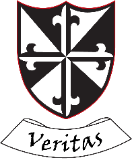
**Holy Cross Catholic Primary School**

**Key Concept of the Week PSHE**

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| Advent Term | | | | | |
| Date | Theme | Key Concept  Reception | Key Concept  KS1 | Key Concept  LKS2 | Key Concept  UKS2 |
| Week 1  23.08.21 |  | | | | |
| Week 2  30.08.21 | Creation | What are you good at? | H21. to recognise what makes them special  H22. to recognise the ways in which we are all unique  H23. to identify what they are good at, what they like and dislike | H27. to recognise their individuality and personal qualities | H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth |
| Week 3  06.09.21 | Media Literacy | Why do we use mobile phones and computers? | L7. about how the internet and digital devices can be used safely to find things out and to communicate with others  L8. about the role of the internet in everyday life | L11. recognise ways in which the internet and social media can be used both positively and negatively  L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results | L13. about some of the different ways information and data is shared and used  online, including for commercial purposes  L14. about how information on the internet is ranked, selected and targeted at  specific individuals and groups; that connected devices can share information |
| Week 4  13.09.21 | Belonging  Community | Why do we need to get on with others? | L4. about the different groups they belong to  L5. about the different roles and responsibilities people have in their community | L6. about the different groups that make up their community; what living in a  community means | L7. to value the different contributions that people and groups make to the  community |
| Week 5  20.09.21 | British Values  Democracy | Why do we need to listen? | R24. how to listen to other people and play and work cooperatively  25. how to talk about and share their opinions on things that matter to them | L7. to value the different contributions that people and groups make to the  community | R33. to listen and respond respectfully to a wide range of people, including those  whose traditions, beliefs and lifestyle are different to their own  R34. how to discuss and debate topical issues, respect other people’s point of  view and constructively challenge those they disagree with |
| Week 6  27.09.21 | Inclusion  Friendship | Why is it important to get on with other children? | R6. about how people make friends and what makes a good friendship  R7. about how to recognise when they or someone else feels lonely and what to do  R8. simple strategies to resolve arguments between friends positively  R9. how to ask for help if a friendship is making them feel unhappy | R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust,  truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships | R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely |
| Week 7  04.10.21 | The Rosary  Family | Why do we listen to our parents and teachers? | R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives  R2. to identify the people who love and care for them and what they do to help them feel cared for | R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another | R8. to recognise other shared characteristics of healthy family life, including  commitment, care, spending time together; being there for each other in times of  difficulty |
| Week 8  11.10.21 | Diversity  Black History | Why are we sensitive to others needs and feelings? | R23. to recognise the ways in which they are the same and different to others | R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality  or background | |
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| Week 9  25.10.21 | Individuality  Feelings | How might we feel when…… | H11. about different feelings that humans can experience  H12. how to recognise and name different feelings  H16. about ways of sharing feelings; a range of words to describe feelings | H17. to recognise that feelings can change over time and range in intensity  H18. about everyday things that affect feelings and the importance of expressing  feelings | H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;  H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in  different situations |
| Week 10  01.11.21 | All Saints & All Souls  Losing someone we love. | Why do we sometimes behave differently? | H20. about change and loss (including death); to identify feelings associated with  this; to recognise what helps people to feel better | H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement | |
| Week 11  08.11.21 | Remembrance  British Values Week – Respect  Other Faiths - Judaism | Why do we need to be kind to everyone? | R23. to recognise the ways in which they are the same and different to others  L6. to recognise the ways they are the same as, and different to, other people | L8. about diversity: what it means; the benefits of living in a diverse community;  about valuing diversity within communities | L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced |
| Week 12  15.11.19 | Anti-Bullying Week | Why are we kind to people?  Why do we not hurt people? | R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online  R11. about how people may feel if they experience hurtful behaviour or bullying  R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report  bullying; the importance of telling a trusted adult | R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour  R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support | |
| Week 13  22.11.21 | God’s Kingdom  Rights and Responsibilities | How can we keep our school tidy and safe? | L2. how people and other living things have different needs; about the responsibilities of caring for them  L3. about things they can do to help look after their environment | L3. about the relationship between rights and responsibilities | L5. ways of carrying out shared responsibilities for protecting the environment  in school and at home; how everyday choices can affect the environment (e.g.  reducing, reusing, recycling; food choices) |
