



Colour key:

National curriculum requirements

Journey in Love

No Outsiders

Above expectation

*To be taught "Through the Catholic Lens"

Early Years:

Year group	Autumn		Spring		Summer	
	"The Philly Way"	Self-regulation	Building relationships		Managing self	
R	<ol style="list-style-type: none"> "The Philly Way" Classroom rules Zones of Regulation 	<ol style="list-style-type: none"> Discover: "Trying something new" (wellbeing) <p>My feelings:</p> <ol style="list-style-type: none"> To say what I think (No outsiders) Identifying my feelings Copying strategies Emotional adjectives Facial expressions <p>10th October: Yellow for Mental health Take notice: "My surroundings" (wellbeing)</p> <p>Week 13th November: Anti-Bullying week "Choose Respect"</p>	<p>Special relationships:</p> <ol style="list-style-type: none"> To recognise the joy of being a special person in my family (JIL Social and Emotional) Special people Sharing I am unique To recognise that we are all different and unique (JIL Physical) Similarities and differences To understand that it's OK to like different things (No outsiders) 	<p>My family & friends:</p> <ol style="list-style-type: none"> To celebrate the joy of being a special person in God's family (JIL Spiritual) Festivals Sharing What makes a good friend Being a good friend To celebrate my family (No outsiders). To understand that all families are different (No Outsiders). <p>NSPCC – "Speak Out Stay Safe"</p>	<p>Taking on challenges:</p> <ol style="list-style-type: none"> Why do we have rules? Building towers Team races To make friends with someone different (No outsiders). 	<p>My wellbeing:</p> <ol style="list-style-type: none"> What is exercise? Being a safe pedestrian Eating healthily

		15 th November: Children In Need		Week 18 th March – Neurodiversity week		
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Years 1 - 6

	Autumn		Spring		Summer	
Year group	"The Philly Way"	Family & relationships	Health & Wellbeing	Safety & the changing body	Citizenship	Economic Wellbeing
1	1. "The Philly Way" 2. Classroom rules 3. Zones of Regulation 4. Zones of Regulation	1. "Discover: Making mistakes" (wellbeing) 2. What is family? 3. To recognise that I am loved in my family (JIL Social and Emotional) 4. To celebrate ways that God loves and cares for us (JIL Spiritual). 5. What are friendships? 6. To like the way I am (No outsiders) 7. Friendship problems. 8. Healthy friendships 9. Gender stereotypes 10. To play with boys and girls (No outsiders)	1. Understanding my emotions 2. Ready for bed 3. Handwashing & personal hygiene 4. Sun safety 5. Allergies 6. To recognise how I am cared for and kept safe in my family (JIL Physical)	1. To recognise that people are different ages (No outsiders) 2. Adults in school 3. Adults outside school 4. Making an emergency phone call 5. Appropriate contact* 6. Safety with substances* 7. To understand that our bodies work in different ways (No Outsiders) NSPCC – "Speak Out Stay Safe" Week 18 th March – Neurodiversity week	1. To understand that we share the world with lots of people (No Outsiders) 2. Rules 3. Similar, yet different*	1. What is money? 2. Saving and spending. 3. Jobs in school 4. Jobs out of school
					Celebrating Multi-culture	Transition
						1. Strengths and transition

