

St Charles Catholic Primary School



Personal Development Curriculum Overview Updated from September 2026 CRS= Classroom Shorts from Ten Ten

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Class 1 EYFS / Y1 B (25-26) (27-28)	Establishing clear routines. People who help us. <u>Safety First KS1</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>Diverse Britain * KS1(Twinkle)</u>	Money Matters * KS1(Twinkle)	Healthy Me (Twinkle EYFS) Dental Hygiene, Healthy Living
Class 1 EYFS/Y1 A (26-27) (28-29)	Establishing clear routines. People who help us. <u>Safety First KS1</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>One World KS1*(Twinkle)</u>	<u>Keeping safe in the community</u>	Healthy Me(Twinkle EYFS) Dental Hygiene, Healthy Living
Class 2 Y1/2 B (25-26) (27-28)	<u>Think Positive KS1</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>One World KS1 * (Twinkle) Repeat</u>	<u>It's my body KS1(Twinkle)</u>	<u>Aiming High * KS1(Twinkle)</u>
Class 2 Y1/2 A (26-27) (28-29)	<u>Safety First KS1</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>Diverse Britain KS1(Twinkle)*</u>		Money Matters * KS1(Twinkle)
Class 3 Y3/4 B 25-26) (27-28)	<u>Think Positive LKS2</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>British Values* LKS2 Twinkle</u>	<u>One World LKS2*</u>	<u>Aiming High * LKS2(Twinkle)</u>
Class 3 Y3/4 A (26-27) (28-29)	<u>Safety First LKS2</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>Digital Wellbeing LKS2</u>	<u>Diverse Britain * LKS2(Twinkle)</u>	Money Matters * LKS2(Twinkle)
Class 4 Y4/5 B (25-26) (27-28)	<u>Think Positive UKS2</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>British Values* UKS2 Twinkle</u>	<u>One World UKS2* (Twinkle)</u>	<u>Aiming High * UKS2(Twinkle)</u>
Class 4 Y4/5 A (26-27) (28-29)	<u>Safety First UKS2</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>Digital wellbeing UKS2</u>	<u>Diverse Britain * UKS2(Twinkle)</u>	Money Matters * UKS2(Twinkle)
Class 5 Year 6	<u>Be yourself</u>	RSE (Ten Ten)	RSE (Ten Ten)	<u>Digital wellbeing UKS2 (R)</u>	<u>Respecting Rights*</u>	<u>First Aid</u>

Health and well-being	Living in the Wider World	Ten Ten Life to the Full RSE (See below)	British Values	Economic Well-being Aspirations, work and career	Economic Well-being: Money
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In addition to Statutory Guidance 2026 *



RSE Curriculum Overview: Ten Ten 2 Year Cycle: Cycle A

Live Life to the Full – Ten Ten - Pathway #2

(2024-25) (2026-27)

