



PSHE

Personal, Social, Health, Economic Education.

PSHE education is a non-statutory curriculum subject that helps children and young people stay healthy, safe and prepared for life – and work – in modern Britain. When taught well, PSHE education also helps pupils to achieve their academic potential.

The PSHE curriculum covers three core themes:

1. Health and Well-being
2. Relationships (RSHE Curriculum - statutory)
3. Living in the Wider World.

Throughout the PSHE curriculum, the Gospel and British Values are to be taught.

Gospel and British Values: Four key values:

- a. democracy,
- b. the rule of law,
- c. individual liberty, and
- d. mutual respect and tolerance of those with different faiths and beliefs.

These values are not taught in isolation throughout the PSHE and RSHE (Relationship, Sex, Health Education) curriculum but they are integrated into various subjects and aspects of school life to help students develop into well-rounded citizens.

In Catholic schools within the Archdiocese of Liverpool, the Bishop has strategic responsibility for Catholic education, including the curriculum. This includes the Relationship, Sex, and Health Education (RSHE) statutory curriculum, which is implemented according to the guidance of the Bishops of England and Wales. The RSHE curriculum in these schools is designed to nurture human wholeness and is rooted in Catholic teaching.

A. Democracy:

- **Curriculum:**

Students learn about the democratic process, how laws are made, changed and actioned, and how citizens can participate in decision-making.

- **School Life:**

School councils, student voice initiatives, and opportunities for debate and discussion promote democratic principles.

B. Rule of Law:

- **Curriculum:**

Students learn about the importance of laws in society, how they protect individuals and communities, and the consequences of breaking the law.

- **School Life:**

Clear expectations and consequences for behaviour, as well as discussions about fairness and justice, reinforce the rule of law.

C. Individual Liberty:

- **Curriculum:**

Students explore their rights and responsibilities as individuals, learn about making choices and taking responsibility for their actions.

- **School Life:**

Students are encouraged to express their opinions, make choices about their learning, and participate in activities that promote personal development.

D. Mutual Respect and Tolerance:

- **Curriculum:**

Students learn about different faiths, beliefs, and cultures, and the importance of respecting others, even when they hold different views.

- **School Life:**

Activities and discussions that promote understanding and empathy, as well as challenging prejudice and discrimination, are central.

For the academic year 2025 - 2026, the Leigh Leopards Foundation will be supporting school during the Autumn Term, and possibly for longer depending on the success of the sessions. The whole class sessions will be focussing on the following:

- Emotional Regulation
- Choices
- Team - Work

In addition to the whole class sessions, there will be additional small group sessions, again focussing on the following:

- Emotional Regulation
- Choices
- Team – Work

Year 1		Additional Information
Autumn 1 – 8 weeks	1. School Councillor roles 2. Diversity Session 1 + appoint SC 3. Diversity Session 2 4. Forest School – Mental Health and World around me 5. Forest School – Mental Health and World around me 6. Why are safe hands important? – Pol.Ed 7. What is bullying – Pol.Ed 8. Assessment Week.	Week 1 – 4 days – School Council: 1. Explain role of councillors 3. Meet with HT to plan meetings 5 7 10 13 Nativity Rehearsals Carol Service Rehearsals
Autumn 2 – 7 weeks	9. Why is name calling unkind? – Pol.Ed 10. Journey in Love 1 - 11. Journey in Love 2 - 12. Journey in Love 3 - 13. Getting your sleep Pt1- Lifewise 14. Hygiene and Me Pt 1 - Lifewise 15. Mass / Carol Service	
Spring 1 – 6 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. Understanding difficult feelings - Lifewise 4. Who are my trusted adults – Pol.Ed 5. How can I keep safe in new places? – Pol.Ed 6. How can I speak up? – Pol.Ed	Week 1 – 4 days Week 6 of Sp 2 – 4 days Y6 SATS

Spring 2 – 6 weeks	7. Diversity Session 1 - 8. Diversity Session 2 - 9. Road Safety Pt 1 – Life Wise 10. Emergency Services Pt1 – Life Wise 11. Forest School Session – Emotional Regulation 12. Assessment Week.	School Council: 2. Meet with HT 4. 6. 8. 10.
Summer 1 – 5 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. What can happen when rules are broken? – Pol.Ed 4. How can I be responsible? – Pol.Ed 5. A problem shared is a problem halved – Life Wise	Assessment Week + MYC + PSC Sports Day. School Council:
Summer 2 – 7 weeks	6. Diversity Session 1 - 7. Diversity Session 2 - 8. Assessment Week 9. Communication Pt1 – Life Wise 10. Water Safety Pt 1 – Life Wise 11. First Aid and CPR Pt 1 – Life Wise 12. Forest School Session – Gratitude for what I have.	2. Meet with HT 4. 7. 9. 11.

Year 2		Additional Information
Autumn 1 – 8 weeks	1. School Councillor roles 2. Diversity Session 1 + appoint SC 3. Diversity Session 2 4. KS1 - What is resilience? – Pol.Ed (passport) 5. How can I work with different people? – Pol. Ed 6. Forest School – Mental Health and World around me 7. Forest School – Mental Health and World around me 8. Assessment Week.	Week 1 – 4 days – School Council: 1. Explain role of councillors 3. Meet with HT to plan meetings 5 7 10 13 Nativity Rehearsals Carol Service Rehearsals
Autumn 2 – 7 weeks	9. It's okay not to be okay - Lifewise 10. Journey in Love 1 - 11. Journey in Love 2 - 12. Journey in Love 3 - 13. The art of failure – Pt 1 – Life Wise 14. Personal goal setting – Life Wise 15. Mass / Carol Service	
Spring 1 – 6 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. Understanding peer pressure – Life Wise 4. Why does age matter? – Pol. Ed 5. Adapting to change Pt 1 – Life Wise	Week 1 – 4 days Week 6 of Sp 2 – 4 days Y6 SATS

Spring 2 – 6 weeks	7. Diversity Session 1 - 8. Diversity Session 2 - 9. Environment – Life Wise 10. Protecting our planet – Life Wise 11. Forest School Session – Emotional Regulation 12. Assessment Week.	School Council: 2. Meet with HT 4. 6. 8. 10.
Summer 1 – 5 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. What are needs and wants? – Pol.Ed 4. What is a job? – Pol. Ed 5. What is money? – Pol. Ed	Assessment Week + MTC + PSC Sports Day. School Council:
Summer 2 – 7 weeks	6. Diversity Session 1 - 7. Diversity Session 2 - 8. Assessment Week 9. Desert Island – Life Wise 10. What is Fire Safety? - Pol. Ed 11. KS1 Informed decision making – Pol. Ed (passport) 12. Forest School Session – Gratitude for what I have.	2. Meet with HT 4. 7. 9. 11.

Year 3		Additional Information
Autumn 1 – 8 weeks	1. School Councillor roles 2. Diversity Session 1 + appoint SC 3. Diversity Session 2 4. Forest School – Mental Health and World around me 5. Forest School – Mental Health and World around me 6. What is Bullying – Pol.Ed 7. What can I do when friendships go wrong – Pol.Ed 8. Assessment Week.	Week 1 – 4 days – School Council: 2. Explain role of councillors 3. Meet with HT to plan meetings 5 7 10 13 Nativity Rehearsals Carol Service Rehearsals
Autumn 2 – 7 weeks	9. What do we mean by risks? Pol.Ed 10. Journey in Love 1 - 11. Journey in Love 2 - 12. Journey in Love 3 - 13. Growth Mindset 1 – Life Wise 14. Growth Mindset 2 – Life Wise 15. Mass / Carol Service	
Spring 1 – 6 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. What are emergency services? Pol.Ed 4. How Can I share My Worries? Pol Ed 5. Personal Hygiene – Life Wise 6. Importance of Exercise – Life Wise	Week 1 – 4 days Week 6 of Sp 2 – 4 days Y6 SATS

Spring 2 – 6 weeks	7. Diversity Session 1 - 8. Diversity Session 2 - 9. World of Work – Life Wise 10. Problem Solving and Time Management 1 – Life Wise 11. Forest School Session – Emotional Regulation 12. Assessment Week.	School Council: 2. Meet with HT 4. 6. 8. 10.
Summer 1 – 5 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. What is the Law and Why do we have it – Pol.Ed 4. How can I be a responsible Citizen? – Pol.Ed 5. What are children’s Rights? Pol.Ed	Assessment Week + MYC + PSC Sports Day. School Council:
Summer 2 – 7 weeks	6. Diversity Session 1 - 7. Diversity Session 2 - 8. Assessment Week 9. British Values, Culture and Liberty 1 – Life Wise 10. British Values, Culture and Liberty 1 – Life Wise 11. Safety with Household Medicines – Life Wise 12. Forest School Session – Gratitude for what I have.	2. Meet with HT 4. 7. 9. 11.

Year 4		Additional Information
Autumn 1 – 8 weeks	1. School Councillor roles 2. Diversity Session 1 + appoint SC 3. Diversity Session 2 4. Try and Try Again 1 – Life Wise 5. Try and Try Again 2 – Life Wise 6. Forest School – Mental Health and World around me 7. Forest School – Mental Health and World around me 8. Assessment Week.	Week 1 – 4 days – School Council: 3. Explain role of councillors 3. Meet with HT to plan meetings 5 7 10 13
Autumn 2 – 7 weeks	9. How Can I respect my Environment? Pol. Ed 10. Journey in Love 1 - 11. Journey in Love 2 - 12. Journey in Love 3 - 13. British Values – Freedom in Beliefs 1 – Life Wise 14. Sleep – Life Wise 15. Mass / Carol Service	Nativity Rehearsals Carol Service Rehearsals
Spring 1 – 6 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. What Can I be? Pol.Ed 4. Who Do I encounter? Pol. Ed 5. What are Hazards in the home? Pol. Ed 6. Forest School Session – Wellbeing	Week 1 – 4 days Week 6 of Sp 2 – 4 days Y6 SATS

Spring 2 – 6 weeks	7. Diversity Session 1 - 8. Diversity Session 2 - 9. Relaxing to Recharge 1 – Life Wise 10. What are Protected Characteristics? Pol.Ed 11. What is a Hate Crime? - Pol.Ed 12. Assessment Week.	School Council: 2. Meet with HT 4. 6. 8. 10.
Summer 1 – 5 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. How Governments are ruled 1 – Life Wise 4. How Governments are ruled 2 – Life Wise 5. How Can I Stay Safe in My Local Area? Pol.Ed	Assessment Week + MYC + PSC Sports Day. School Council:
Summer 2 – 7 weeks	6. Diversity Session 1 - 7. Diversity Session 2 - 8. Assessment Week 9. Screen Time 2 – Life Wise 10. Importance of Exercise 1 – Life Wise 11. Healthy Diet 1 – Life Wise 12. Forest School Session – Gratitude for what I have.	2. Meet with HT 4. 7. 9. 11.

Year 5		Additional Information
Autumn 1 – 8 weeks	1. School Councillor roles 2. Forest School – Wellbeing and World Around Us + Appoint SC 3. Forest School – Wellbeing and World Around Us 4. Journey in Love 1 5. Journey in Love 2 6. Journey in Love 3 7. Diversity 1 8. Diversity 2	Week 1 – 4 days – School Council: 4. Explain role of councillors 3. Meet with HT to plan meetings 5 7 10 13
Autumn 2 – 7 weeks	9. Leigh Leopards – Emotional Reg / Team 10. Leigh Leopards – Emotional Reg / Team 11. Leigh Leopards – Emotional Reg / Team 12. Leigh Leopards – Emotional Reg / Team 13. Leigh Leopards – Emotional Reg / Team 14. Leigh Leopards – Emotional Reg / Team 15. Mass / Carol Service	Nativity Rehearsals Carol Service Rehearsals Y5/6 – First Aid Session - practical
Spring 1 – 6 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. Freedom of Speech 1 – Life Wise 4. Freedom of Speech 2 – Life Wise 5. Junk Food 1 – Life Wise 6. Junk Food 2 – Diabetes – Life Wise	Week 1 – 4 days Week 6 of Sp 2 – 4 days Y6 SATS

Spring 2 – 6 weeks	7. Diversity Session 1 - 8. Diversity Session 2 - 9. How do rules help our community – Pol.Ed 10. What Can and Can't I do on the Internet? Pol.Ed 11. Forest School Session – Emotional Regulation 12. Assessment Week.	School Council: 2. Meet with HT 4. 6. 8. 10.
Summer 1 – 5 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. What are deepfakes? Pol.Ed 4. What are the risks with money? Pol.Ed 5. Why are special people important? Pol.Ed	Assessment Week + MYC + PSC Sports Day. School Council:
Summer 2 – 7 weeks	6. Diversity Session 1 - 7. Diversity Session 2 - 8. Assessment Week 9. What do I know about Drugs? Pol.Ed 10. What is the NHS 1 – Life Wise 11. What is the NHS 2 – Life Wise 12. Forest School Session – Gratitude for what I have.	2. Meet with HT 4. 7. 9. 11.

Year 6		Additional Information
Autumn 1 – 8 weeks	1. Leigh Leopards – Emotional Reg / Team ? 2. Leigh Leopards – Emotional Reg / Team + appoint SC 3. Leigh Leopards – Emotional Reg / Team 4. Leigh Leopards – Emotional Reg / Team 5. Leigh Leopards – Emotional Reg / Team 6. Leigh Leopards – Emotional Reg / Team 7. Leigh Leopards – Emotional Reg / Team 8. Leigh Leopards – Emotional Reg / Team	Week 1 – 4 days – School Council: 5. Explain role of councillors 3. Meet with HT to plan meetings 5 7 10 13
Autumn 2 – 7 weeks	9. Halloween – Trick or Treat – Police Ed 10. Journey in Love 1 - 11. Journey in Love 2 - 12. Journey in Love 3 - 13. Diversity 1 14. Diversity 2 15. Mass / Carol Service	Nativity Rehearsals Carol Service Rehearsals Y5/6 – First Aid Session - practical
Spring 1 – 6 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. Finance – Tax 1 – Life Wise 4. Finance Tax 2 – Life Wise 5. Banks 1 – Lifewise	Week 1 – 4 days Week 6 of Sp 2 – 4 days Y6 SATS

Spring 2 – 6 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. British Values – Lawmakers and Activists 1 – Life Wise 4. British Values – Lawmakers and Activists 2 – Life Wise 5. Forest School – Mental Health – World Around Us	School Council: 2. Meet with HT 4. 6. 8. 10.
Summer 1 – 5 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. What is a weapon? – Police Ed 4. What is shop theft? – Police Ed 5. What is the issue with addiction / Vaping – Police Ed	Assessment Week + MYC + PSC Sports Day. School Council:
Summer 2 – 7 weeks	1. Diversity Session 1 - 2. Diversity Session 2 - 3. How Can I get ready for Secondary School Relationships – Police Ed 4. What is antisocial behaviour? – Police Ed	2. Meet with HT 4. 7. 9. 11.

Dates	Assemblies – Autumn Term
05.09.25	1. Welcome Assembly - IMcD
12.09.25	2. Behaviour / Values - IMcD
19..09.25	3. Y6 and R – Welcome
26.09.25	4. Y1 – Friendships
03.10.25	5. Y2 – Celebrating Women in History.
10.10.25	6. Y3 - CAFOD - Harvest
17.10.25	7. Y4 – Never Giving Up - resilience
24.10.25	8. Black History Month - IMcD
Half Term	-----
07.11.25	9. Remembrance - IMcD
14.11.25	10. Anti-Bullying - Y6
21.11.25	11. Digital Leaders
28.11.25	12. Advent week 1 – IMcD
05.12.25	13. Advent week 2 – LW
12.12.25	14. Advent week 3 – IMcD
18.12.25	Mass – Thursday – Y5? Attendance Certificates
Christmas Holidays	
Date	Assemblies – Spring Term
09.01.26	1. Epiphany – IMcD
16.01.26	2. Who are important people in school ? - IMcD
23.01.26	3. Online Safety – Digital Leaders
30.01.26	4. Global Warming – IMcD
06.02.26	5. Significant Ladies in the children’s lives – EYFS and KS1
13.02.26	6. Chinese New Year – 17.02.26 – IMcD
Half Term	-----

27.02.26	7. Lent
06.03.26	8. Stations of the Cross 1 – 4 – Y3
13.03.26	9. Stations of the Cross 5 – 8 – IMcD
20.03.26	10. Stations of the Cross 9 – 12 – Y5
27.03.26	11. Stations of the Cross 13-15 – Y6
02.04.26	12. Easter Mass Y4 - Thursday.
Easter Holidays	Attendance Certificates
Assemblies – Summer Term	
24.04.26	1. Autism Awareness - IMcD
01.05.26	2. Behaviour and Ethos - IMcD
08.05.26	3. Mental Health - IMcD
15.05.26 (SATs)	4. Significant Men in the children's Lives – EYFS / KS1
22.05.26	5. Importance of Nutrition – Y6
Half Term	-----
05.06.26	6. Global Warming - IMcD
12.06.26 (PSC and MTC)	7. Online Safety – Digital Leaders
19.06.26	8. Importance of Exercise – Y3
26.06.26	9. CAFOD – Y5
03.07.26	10. Reducing Screen Time – Y4
10.07.26	11. Attendance Certificates
16.07.26	12. End of Year Mass Y6 – Thursday