

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

Class: 4

Autumn 1: Being me in my World

	PSHE/ RSHE Scheme	Unit	Session
Autumn 1 Week 1	General PSHE	School/ Class Rules	
Autumn 1 Week 2	PSHE	Being me in my world	Becoming a Class Team
Autumn 1 Week 3	PSHE	Being me in my world	Being a School Citizen
Autumn 1 Week 4	PSHE	Being me in my world	Rights, Responsibilities and Democracy
Autumn 1 Week 5	PSHE	Being me in my world	Rewards and Consequences
Autumn 1 Week 6	Mental Health Day		
Autumn 1 Week 7	PSHE	Being me in my world	Our Learning Charter

Autumn 2: Celebrating Differences

	PSHE/ RSHE Scheme	Unit	Session
Autumn 2 Week 1	PSHE	Celebrating Differences	Judging by Appearances
Autumn 2 Week 2	PSHE	Celebrating Differences	Understanding Influences
Autumn 2 Week 3	Anti-Bullying Week		
Autumn 2 Week 4	PSHE	Celebrating Differences	Understanding Bullying
Autumn 2 Week 5	PSHE	Celebrating Differences	Problem Solving
Autumn 2 Week 6	PSHE	Celebrating Differences	Special Me
Autumn 2 Week 7	PSHE	Celebrating Differences	Celebrating Difference: How we look

Spring 1: RSHE – Puberty TenTen

	PSHE/ RSHE Scheme	Unit	Session
Spring 1 Week 1	RSHE	Puberty	We don't have to be the same
Spring 1 Week 2	RSHE	Puberty	Respecting our bodies
Spring 1 Week 3	RSHE	Puberty	What is puberty?
Spring 1 Week 4	RSHE	Puberty	Changing Bodies
Spring 1 Week 5	RSHE	Puberty	Boy/Girl Discussion Groups
Spring 1 Week 6	Safer Internet Day		

Children's Mental Health Week (Use two weeks – week earlier or week after)			
Spring 1 Week 7	RSHE	Puberty	Recap on Puberty - Overview

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

	PSHE/ RSHE Scheme	Unit	Session
Spring 2 Week 1	PSHE	Dreams and Goals	Hopes and Dreams
Spring 2 Week 2	PSHE	Dreams and Goals	Broken Dreams
Spring 2 Week 3	PSHE	Dreams and Goals	Overcoming Disappointment
Spring 2 Week 4	RSHE	Dreams and Goals	Creating New Dreams
Spring 2 Week 5	RSHE	Dreams and Goals	Achieving Goals

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

	PSHE/ RSHE Scheme	Unit	Session
Summer 1 Week 1	RSHE	Life Cycles	Life Cycles
Summer 1 Week 2	PSHE	Healthy Me	My friends and me
Summer 1 Week 3	PSHE	Healthy Me	Group Dynamics
Summer 1 Week 4	PSHE	Healthy Me	Smoking
Summer 1 Week 5	PSHE	Healthy Me	Healthy friendships

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

	PSHE/ RSHE Scheme	Unit	Session
Summer 2 Week 1	RSHE	Created to Live in Community – Religious Understanding	A Community of Love
Summer 2 Week 2	RSHE	Created to Live in Community – Religious Understanding	What is the Church?
Summer 2 Week 3	RSHE	Created to Live in Community – Living in the Wider World	How do I love others?
Summer 2 Week 4	PSHE	Relationships	Jealousy
Summer 2 Week 5	PSHE	Relationships	Love and Loss
Summer 2 Week 6	PSHE	Relationships	Getting on and Falling out
Summer 2 Week 7	PSHE	Relationships	Celebrating my Relationships