		Class 1 (EYFS/Y1) EYFS: Rec	Class 2 (Y1/2) KS1 Y1	Class 3 (Y3/4) Lower KS2 Y3	Class 4 (Y4/5) Lower KS2 Y4	Class 5 (Y6) Upper KS2 Y6	
Advent 2	1	EYFS Mod 1 Unit 1 Story: Handmade with love	KS1 Mod 1 Unit 1 Story: Let the Children Come	LKS2 Mod 1 Unit 1 Story: Get Up! S2: The Sacraments	LKS2 Mod 1 Unit 1 Story: Get Up!	UKS2 Mod 1 Unit 1 Story: Calming the storm	
	2	EYFS Mod 1 Unit 2 S1: I am Me (R)	KS1 Mod 2 Unit 1 S1: God loves you.	LKS2 Mod 2 Unit 1 Story: Jesus my Friend	LKS2 Mod 1 Unit 3 S1: What am I feeling? CRS	UKS2 Mod 1 Unit 2 S1: Gifts and talents	
	3	EYFS Mod 2 Unit 2 S1: Who's who? CRS	KS1 Mod 2 Unit 2 S1: Special People CRS	LKS2 Mod 2 Unit 2 S1: Friends, family and others CRS	LKS2 Mod 1 Unit 3 S2: What am I looking at?	UKS2 Mod 1 Unit 2 S4: Spots and Sleep CRS	
	4	EYFS Mod 2 Unit 2 S2: You've got a friend in me	KS1 Mod 2 Unit 2 S2: Treat Others Well	LKS2 Mod 2 Unit 2 S2: When things feel bad	LKS2 Mod 1 Unit 3 S3: I am thankful	UKS2 Mod 1 Unit 3 S1: Body image	
	5		KS1 Mod 2 Unit 2 S3: ...and say sorry	LKS2 Mod 2 Unit 2 S3: Balancing Needs	UKS2 Mod 1 Unit 2 S1: Gifts and talents	UKS2 Mod 1 Unit 3 S2: Peculiar Feelings	
	6	EYFS Mod 2 Unit 2 S3: Forever Friends	KS1 Mod 2 Unit 3 S1: Real Life Online S2: Rules to help us	LKS2 Mod 2 Unit 3 S1: sharing online	LKS2 Mod 1 Unit 4 S1: Life cycles	UKS2 Mod 1 Unit 3 S3: Emotional Changes	
	7	EYFS Mod 2 Unit 3 S1: What is the internet?	KS1 Mod 2 Unit 4 S1: Good and bad secrets	LKS2 Mod 2 Unit 3 S2: Chatting online		UKS2 Mod 1 Unit 3 S4: Seeing stuff on line	
	Holiday						
Well-being Week	Year R EYFS Mod 1 Unit 4 S1: Growing up EYFS Mod 2 Unit 4 S1: Safe inside and out S2: My body, my rules	Year 1 KS1 Mod 1 Unit 2 S1: I am Unique (R) KS1 Mod 2 Unit 4 S2: Physical Contact KS1 Mod 1 Unit 4 S1: The Cycle of life	Year 2 KS1 Mod 1 Unit 2 S1: I am Unique (R) KS1 Mod 1 Unit 2 S2: Girls and Boys	Year 3 LKS2 Mod 1 Unit 2 S1: We don't have to be the same S2: Respecting our bodies CS food needs and wants? CS:talk about your body and your health?	Year 4 LKS2 Mod 1 Unit 2 S2: Respecting our bodies (R) CS: germs? CS: how exercise impacts your body? S3: What is puberty?	Year 5 UKS2 Mod 1 Unit 2 S2: Girls Bodies S3: Boy's Bodies UKS2 Mod 1 Unit 4 S3: Menstruation	Year 6 UKS2 Mod 1 Unit 4 S1: Making Babies Part 1 S2: Part 2 UKS2 Mod 1 Unit 4 S3: Menstruation (R)
Lent 1 First Week							



					CS: dental hygiene? LKS2 Mod 2 Unit 4 S3: Safe in my body	S4: Changing Bodies S5: Male/ Female discussion groups		
Lent 1	2	EYFS Mod 2 Unit 3 S3: Feeling Poorly	KS1 Mod 2 Unit 3 S4: Harmful substances	LKS2 Mod 2 Unit 4 S2: Recognising Risk	UKS2 Mod 2 Unit 2 S1: Under Pressure		UKS2 Mod 3 Unit 1 S1: The Trinity	
	3	EYFS Mod 2 Unit 3 S4 People who help us		LKS2 Mod 2 Unit 4 S3: Drugs, alcohol and tobacco	UKS2 Mod 2 Unit 2 S2: Do you want a piece of cake?		UKS2 Mod 3 Unit 1 S2: Catholic Social Teaching	
	4	EYFS Mod 3 Unit 1 S1: God is love	KS1 Mod 2 Unit 4 S4: Can you help me(part1)	LKS2 Mod 2 Unit 4 S4: First Aid heroes	LKS2 Mod 3 Unit 1 S1: A community of Love		UKS2 Mod 3 Unit 2 S1: Reaching Out	
	5	EYFS Mod 3 Unit 1 S2: Loving God, loving others	KS1 Mod 3 Unit 1 S1: Three in one S2: Who is my neighbour?	LKS2 Mod 3 Unit 1 S1:A community of love	LKS2 Mod 3 Unit 1 S2: What is the church?		UKS2 Mod 1 Unit 4 S4: Hope beyond death	
	6	EYFS Mod 3 Unit 2 S1: Me, you, us	KS1 Mod 3 Unit 2 S1: The communities we live in	LKS2 Mod 3 Unit 1 S2: What is the church?	LKS2 Mod 3 Unit 2 S1: How do I love others?		UKS2: Mod 2 Unit 2 S4: Confidence v control	
	7	EYFS Mod 2 Unit 3 (R) S1: What is the internet? S2: Playing online	KS1 Mod 1 Unit 2 S3 My body: Clean and healthy (R) CRS	LKS2 Mod 3 Unit 2 S1: How do I love others?	UKS2 Mod 2 Unit2 S3: Self talk		UKS2: Mod 2 Unit 2 S5: Build others up	
Lent 2	1			British Values: Democracy				
	2			British Values: The Rule of Law				
	3			British Values: Individual Liberty				
	4			British Values: Mutual Respect				
	5			British Values: Tolerance				



