

PSHE/ RSHE 2026-27

Holy Cross Catholic Primary School

Aims of RSHE/PSHE

What are our aims of teaching and learning RSHE/PSHE at Holy Cross Catholic Primary School?

Personal, Social, Health and Economic education (PSHE) and Relationships, Sex and Health Education (RSHE) prepare pupils for adult life by helping them make safe, responsible and informed choices. From September 2026, our RSHE curriculum reflects the Department for Education's revised statutory guidance for Relationships Education, Relationships and Sex Education and Health Education (DfE, 2025). At Holy Cross Catholic Primary School, PSHE and RSHE are part of our whole-school approach to helping children grow into kind, respectful and responsible young people. Through age-appropriate teaching rooted in our Catholic values, pupils learn about healthy relationships, personal boundaries, permission seeking and giving, making good choices, staying safe, emotional and physical health, and understanding their bodies. Our aim is to help every child recognise their God-given worth, build positive relationships, and grow in confidence, compassion and care for others.

Intent/ Impact of RSHE/PSHE

How is PSHE/RSHE taught at Holy Cross School?

At Holy Cross Catholic Primary School, RSHE/PSHE are taught weekly using Ten Ten's Life to the Full programme for statutory RSHE, complemented by Life to the Full Plus for our wider PSHE provision. This carefully planned, age-appropriate programme is rooted in the Catholic faith and supports children's emotional, social, physical and spiritual development. One of its guiding messages is: 'We are created and loved by God, created to love others, and created to live in community.' RSHE forms part of our whole-school safeguarding approach: pupils learn to recognise healthy and unhealthy relationships, understand personal boundaries and privacy, identify unsafe situations and harmful online content, and know how and where to seek help. Teaching is adapted appropriately so that all pupils, including pupils with SEND, can access and understand the curriculum, with staff considering individual needs, vulnerabilities and levels of understanding when teaching sensitive content. We work in partnership with parents and carers by sharing information about what is taught and when, providing access to resources and consulting families when the statutory RSHE policy is reviewed. Online safety teaching is reinforced through ProjectEVOLVE and includes age-appropriate learning about misinformation and disinformation, manipulated or AI-generated content, online influence, privacy, harmful content and reporting concerns. Learning is embedded across school life and reflects our Catholic values, safeguarding responsibilities and commitment to every child's dignity.



Parent Access:

www.tentenresources.co.uk/parent-portal

School Username: holy-cross-b76

School Password: cross-76

PSHE/ RSHE 2026-27 Holy Cross Catholic Primary School

<u>Year Groups</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Whole School events	September- Walk to School Month October- Healthy Eating Day October- Black History Month	International Men's Day Kindness Week Universal Children's Day- Takeover Day	Children's Mental Health Week Monday 1 February – Sunday 7 February 2027	March- British STEM Week and International Women's Day April - World Autism Day / World Fine Art Day / Earth Day	May - National Numeracy Day	June- Outdoor Classroom Day June- World Environment Day June- Refugee Week (16-22 June 25) July- Handover Day
Links to CST and Rights	 Everyone is special Human Dignity	 Thinking of everyone The Common Good	 Poppy the Pōpokotea Putting people in most need first (Option for the Poor)	 Family and community DJ the Dolphin Sharing fairly (Distributive Justice)	 Taking part Participation	 Caring for God's gifts Stewardship
Inspiration I saint	St Maximilian Kolbe	St Therese of Lisieux	St Mother Teresa of Calcutta	The Holy Family	St Joseph	St Francis of Assisi
Rights	Article 27 – right to adequate standard of living; Article 32 – protection from economic exploitation Article 2 – non-discrimination; Article 29 – respect for cultural identity Article 15 – right to friendship and association	Article 19 – protection from harm Article 15 – right to friendship and association	Article 16 – right to privacy Article 17 – access to safe information Article 24 – right to health and wellbeing Article 12 – right to have a say	Article 29 – development of potential Article 17 – access to information. Article 24 – health & environment; Article 29 – responsibility for the Earth	Article 28 – Right to Education: Article 6 – Life, Survival and Development: Article 19 – Protection from Violence, Abuse, and Neglect Article 24 – Health and Health Services: Article 24 – Health and Health Services (specifically 24.2)	Article 22 – rights of refugee children Article 30 – cultural rights. Article 24 – health and environment Article 29 – responsibility for the Earth

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Holy Cross Catholic Primary School

RSHE/PSHE Scheme Coverage through Ten Ten Life to the Full and Life to the Full Plus						
Reception	Story Sessions: Handmade with Love NEW 2026 Classroom Shorts: • Do you know... how to talk about your body and your health? • Do you know... how to brush your teeth?		Session 1: I Am Me Session 2: Heads, Shoulders, Knees and Toes NEW 2026 Classroom Short: • Do you know... how to ask for help?		Session 3: Ready Teddy?	
Year 1	Autumn 1: Week 1 and 2: Pants rule Democracy RRSA Class rules Role and Responsibilities Week 3: House Captains Story Sessions: Let the Children Come	Autumn 2: Session 1: I am Unique (Me) Session 2: Girls and Boys (My Body) Session 3 and 4: Clean and Healthy (My Health) Session 1: Feelings, Likes and Dislikes Session 2: Feeling Inside Out NEW 2026 Classroom Shorts (KS1): • Healthy eating • Talking about your body and your health • Sun safety • Personal hygiene / how to be clean • Exercise	Spring 1: Session 3: Super Susie Gets Angry Email parents as lesson coming up about death Session 1: The Cycle of Life Session 2: Beginnings and Endings Session 3: Change is All Around and classroom shorts Session 1: God Loves You	Spring 2: Session 1: Special People Session 2: Treat Others Well... Session 3: ...and Say Sorry Session 1: Real Life Online Session 2: Rules to Help Us NEW 2026 Classroom Short (KS1): • How to ask for help	Summer 1: 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	Summer 2: Session 1: Three in One Session 2: Who is My Neighbour? Session 1: The Communities We Live In Session 2: Who Will I Be? and classroom shorts Session 3: Needs and Wants and classroom shorts
Year 2	Autumn 1: Week 1 and 2: Pants rule Democracy RRSA Class rules	Autumn 2: Session 1: I am Unique (Me) Session 2: Girls and Boys (My Body)	Spring 1: Session 1: Feelings, Likes and Dislikes Session 2: Feeling Inside Out Session 3: Super Susie Gets Angry	Spring 2: Session 1: God Loves You Session 1: Special People Session 2: Treat Others Well... Session 3: ...and Say Sorry Session 1: Real Life Online	Summer 1: Session 1: Good and Bad Secrets Session 2: Physical Contact Session 3: Harmful Substances	Summer 2: Session 1: Three in One Session 2: Who is My Neighbour? Session 1: The Communities We Live In

PSHE/ RSHE 2026-27

Holy Cross Catholic Primary School

	Role and Responsibilities Week 3: House Captains Story Sessions: Let the Children Come	Session 3 and 4: Clean and Healthy (My Health) NEW 2026 Classroom Shorts (KS1): • Healthy eating • Talking about your body and your health • Sun safety • Personal hygiene / how to be clean • Exercise	Email parents as lesson coming up about death Session 1: The Cycle of Life Session 2: Beginnings and Endings Session 3: Change is All Around and classroom shorts	Session 2: Rules to Help Us NSPCC Stay Safe Speak Out assembly and lesson NEW 2026 Classroom Short (KS1): • How to ask for help	Session 4: Can You Help Me? Part 1 Session 5: Can You Help Me? Part 2	Session 2: Who Will I Be? and classroom shorts Session 3: Needs and Wants and classroom shorts
Year 3	Autumn 1: Week 1 and 2: Pants rule Democracy RRSA Class rules Role and Responsibilities Week 3: House Captains Story Sessions: Get Up	Autumn 2: Session 2: Sacraments Session 1: We Don't Have To Be The Same Session 2: Respecting Our Bodies NEW 2026 Classroom Shorts (LKS2): • Food needs and wants • Talking about your body and your health • Dental hygiene • Germs • How exercise impacts your body	Spring 1: Session 1: What Am I Feeling? Session 2: What am I looking at? Session 3: I am Thankful Session 1: Life Cycles Session 2: A time for everything Session 3: Big changes. Little changes and classroom shorts NEW 2026 Classroom Short (LKS2): • Loneliness	Spring 2: Story sessions: Jesus, My Friend Session 1: Family, Friends and Others Session 2: When Things Feel Bad Session 1: Sharing Online Session 2: Chatting Online and classroom short NSPCC Stay Safe Speak Out assembly and lesson NEW 2026 Personal Relationships content (LKS2): • Balancing Needs (new session)	Summer 1: Session 1: Safe in My Body and classroom shorts Session 2: Drugs, Alcohol and Tobacco Session 3: First Aid Heroes Session 4: Rights and Responsibilities and Classroom Shorts NEW 2026 Keeping Safe session (LKS2): • Recognising Risk – roads, railways, water and fire	Summer 2: Session 1: A Community of Love Session 2: What is the Church? Session 1: How do I Love Others? Session 2: Working Together and classroom shorts Session 3: Money Matters and classroom shorts

