## **RSHE**



	Autumn			Spring		Summer	
	Meet your brain  My happy mind		Celebrate My happy mind	Appreciate  My happy mind		Relate My happy mind	Engage My happy mind
Year 5	Rules, Routines dission and Values	Religious Understanding The Holy Trinity Catholic Social Teaching	Living in the Wider World  Reaching out The world of Work Money and me	Religious Understanding God is calling you	Personal Relationships  Under pressure Do you want a piece of cake?  Self Talk Build others up	Life Online  Sharing isn't always caring Cyber-bullying	Keeping Safe  Types of abuse Impacted Lifestyles Making good choices
Year 6	School Rules, I School Mission a	Religious Understanding The Holy Trinity Catholic Social Teaching	Living in the Wider World  Reaching out The world of Work Money and me	Religious Understanding Calming the storm	Me, my body, my health Gifts and talents Girls bodies Boys bodies Spots and sleep	Emotional Wellbeing  Body image Peculiar feelings Emotional changes	Life Cycles  Making babies  (Part I & 2)  Menstruation  Hope beyond death  Coping with change