RSE Curriculum Overview: Ten Ten 2 Year Cycle: Cycle B

Live Life to the Full – Ten Ten - Pathway #2

(2025-26) (2027-28)

		Class 1 (EYFS/Y1)	Class 2 (Y1/2) KS1 Y2		Class 3 (Y3/4) Lower KS2 Y4	Class 4 (Y4/5) Upper KS2 Y5	Class 5 (Y6) Upper KS2 Y6	
Advent 2	1	EYFS Mod 1 Unit 1 Story: Handmade with love	KS1 Mod 1 Unit 1 Story: Let the children come		LKS2 Mod 1 Unit 1 Story: Get Up! S2: The Sacraments (R)	UKS2 Mod 1 Unit 1 Story: Calming the storm	UKS2 Mod 1 Unit 1 Story: Calming the storm	
	2	EYFS Mod 2 Unit 1 S1: Role Model	KS1 Mod 1 Unit 3 S1: Feelings, likes, dislikes		LKS2 Mod 1 Unit 3 S1: What am I feeling?CRS	UKS2 Mod 2 Unit 1 S1: God is calling you?	UKS2 Mod 1 Unit 2 S1: Gifts and talents	
	3	EYFS Mod 1 Unit 2 S2: Heads, shoulders knees and toes	KS1 Mod 1 Unit 3 S2: Feeling Inside out		LKS2 Mod 1 Unit 3 S2: What am I looking at?	UKS2 Mod 2 Unit 2 S3: Self Talk	UKS2 Mod 1 Unit 2 S4: Spots and SleepCRS	
	4	EYFS Mod 1 Unit 2 S3: Ready teddy?CRS	KS1 Mod 1 Unit 3 S3: Super Susie Gets Angry		LKS2 Mod 2 Unit 2 S1: Friends, family and others CRS (R)	UKS2 Mod 2 Unit 3 S1: Sharing isn't always caring	UKS2 Mod 1 Unit 3 S1: Body image	
	5	EYFS Mod 1 Unit 3 S1: I like, you .like, we all like	KS1 Mod 3 Unit 1 S1: Three in one		LKS2 Mod 2 Unit 2 S2: When things feel bad (R) S3: Balancing Needs (R)	UKS2 Mod 2 Unit 3 S2: Cyberbullying	UKS2 Mod 1 Unit 3 S2: Peculiar Feelings	
	6	EYFS Mod 1 Unit 3 S2: All the feelings S3: Lets get real	KS1 Mod 3 Unit 1 S2: Who is my neighbour?			UKS2 Mod 2 Unit 4 S1: Types of abuse	UKS2 Mod 1 Unit 3 S3: Emotional Changes	
	7		KS1 Mod 3 Unit 2 S1: The communities we live in		LKS2 Mod 1 Unit 3 S3: I am thankful	UKS2 Mod 2 Unit 4 S2: Impacted Lifestyles	UKS2 Mod 1 Unit 3 S4: Seeing stuff on line	
	Holiday							
Well-being Week	Year R EYFS Mod 1 Unit 4 S1: Growing up EYFS Mod 2 Unit 4 S1: Safe inside and out S2: My body, my rules		Year 1 KS1 Mod 1 Unit 2 S1: I am Unique (R) KS1 Mod 2 Unit 4 S2: Physical Contact	Year 2 KS1 Mod 1 Unit 2 S1: I am Unique (R) KS1 Mod 1 Unit 2 S2: Girls and Boys	Year 3 LKS2 Mod 1 Unit 2 S1: We don't have to be the same S2: Respecting our bodies	Year 4 LKS2 Mod 1 Unit 2 S2: Respecting our bodies (R) CS: germs? CS: how exercise impacts your body? S3: What is	Year 5 UKS2 Mod 1 Unit 2 S2: Girls Bodies S3: Boy's Bodies	Year 6 UKS2 Mod 1 Unit 4 S1: Making Babies Part 1 S2: Part 2
Lent 1 First Week								