PSHE/ RSHE 2026-27

Holy Cross Catholic Primary School

				• How to ask for help (Classroom Short)		
Year 4	Autumn 1: Week 1 and 2: Pants rule Democracy RRSA Class rules Role and Responsibilities Week 3: House Captains Story Sessions: Get Up	Autumn 2: Session 2: Sacraments Session 1: We Don't Have To Be The Same Session 2: Respecting Our Bodies Session 3: Puberty Session 4: Changing bodies Kindness Week and Antibullying NEW 2026 Classroom Shorts (LKS2): • Food needs and wants • Talking about your body and your health • Dental hygiene • Germs • How exercise impacts your body	Spring 1: Module 1: Created and Loved by God Unit 3 Session 1: What Am I Feeling? Session 2: What am I looking at? Session 3: I am Thankful Module 1: Created and Loved by God Unit 4 Session 1: Life Cycles Session 2: A time for everything Session 3: Big changes. Little changes and classroom shorts NEW 2026 Classroom Short (LKS2): • Loneliness	Spring 2: Story sessions: Jesus, My Friend Session 1: Family, Friends and Others Session 2: When Things Feel Bad Session 1: Sharing Online Session 2: Chatting Online and classroom short NSPCC Stay Safe Speak Out assembly and lesson NEW 2026 Personal Relationships content (LKS2): • Balancing Needs (new session) • How to ask for help (Classroom Short)	Summer 1: Session 1: Safe in My Body and classroom shorts Session 2: Drugs, Alcohol and Tobacco Session 3: First Aid Heroes Session 4: Rights and Responsibilities and Classroom Shorts NEW 2026 Keeping Safe session (LKS2): • Recognising Risk – roads, railways, water and fire	Summer 2: Session 1: A Community of Love Session 2: What is the Church? Session 1: How do I Love Others? Session 2: Working Together and classroom shorts Session 3: Money Matters and classroom shorts
Year 5	Week 1: Pants rule, Democracy, RRSA, Class rules Role and Responsibilities Week 2: House Captains	Session 1: Gifts and Talents Session 2/3: Girls Bodies and Boys Bodies Session 4: Spots and Sleep Kindness Week and Antibullying	Session 1: Body Image Session 2: Peculiar Feelings Session 3: Emotional Changes Session 3: Menstruation Session 4: Hope Beyond Death	Spring 2: Session 5: Coping with Change and Classroom Shorts Session 1: Under Pressure Session 2: Do you want a piece of cake? Session 3: Self - Talk	Summer 1 Session 1: Sharing Isn't Always Caring Session 2: Cyberbullying Session 1: Types of Abuse Session 2: Impacted Lifestyles and Classroom Shorts	Summer 2 Session 1: The Holy Trinity Session 2: Catholic Social Teaching Session 1: Reaching Out Session 2: The World of Work and classroom shorts

PSHE/ RSHE 2026-27

Holy Cross Catholic Primary School

	Story Sessions: Calming the Storm	NEW 2026 Classroom Shorts (UKS2): • Sleep • Vaccinations and immunisation		Session 4 Build Others Up and Classroom Shorts NSPCC Stay Safe Speak Out assembly and lesson NEW 2026 Personal Relationships content (UKS2): • Confidence vs Control (new session) • How to ask for help (Classroom Short)	Session 3: Making Good Choices Session 4: Giving Assistance	Session 3: Money and Me and classroom shorts
Year 6	Autumn 1: Week 1 : Pants rule Democracy RRSA Class rules Role and Responsibilities Week 2: House Captains Week 3: Story Sessions: Calming the Storm	Autumn 2: Takeover Day Session 1: Gifts and Talents Session 2/3: Girls Bodies and Boys Bodies Session 4: Spots and Sleep Session 1: Body Image Session 2: Peculiar Feelings NEW 2026 Classroom Shorts (UKS2): • Sleep • Vaccinations and immunisation	Spring 1: Session 3: Emotional Changes Session 4: Seeing Stuff Online Session 1: Making Babies (Part 1) Session 2: Making Babies (Part 2) Session 3: Menstruation	Spring 2: Session 4: Hope Beyond Death Session 5: Coping with Change and Classroom Shorts Session 1: Under Pressure Session 2: Do you want a piece of cake? Session 3: Self - Talk Session 4 Build Others Up and Classroom Shorts NSPCC speak out stay safe assembly and lesson. NEW 2026 Personal Relationships content (UKS2): • Confidence vs Control (new session) • How to ask for help (Classroom Short)	Summer 1 Session 1: Sharing Isn't Always Caring Session 2: Cyberbullying Session 1: Types of Abuse Session 2: Impacted Lifestyles and Classroom Shorts Session 3: Making Good Choices Session 4: Giving Assistance	Summer 2 Secondary Transition Session 1: The Holy Trinity Session 2: Catholic Social Teaching Session 1: Reaching Out Session 2: The World of Work and classroom shorts Session 3: Money and Me and classroom shorts