted people - Understand the difference between harming and looking after their bodies - Have an increased understanding of the different types of abuse and know where to get help Upper Juniors: - Further understand how God cares for them	- Classify feelings and emotions into Zones - Understand that Zones change throughout the day - Increase understanding of personal triggers - Reflect on whether the Zone was expected or unexpected - Understand that they are more successful if they can manage their triggers and Zones - Explore problem solving to manage personal triggers Upper Juniors: - Understand 'vocation' - Increase the ways they can pray and talk to God - Understand when it is appropriate to say 'no' - Develop strategies for saying 'no' - Develop strategies for staying safe online - Have an increased awareness of potential problems with technology use - Have an increased understanding of what their rights are and that their rights protected by law - Understand the importance of respecting their bodies
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	• Further understand how faith in God can help them through changes in their lives • Developed an increased knowledge of their bodies and how to look after them • An increased understanding of what impacts their emotions • Developed strategies to deal with feelings of envy and inadequacy • Increased understanding of how a baby develops in the womb • Further understanding of menstruation			
Cycle B	Summer 1		Summer 2	
Topic	EYFS – Module 3: Created to Live in a Community Module 3 This module explores relationships with the wider world. Children will explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good. Each unit includes a unit prayer and assessment activity. Infants – Module 3: Created to Live in a Community Module 3	Unit 1 – Religious Understanding Unit 1 2 x sessions Story session 1: God is Love Story session 2: Loving God, loving others Unit 2 – Living in the Wider World x Unit 2 1 x sessions • Session 1: Me, you, us Unit 1 – Religious Understanding Unit 1 2 x sessions	All year groups will focus on Zones of Regulation. Upper Juniors will start at Lesson 6, all other phases will start from Lesson 10 and complete the course. Zones of Regulation lessons planned by PSHE Lead and differentiated accordingly. In these final group of lessons, children will consider: • Tools to calm and alert • Sensory support tools • Tools for calming • When to stop and use a tool Teachers to record work as appropriate to their phase:	Lesson 10 – Sensory support tools Lesson 11 – Tools for calming Lesson 12 – Thinking strategies Lesson 13 – The toolbox Lesson 14 – When to use Yellow Zone tools Lesson 15 – Stop and use a tool Lesson 16 – Tracking my tools Lesson 17 – Stop, opt and go Lesson 18 – Celebrating my use of tools

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	This module explores relationships with the wider world. Children will explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good. Each unit includes a unit prayer and assessment activity. Lower Juniors – Module 3: Created to Live in a Community Module 3 This module explores relationships with the wider world. Children will explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good. Each unit includes a unit prayer and assessment activity.	Story session 1: Three in one Story session 2: Who is my neighbour? Unit 2 – Living in the Wider World x Unit 2 1 x sessions - Session 1: The communities we live in Unit 1 – Religious Understanding Unit 1 2 x sessions Story session 1: A community of love Story session 2: What is the church? Unit 2 – Living in the Wider World x 1 x sessions - Session 1: How do I love others?	- EYFS and Infants to record sessions in class book - Lower and Upper Juniors to record sessions in individual folders	
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	Upper Juniors – Module 3: Created to Live in a Community Module 3 This module explores relationships with the wider world. Children will explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good. Each unit includes a unit prayer and assessment activity.	Unit 1 – Religious Understanding Unit 1 2 x sessions Story session1: The Holy Trinity Story session 2: Catholic Social Teaching Unit 2 – Living in the wider world Unit 2 x 1 session Session 1: Reaching out		
	EYFS: - Begin to understand the loving nature of God - Begin to understand the meaning of Trinity and community - Further understand ways in which we help each other - Further understand they have responsibilities towards others Infants: - Develop an increased awareness that God is love - Understand that God loves us and wants us to love others - Have a greater understanding of the communities to which they belong	All year groups: - Explore how sensory support tools can help regulate Zones - Understand that sensory support tools can be used to energise as well as calm down - Explore calming techniques - Begin to understand that there are big, medium and small problems - Understand that they can use different strategies to change their Zone - Recognise what the Yellow Zone looks like in themselves - Recognise opportunities in the day to use Zone tools and understand which tool to use - Increase problem solving techniques - Celebrate achievements in using tools		

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	• Understand that they have responsibilities to their communities Lower Juniors: • Develop an understanding of the Trinity • Further increase their knowledge of the role of the church over time • Develop an understanding of what 'charity' means and what charities do • Find new, practical ways of showing love to others Upper Juniors: • Further understand who their neighbour is and increase ways in which they show love to others • Fully understand why this is such an important commandment • Further increase their knowledge of Catholic Social Teaching • Further develop an understanding of the Trinity	
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