			KS1 Mod 1 Unit 4 S1: The Cycle of life		CS food needs and wants? CS: talk about your body and your health? CS:dental hygiene? LKS2 Mod 2 Unit 4 S3: Safe in my body	puberty? S4: Changing Bodies S5: Male/ Female discussion groups	UKS2 Mod 1 Unit 4 S3: Menstruation	UKS2 Mod 1 Unit 4 S3: Menstruation (R)
Lent 1	2	EYFS Mod 1 Unit 3 S3: Let's get real	KS1 Mod 1 Unit 2 S3 My body: Clean and healthy (R) CRS	LKS2 Mod 1 Unit 4 S1: Life cycles S2: A time for everything	UKS2 Mod 2 Unit 4 S3: Making Good choices	UKS2 Mod 3 Unit 1 S1: The Trinity		
	3	EYFS Mod 3 Unit 1S1: God is love						
	4	EYFS Mod 3 Unit 1 S2: Loving God, loving others	KS1 Mod 1 Unit 4 S2: Beginnings and endings	LKS2 Mod 3 Unit 1 S1: A community of Love (R)	UKS2 Mod 3 Unit 1 S1: The Holy Trinity	UKS2 Mod 3 Unit 2 S1: Reaching Out		
	5	EYFS Mod 3 Unit 2 S1: Me, you, us	KS1 Mod 2 Unit 4 S4: Can you help me(part1) (R)	LKS2 Mod 3 Unit 1 S2: What is the church? (R)	UKS2 Mod 3 Unit 1 S2: Catholic Social Teaching	UKS2 Mod 1 Unit 4 S4: Hope beyond death		
	6	EYFS Mod 2 Unit 3 (R) S1: What is the internet? S2: Playing Online.	KS1 Mod 2 Unit 4 S5: Can you help me(part2)	LKS2 Mod 3 Unit 2 S1: How do I love others? (R)	UKS2 Mod 3 Unit 2 S1: Reaching Out	UKS2: Mod 2 Unit 2 S4: Confidence v control		
	7			LKS2 Mod 2 Unit 4 S2: Recognising Risk (R)	UKS2 Mod 2 Unit2 S3: Self talk (R)	UKS2: Mod 2 Unit 2 S5: Build others up		
Lent 2	1			British Values: Democracy				
	2			British Values: The Rule of Law				
	3			British Values: Individual Liberty				
	4			British Values: Mutual Respect				
	5			British Values: Tolerance				

The chosen Ten Ten Programme (Pathway #2) delivers the programme of RSE on a 2-year cycle with mixed age classes in school. This means that the learning stages (EYFS, KS1, LKS2 and UKS2) are spread over 2 years and there is some repetition of content year-on-year, with many topics only covered once every 2 years.

