

St. John's RSE Ten:Ten Programme: 2022/2023

Class: 3

Autumn 1: Being me in my World/ Online Safety

	PSHE/ RSHE Scheme	Unit	Session
Autumn 1 Week 1	General PSHE	School/ Class Rules	
Autumn 1 Week 2	PSHE	Being me in my World	Getting to Know Each Other
Autumn 1 Week 3	PSHE	Being me in my World	Our Nightmare and Dream School
Autumn 1 Week 4	PHSE	Being me in my World	Rewards and Consequences
Autumn 1 Week 5	PSHE	Being me in my World	Our Learning Charter
Autumn 1 Week 6	Mental Health Day		
Autumn 1 Week 7	PHSE	Being me in my World	Owning our Learning Charter

Autumn 2: Life to the Full/ Celebrating Differences/ Anti Bullying Week

	PSHE/ RSHE Scheme	Unit	Session
Autumn 2 Week 1	RSHE	1 (module 1)	Get up.
Autumn 2 Week 2	PSHE	Celebrating Differences	Families
Autumn 2 Week 3	Anti-Bullying Week		
Autumn 2 Week 4	PSHE	1 (module 1)	Family Conflict
Autumn 2 Week 5	RSHE	1 (module 2)	Jesus my friend
Autumn 2 Week 6	PSHE	Celebrating Differences	Witnesses/Words that harm
Autumn 2 Week 7	RSHE	1 (module 1)	Sacraments

Spring 1: Life to the Full/ Celebrating Differences/ Safer Internet Day/ Online Safety/ Children's mental health week

	PSHE/ RSHE Scheme	Unit	Session
Spring 1 Week 1	RSHE	2	Friends, Family & Others
Spring 1 Week 2	PSHE	Celebrating Differences	Compliments
Spring 1 Week 3	PSHE	Dreams & Goals	Dreams, Goals & Ambitions
Spring 1 Week 4	PSHE	Dreams & Goals	A new challenge
Spring 1 Week 5	RSHE	2	When things feel bad.
Spring 1 Week 6	Safer Internet Day Children's Mental Health Week		
Spring 1 Week 7	Safer Internet Day Children's Mental Health Week		

Spring 2: Life to the Full/ Dreams and Goals/ Healthy Me

	PSHE/ RSHE Scheme	Unit	Session
Spring 2 Week 1	RSHE	3 (module 2)	Sharing online
Spring 2 Week 2	RSHE	3 (module 2)	Chatting online
Spring 2 Week 3	RSHE	3 (module 2)	Safe in my body
Spring 2 Week 4	RSHE	3 (module 2)	Drugs, alcohol & tobacco
Spring 2 Week 5	RSHE	3 (module 2)	First Aid heroes

Summer 1: Life to the Full/ Dreams and Goals/ Healthy Me

	PSHE/ RSHE Scheme	Unit	Session
Summer 1 Week 1	RSHE	1 (module 3)	A community of love
Summer 1 Week 2	RSHE	1 (module 3)	What is the Church
Summer 1 Week 3	PSHE	Dreams & Goals	Overcoming obstacles
Summer 1 Week 4	PSHE	Dreams & Goals	Overcoming obstacles
Summer 1 Week 5	Unit review/assessment opportunity		

Summer 2: Life to the Full/ Dreams and Goals/ Healthy Me

	PSHE/ RSHE Scheme	Unit	Session
Summer 2 Week 1	RSHE	2 (module 3)	How do I love others
Summer 2 Week 2	PSHE	Being Healthy	Being fit and healthy
Summer 2 Week 3	PSHE	Being Healthy	Being safe
Summer 2 Week 4	PSHE	Being Healthy	Safe or unsafe
Summer 2 Week 5	PSHE	Being Healthy	My amazing body
Summer 2 Week 6	Transition		
Summer 2 Week 7	Transition		