		<p>10th October: Yellow for Mental health “Take notice: Sound” (wellbeing)</p> <p>Week 13th November: Anti-Bullying week “Choose Respect”</p> <p>15th November: Children In Need</p>				
Year group	“The Philly Way”	Family & relationships	Health & Wellbeing	Safety & the changing body	Citizenship	Economic Wellbeing
2	<ol style="list-style-type: none"> 1. “The Philly Way” 2. Classroom rules 3. Zones of Regulation 4. Zones of regulation 	<ol style="list-style-type: none"> 1. “Discover: Perseverance” (wellbeing) 2. To feel proud of being different (No outsiders) 3. Families are all different* 4. Unhappy friendships 5. Introduction to manners and courtesy 6. To be able to work with everyone in my class (No outsiders) 7. Change and loss 8. Gender stereotypes: careers and jobs <p>10th October: Yellow for Mental health</p>	<ol style="list-style-type: none"> 1. Experiencing different emotions 2. Developing a growth mind-set 3. To understand what makes someone feel proud (No outsiders) 4. Healthy diet 5. Looking after our teeth 6. To recognise the joy and friendship of belonging to a diverse community (Social and Emotional JIL) 	<ol style="list-style-type: none"> 1. Communicating online 2. Secrets and surprises 3. Appropriate contact: My private parts are private* 4. Staying safe with medicine 5. To describe ways of being safe in communities (JIL Physical) <p>NSPCC – “Speak Out Stay Safe”</p> <p>Week 18th March – Neurodiversity week</p>	<ol style="list-style-type: none"> 1. To understand what diversity is (No outsiders) 2. Rules beyond school 3. Similar, yet different – my local community* 4. To understand how we share the world (No outsiders) 5. Giving my opinion 6. To celebrate ways of meeting God in our communities (JIL Spiritual). <p>Celebrating Multi-culture</p>	<ol style="list-style-type: none"> 1. Exploring needs 2. Exploring wants 3. My skills and talents
						Transition
						<ol style="list-style-type: none"> 1. Transition 2. To celebrate ways of meeting God in our communities (JIL Spiritual).

		<p>“Take notice: Colour expression” (wellbeing)</p> <p>Week 13th November: Anti-Bullying week “Choose Respect”</p> <p>15th November: Children In Need</p>				
Year group	“The Philly Way”	Family & relationships	Health & Wellbeing	Safety & the changing body	Citizenship	Economic Wellbeing
3	<ol style="list-style-type: none"> 1. “The Philly Way” 2. Classroom rules 3. Zones of Regulation 4. Zones of regulation 	<ol style="list-style-type: none"> 1. Discover: “Practice makes progress” (wellbeing) 2. Healthy families 3. To describe and give reasons how friendships make us feel happy and safe (JIL Social and Emotional). 4. Friendship conflicts 5. Friendship: conflict vs bullying 6. To find a solution to a problem (No outsiders) 7. To describe and give reasons why friendships break down, how they can be repaired 	<ol style="list-style-type: none"> 1. My healthy diary 2. Wonderful me 3. Resilience: breaking down barriers 4. Diet & dental health 5. To understand what discrimination means (No outsiders) 	<ol style="list-style-type: none"> 1. First aid: emergencies & calling for help 2. To use strategies to help someone who feels different (No Outsiders) 3. Cyberbullying 4. Fake emails 5. Influences 6. Keeping safe out & about <p>NSPCC – “Speak Out Stay Safe”</p> <p>Week 18th March – Neurodiversity week</p>	<ol style="list-style-type: none"> 1. Rights of the child 2. Charity 3. Local democracy 4. To celebrate the joy and happiness of living in friendship with God and others (JIL Spiritual). 5. To understand how difference can affect someone (No outsiders) <p>Celebrating Multi-culture</p>	<ol style="list-style-type: none"> 1. Budgeting 2. Career quest
						Transition
						<ol style="list-style-type: none"> 1. Coping strategies 2. To be welcoming (No outsiders)

		<p>and strengthened (JIL Physical)</p> <ol style="list-style-type: none"> Learning who to trust Respecting differences in others Stereotyping genders <p>10th October: Yellow for Mental health Take notice: “Making a difference” (wellbeing)</p> <p>Week 13th November: Anti-Bullying week “Choose Respect”</p> <p>15th November: Children In Need</p>				
Year group	“The Philly Way”	Family & relationships	Health & Wellbeing	Safety & the changing body	Citizenship	Economic Wellbeing
4	<ol style="list-style-type: none"> “The Philly Way” Classroom rules Zones of Regulation Zones of regulation 	<ol style="list-style-type: none"> Discover: “Practice makes progress” (wellbeing) Respect and manners Healthy friendship 	<ol style="list-style-type: none"> To ask questions (No outsiders) Looking after our teeth Celebrating mistakes My happiness Emotions Mental health 	<ol style="list-style-type: none"> To know when to be assertive (No outsiders) Internet safety: age restrictions Share aware Privacy and security* Introducing puberty* 	<ol style="list-style-type: none"> What are human rights? To overcome language as a barrier (No outsiders) Diverse communities 	<ol style="list-style-type: none"> Value for money Looking after money To be whom you want to be (No outsiders).
						Transition

