



**Subject Yearly Overview – Relationships, Sex and Health Education
(RSHE)**

Ten:Ten – Life to the Full

Autumn Term	Spring Term	Summer Term
<p>EYFS Handmade With Love <i>We are created individually by God as part of His creation plan. We are all God's children and are special. