

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

Class: Year 5

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 - Jigsaw	Being me in my world	My year ahead, my positive challenges
Autumn 1 Week 3	PSHE - Jigsaw	Being me in my world	Being a citizen of my country, understanding my rights and responsibilities.
Autumn 1 Week 4	PSHE - Jigsaw	Being me in my world	Rewards and consequences
Autumn 1 Week 5	PSHE - Jigsaw	Being me in my world	Promoting good choices and behaviour, certificates, posters, stickers.
Autumn 1 Week 6	Mental Health Day		
Autumn 1 Week 7	F B V	Rule of Law	Why do laws exist? How do they help me? Why is it important?

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

	PSHE/ RSHE Scheme	Unit	Session
Autumn 2 Week 1	RSHE Scheme	Module 1 Unit 1	Calming the Storm
Autumn 2 Week 2	PSHE - Jigsaw	Celebrating Difference	Different cultures and the causes of conflicts
Autumn 2 Week 3	Anti-Bullying Week		
Autumn 2 Week 4	PSHE - Jigsaw	Celebrating Difference	Racism and being excluded
Autumn 2 Week 5	RSHE Scheme	Module 2 Unit 1	Is God Calling You?
Autumn 2 Week 6	PSHE - Jigsaw	Celebrating Difference	Name calling and rumour spreading
Autumn 2 Week 7	PSHE - Jigsaw	Celebrating Difference	Types of bullying, direct and indirect, and its effects.

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	PSHE - Jigsaw	Celebrating Difference	Does money matter to my happiness?
Spring 1 Week 2	PSHE - Jigsaw	Dreams and Goals	When I grow up,

			what do I want to be and do?
Spring 1 Week 3	RSHE Scheme	Module 2 Unit 2	Under Pressure
Spring 1 Week 4	RSHE Scheme	Module 2 Unit 2	Do you want a piece of cake?
Spring 1 Week 5	PSHE - Jigsaw	Dreams and Goals	Investigate jobs and careers, salaries and how to achieve my future.
Spring 1 Week 6	Safer Internet Day		
Spring 1 Week 7	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 Scheme	Module 2 Unit 2	Self-Talk
Spring 2 Week 2	RSHE Scheme	Module 2 Unit 3	Sharing isn't always caring
Spring 2 Week 3	RSHE Scheme	Module 2 Unit 3	Cyber bullying
Spring 2 Week 4	RSHE Scheme	Module 2 Unit 3	Types of abuse
Spring 2 Week 5	RSHE Scheme	Module 2 Unit 3	Impacted Lifestyles

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

	PSHE/ RSHE Scheme	Unit	Session
Summer 1 Week 1	PSHE - Jigsaw	Healthy Me	Smoking
Summer 1 Week 2	PSHE - Jigsaw	Healthy Me	Alcohol
Summer 1 Week 3	PSHE - Jigsaw	Healthy Me	Emergency Aid
Summer 1 Week 4	PSHE - Jigsaw	Healthy Me	My Relationship with food
Summer 1 Week 5	FBV	Individual Liberty	Understanding that we all have rights and responsibilities, and we are allowed to choose how we live our lives.
Summer 1 Week 6	FBV	Democracy	Democracy and the importance of my opinion

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

	PSHE/ RSHE Scheme	Unit	Session
Summer 2 Week 1	RSHE Scheme	Module 2 Unit 3	Making good choices
Summer 2 Week 2	RSHE Scheme	Module 2 Unit 3	Giving assistance
Summer 2 Week 3	RSHE Scheme	Module 3 Unit 1	The Trinity
Summer 2 Week 4	RSHE Scheme	Module 3 Unit 1	Catholic Social Teaching
Summer 2 Week 5	RSHE Scheme	Module 3 Unit 2	Reaching Out
Summer 2 Week 6	FBV	Tolerance and	Understanding why

		Resilience	resilience is important in our lives, and why tolerance of other people's beliefs and lives is important.
Summer 2 Week 7	PSHE - Jigsaw	Optional Lesson Financial Education	Understanding about the role of money in society, how much things cost, and why people need jobs.