		<p>4. To understand why people choose to get married (No Outsiders).</p> <p>5. Bullying</p> <p>6. Stereotypes: Disability</p> <p>7. To describe how we should all be accepted and respected (JIL Social and emotional)</p> <p>8. Change and loss</p> <p>9. To describe how we should treat others making links with the diverse modern society we live in (JIL Physical)</p> <p>10th October: Yellow for Mental health Take notice: "Making a difference" (wellbeing)</p> <p>Week 13th November: Anti-Bullying week "Choose Respect"</p> <p>15th November: Children In Need</p>		<p>6. Tobacco</p> <p>NSPCC – "Speak Out Stay Safe"</p> <p>Week 18th March – Neurodiversity week</p>	Celebrating Multi-culture	<p>1. Setting goals</p> <p>2. To celebrate the uniqueness and innate beauty of each of us (JIL Spiritual).</p>
Year group	"The Philly Way"	Family & relationships	Health & Wellbeing	Safety & the changing body	Citizenship	Economic Wellbeing

5	<ol style="list-style-type: none"> 1. "The Philly Way" 2. Classroom rules 3. Zones of Regulation 4. Zones of regulation 	<ol style="list-style-type: none"> 1. Discover: "Growth mind-set" (wellbeing) 2. Friendship skills 3. Marriage 4. Respecting myself 5. Family life 6. To accept people who are different from me (No outsiders) 7. Bullying 8. Stereotypes: Race and religion 9. To show knowledge and understanding of emotional relationship changes as we grow and develop (JIL Social and emotional). <p>10th October: Yellow for Mental health Take notice: "Others around me" (wellbeing)</p> <p>Week 13th November: Anti-Bullying week "Choose Respect"</p> <p>15th November: Children In Need</p>	<ol style="list-style-type: none"> 1. The importance of rest 2. To learn from our past (No outsiders) 3. Taking responsibility for my feelings 4. Healthy meals 5. Sun safety 	<ol style="list-style-type: none"> 1. Online friendships 2. Staying safe online 3. To show knowledge and understanding of the physical changes in puberty (JIL Physical) 4. First aid: Bleeding 5. Alcohol, drugs & tobacco: making decisions <p>NSPCC – "Speak Out Stay Safe"</p> <p>Week 18th March – Neurodiversity week</p>	<ol style="list-style-type: none"> 1. Breaking the law 2. To justify my actions (No outsiders) 3. To recognise when someone needs help (No outsiders) 4. Parliament 5. To appreciate artistic freedom (No outsiders) <p>Celebrating Multi-culture</p>	<ol style="list-style-type: none"> 1. Risks handling money online
						Transition
						<ol style="list-style-type: none"> 1. Roles and responsibilities 2. To celebrate the joy of growing physically and spiritually (JIL Spiritual)

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6	1. "The Philly Way" 2. Classroom rules 3. Zones of Regulation 4. Zones of regulation	1. Discover: "Goal setting" (wellbeing) 2. Respect 3. Respectful relationships 4. To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families (JIL Social and emotional) 5. Challenging stereotypes* 6. To challenge the causes of racism (No outsiders) 7. Resolving conflict 8. Change and loss	1. Taking responsibility for my health 2. The impact of technology on health 3. Resilience tool kit 4. Immunisation 5. Physical health concerns	1. Alcohol 2. Social media 3. Physical and emotional changes of puberty 4. Explain how human life is conceived (JIL Physical) 5. First Aid: Basic life support NSPCC – "Speak Out Stay Safe" Week 18 th March – Neurodiversity week	1. Human rights 2. To stand up to discrimination (No outsiders) 3. Prejudice and discrimination 4. To promote diversity (No outsiders) 5. National democracy Celebrating Multi-culture	1. Career carousel – led by Primary Inspirations 2. To consider how my life may change as I grow up (No outsiders)
						Identity
						1. Identity and body image* 2. Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships (JIL Spiritual).
		10 th October: Yellow for Mental health Take notice: "Myself" (wellbeing) Week 13 th November: Anti-Bullying week "Choose Respect" 15 th November:				Transition
						1. Dealing with change 2. To recognise my freedom (No outsiders) During Summer test week – Y6 "Young enterprise week"

		Children In Need				
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