



St Joseph the Worker
PSHE Overview 2025-2026



Year	Autumn			Spring			Summer
	Module 1 Created and Loved by God			Module 2 Created to Love Others			Module 3 Created to Live in Community
	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 2 Living in the Wider World
N	Session 2 Heads, shoulders, knees and toes Session3 Ready Teddy	Session 1 I Like, You Like, We All Like!	Session 1 Growing Up	Session 1 Who's Who Session 3 Forever Friends	Session 1 What is the Internet?	Session 1 Safe Inside and Out Session 4 People Who Help Us	Session 1 Me, You, Us
R	Session 1 I Am Me	Session 2 All the Feelings! Session 3 Let's Get Real	Session2 New People, New Places	Session 2 You've Got A Friend In Me	Session 2 Playing Online	Session 2 My Body, My Rules Session3 Feeling Poorly	Session2 When I Grow Up Session3 Money Doesn't Grow on Trees
1	Session 1 I am Unique	Session 1 Feelings, Likes and Dislikes	Session 3 Change is All Around	Session1 Special People	Session 1 Real Life Online	Session 4 Can You Help Me? (part 1)	Session 3 Needs and Wants
2	Session 3 Clean and Healthy	Session 2 Feeling Inside Out Session 3 Super Suzie Gets Angry	Session 1 The Cycle of Life Session 2 Beginnings and Endings	Session 3 ...and Say Sorry	Session 2 Rules to Help Us	Session3 Harmful Substances Session 5 Can You Help Me? (part 2)	Session 2 Who Will I Be?
3	Session 1 We don't have to be the same	Session 1 What am I feeling? Session 3 I am thankful	Session 2 A Time for Everything	Session 2 When things feel bad	Session 1 Sharing Online	Session 3 First Aid Heroes Session 4 Rights and responsibilities	Session 1 How do I love others?



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4	Session 2 Respecting our bodies	Session 2 What am I looking at?	Session 3 Big changes, little changes	Session 1 Family, Friends and others	Session 2 Chatting online	Session 1 Safe in my body Session 2 Drugs, Alcohol and Tobacco	Session 2 Working together Session 3 Money matters
5	A Journey in Love: Social and Emotional	Session 1 Body Image Session 4 Seeing Stuff Online	Session 4 Hope Beyond Death	Session 2 Do you Want a Piece of Cake? Session 3 Self-Talk	Session 1 Sharing Isn't Always Caring A Journey in Love	Session 2 Impacted Lifestyles Session 4 Giving Assistance	Session 1 Reaching Out Session 2 The World of Work Session 3 Money and Me A Journey in Love
6	Session 1 Gifts and Talents Session 2 Spots and Sleep	Session 2 Peculiar Feelings Session 3 Emotional Changes	Session 5 Coping with Change A Journey in Love: Social and Emotional	Session 1 Under Pressure Session 4 Coping with Change	Session 2 Cyberbullying A Journey in Love	Session 1 Types of Abuse Session 3 Making Good Choice	Session 1 Reaching Out Session 2 The World of Work Session 3 Money and Me A Journey in Love

At St Joseph the Worker, we use 'Ten Ten: Life to the Full Plus' to deliver our PSHE lessons, except Unit 1 that focuses on religious understanding, which is covered in our RE sessions. We also follow the Catholic teaching programme of 'A Journey in Love' to deliver RSE.



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A Journey in Love Overview

Year	AIM	Autumn	Spring	Summer
		Social and Emotional	Physical	Spiritual
Early Years	To explore the wonder of being special and unique.	To recognise the joy of being a special person in my family.	To recognise that we are all different and unique.	To celebrate the joy of being a special person in God's family.
1	To focus on families and specially growing up in a loving secure and stable home.	To recognise the signs that I am loved in my family.	To recognise how I am cared for and kept safe in my family.	To celebrate ways that God loves and cares for us.
2	To describe how we are growing and developing in diverse communities that are God-given.	To recognise the joy and friendship of belonging to a diverse community.	To describe ways of being safe in communities.	To celebrate ways of meeting God in our communities.
3	To describe and give reasons how we grow in love in caring and happy friendships where we are all safe.	To describe and give reasons how friendships make us feel happy and safe.	To describe and give reasons why friendships can break down, how they can be repaired and strengthened.	To celebrate the joy and happiness of living in friendship with God and others.
4	To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.	To describe how we all should be accepted and respected.	To describe how we should treat others making links with the diverse modern society we live in.	To celebrate the uniqueness and innate beauty of each of us.



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5	To develop a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty, sensitivity, mood swings, anger, boredom etc., and grow further in recognising God's presence in our lives.	To show knowledge and understanding of emotional relationship changes as we grow and develop.	To show knowledge and understanding of the physical changes in puberty.	To celebrate the joy of growing physically and spiritually.
6	To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focussing on Catholic teaching, children will also know and understand the conception of a child within Marriage.	To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of families.	Explain how human life is conceived.	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 friendships.