In this Pathway:



- Pre-school, Year 1, 3 and 5 undertake 'Module 2: Created to Love Others'
- Reception, Year 2, 4, and 6 undertake 'Module 1: Created and Loved by God'
- All years to undertake sessions from 'Module 3: Created to Live in Community'.

The Gospel story sessions in Module One and the Trinity story sessions in Module Three are run every year as they are foundational to the Religious Understanding taught in the programme.

In addition, certain , more sensitive, aspects of the RSE curriculum are taught each year within individual Year Group classes within a whole-school 'Well-being Week'. (Based on Pathway #3 one year cycle). Repeating some units allows learning to be embedded. As children change and grow, their level of engagement will increase as the unit is repeated and this allows for the developmental learning required as the children grow.



RSE, PSHE and Safeguarding Curriculum

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Whole School	Mission statement, Vision and Values Assembly Cafod Family Fast day Collection for Ashby Foodbank – Harvest PAT dogs Recycling assembly – Recycling week. Play Coach training Fire Safety	Black History week Firework safety Feast of St Charles Borromeo Antibullying week Diwali Assembly Christmas local charities fundraising Diabetes awareness assembly Fire safety – visit from fire station (Y1 and Y5)	Internet safety week Children's mental health week Pharmacy Visit (drug awareness – Y5/6) Big Sing / Matilda the musical	Lenten Fundraising Healthy lunchboxes Science week Warning Zone – Year 5 / 6	Bikeability – Year 6 Road Safety	Local Community Litter picking Water safety talk Sports Day Vocations week
St Charles Way	Mission statement Vision: With a love for learning. With Christ in their hearts. With a deep sense of responsibility. Values: Compassionate Aspirational	Mission statement Vision: With life-long skills to enhance their future. With outstanding manners. Showing care and respect for all. Values: Determined Enthusiastic	Mission statement Vision: Having achieved their best. With a sense of pride and confidence. Values: Humble Friendly Trustworthy	Mission statement Vision: With a love for learning. With Christ in their hearts. With a deep sense of responsibility. Values: Compassionate Aspirational	Mission statement Vision: With life-long skills to enhance their future. With outstanding manners. Showing care and respect for all. Values: Determined Enthusiastic	Mission statement Vision: Having achieved their best. With a sense of pride and confidence. Values: Humble Friendly Trustworthy
Ordo Themes	Welcome Creation Encounter Belonging Learning Inclusion Rosary Diversity	Individuality Holiness Giving Youth Kingdom Hope Peace Joy	Epiphany Discipleship Inspire Challenge Care Healing	Justice Prayer Fasting Almsgiving Sacrifice Journey	Missionary discipleship Faith Vocation Witness Example Communication	Piety Knowledge Understanding Wisdom Counsel
House teams	Election of house captain / vice Collective worship led by house captains	Feeling safe at school – anti bullying focus	How do we stay safe online / outside of school		Diversity and equality	



	House mission statement	Supporting others – advent charities	Eco award / roadmap		Catholic Life Evaluation	
Parental Engagement	Phonics workshop Harvest Liturgy SPECIAL MENS	Firework night Nativity plays Christmas Fair	Online safety meeting SATS meeting	Mothers Day Liturgy Easter Bingo		Summer Fair Father's Day liturgy
British Values British Values D- Democracy IL- Individual Liberty MR- Mutual Respect RoL- Rule of Law T- Tolerance	Democracy Voting Eco team / chaplaincy leads. House captain voting	Tolerance of those of different faiths and beliefs: Black history week	Individual liberty	Mutual respect Democracy: Outreach visit from UK Parliament	Tolerance	The rule of law
Understanding of technology & Media	See computing LT plan		Internet safety week	Warning Zone- Year 6		
Physical and mental health	ELSA	ELSA	Children's mental health week			
Citizenship	Measham Community Gardening Committee (weekly)	Poppy Appeal PGL – Years 5 / 6 World youth fun day	Earth Day			YEAR 6 Police visit
Economic wellbeing						Money Matters (curric) Aiming High (PSHE curric) Grow a pound (Y6) young enterprise challenge