| Week 14  29.11.21 | Hope  Aspirations | What would you like to be when you are older? | L14. that everyone has different strengths  L15. that jobs help people to earn money to pay for things | L25. to recognise positive things about themselves and their achievements; set  goals to help achieve personal outcomes  L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life | L27. about stereotypes in the workplace and that a person’s career aspirations  should not be limited by them  L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation |
| Week 15  06.12.21 | Peace | Who would we talk to if we were worried or upset? | R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report  bullying; the importance of telling a trusted adult | R21. about discrimination: what it means and how to challenge it | |
| Week 16  13.12.21 | Joy | What makes you happy? | H17. about things that help people feel good (e.g. playing outside, doing things  they enjoy, spending time with family, getting enough sleep) | H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing | H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools |
| Week 17  20.12.21 |  | | | | |
| Lent Term | | | | | |
| Date | Theme | Key Concept  Reception | Key Concept  KS1 | Key Concept  LKS2 | Key Concept  UKS2 |
| Week 18  03.01.22 | Epiphany  Gift of our family | What is family? | R3. about different types of families including those that may be different to their own  R4. to identify common features of family life | R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships) | R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart  R7. to recognise and respect that there are different types of family structure  (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and  stability |
| Week 19  10.01.22 | Discipleship | How do I help my friends? | L5. about the different roles and responsibilities people have in their community | L6. about the different groups that make up their community: what living in a community means | L7. To value the different contributions that people and groups make to the community |
| Week 20  17.01.22 | Inspire | Can everyone do something inspirational? | L6. to recognise the ways they are the same as, and different to, other people | L8. about diversity: what it means; the benefits of living in a diverse community;  about valuing diversity within communities | L9. about stereotypes; how they can negatively influence behaviours and attitudes  towards others; strategies for challenging stereotypes |
| Week 21  24.01.22 | Challenge  British Values  Respect and Tolerance of other faiths | How would we treat someone who likes different things to us? | R23. to recognise the ways in which they are the same and different to others | R32. about respecting the differences and similarities between people and  recognising what they have in common with others e.g. physically, in personality  or background | R33. to listen and respond respectfully to a wide range of people, including those  whose traditions, beliefs and lifestyle are different to their own |
| Week 22  31.01.22 | Care  Children’s Mental Health | Children know some ways to manage their feelings and are beginning to use these to maintain control | H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it | H21. to recognise warning signs about mental health and wellbeing and how to  seek support for themselves and others | H22. to recognise that anyone can experience mental ill health; that most  difficulties can be resolved with help and support; and that it is important to  discuss feelings with a trusted adult |
| Week 23  07.02.22 | Healing  Safer Internet Day | What are computers used for? | H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted  adult if they come across something that scares them | H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact | |
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| Week 24  21.02.22 | Mercy  Fairtrade Fortnight | Where does our food come from? | L10. what money is; forms that money comes in; that money comes from different  sources  L13. that money needs to be looked after; different ways of doing this | L17. about the different ways to pay for things and the choices people have about this | L19. that people’s spending decisions can affect others and the environment (e.g.  Fair trade, buying single-use plastics, or giving to charity) |
| Week 25  28.02.22 | Forgiveness | What should we do if someone upsets us? | R21. about what is kind and unkind behaviour, and how this can affect others  R22. about how to treat themselves and others with respect; how to be polite and  courteous | R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online | R31. to recognise the importance of self-respect and how this can affect their  thoughts and feelings about themselves; that everyone, including them, should  expect to be treated politely and with respect by others (including when online  and/or anonymous) in school and in wider society; strategies to improve or  support courteous, respectful relationships |
| Week 26  07.03.22 | Prayer | How can I show love through prayer? | L2: how people and other living things have different needs; about the responsibilities of caring for them | L4. The importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to share care and concern for others | |
| Week 27  14.03.22 | Fasting | How do I keep healthy? | H1. about what keeping healthy means; different ways to keep healthy  H2. about foods that support good health and the risks of eating too much sugar | H3. about choices that support a healthy lifestyle, and recognise what might influence these | H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay |
| Week 28  21.03.22 | Almsgiving  (giving to others and helping those in need) | Why do we give to other people? | L2. how people and other living things have different needs; about the responsibilities of caring for them | L4. the importance of having compassion towards others | L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others |
| Week 29  28.03.22 | Sacrifice | What will sacrifice for someone else? (what does it mean? E.g. giving up a toy when you’ve had your turn or sharing something you want, or giving your time. How can we think of others? | H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better | H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement | |
| Week 30  04.04.22 | Journey  British Values  Rule of Law | Why do we have rules? | L1. about what rules are, why they are needed, and why different rules are needed for different situations | L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws | |
| Pentecost Term | | | | | |
| Date | Theme | Key Concept  Reception | Key Concept  KS1 | Key Concept  LKS2 | Key Concept  UKS2 |
| Week 31  25.04.22 | Missionary Discipleship | What is the Good News of Jesus? | L5. about the different roles and responsibilities people have in their community | L7. to value the different contributions that people and groups make to the community | |
| Week 32  02.05.22 | Faith | What do we believe? | R23. to recognise the ways in which they are the same and different to others | R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own | R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships |
| Week 33  09.05.22 | Vocation | How can we follow Jesus’ footsteps? How can we be like Jesus? | L16. different jobs that people they know or people who work in the community do | L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life | L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation  L31. to identify the kind of job that they might like to do when they are older  L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university) |
| Week 34  16.05.22 | Witness | What should you do if you are worried about somebody else? | R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping  trying until they are heard | R29. where to get advice and report concerns if worried about their own or  someone else’s personal safety (including online) | R28. how to recognise pressure from others to do something unsafe or that  makes them feel uncomfortable and strategies for managing this |
| Week 35  23.05.22 | Example  Social Media | They show sensitivity to others’ needs and feelings | R14. that sometimes people may behave differently online, including by pretending to be someone they are not  L9. that not all information seen online is true | R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns  L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images | R24. how to respond safely and appropriately to adults they may encounter (in all  contexts including online) whom they do not know  L16. about how text and images in the media and on social media can be  manipulated or invented; strategies to evaluate the reliability of sources and  identify misinformation |
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| Week 36  06.06.22 | Pentecost | Who helps us? (Emergency services) | H30. about how to keep safe at home (including around electrical appliances) and  fire safety (e.g. not playing with matches and lighters)  H36. how to get help in an emergency (how to dial 999 and what to say) | H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe | H43. about what is meant by first aid; basic techniques for dealing with common  injuries² |
| Week 37  13.06.22 | Peity  British Values  Individual Liberty | How do we treat people who are different? | R22. about how to treat themselves and others with respect; how to be polite and courteous.  R24. how to listen to other people and play and work cooperatively | R33. to listen and respond respectfully to a wide range of people, including those  whose traditions, beliefs and lifestyle are different to their own. | R34. how to discuss and debate topical issues, respect other people’s point of  view and constructively challenge those they disagree with |
| Week 38  20.06.22 | Knowledge | What jobs do people have? | L16. different jobs that people they know or people who work in the community do  L17. about some of the strengths and interests someone might need to do different jobs | L25. to recognise positive things about themselves and their achievements; set  goals to help achieve personal outcomes  L26. that there is a broad range of different jobs/careers that people can have;  that people often have more than one career/type of job during their life | L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation  L31. to identify the kind of job that they might like to do when they are older  L32. to recognise a variety of routes into careers (e.g. college, apprenticeship,  university) |
| Week 39  27.06.22 | Understanding | What different feelings do we have? (emotions) | H14. how to recognise what others might be feeling  H15. to recognise that not everyone feels the same at the same time, or feels the  same about the same things | H17. to recognise that feelings can change over time and range in intensity  H18. about everyday things that affect feelings and the importance of expressing  feelings | H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in  different situations **(Year 5)**  H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools **(Year 6)** |
| Week 40  04.07.22 | Wisdom  Decision making with money. | What do we spend our money on? ( needs and wants) | L11. that people make different choices about how to save and spend money  L12. about the difference between needs and wants; that sometimes people may  not always be able to have the things they want | L20. to recognise that people make spending decisions based on priorities, needs  and wants | L17. about the different ways to pay for things and the choices people have about  this |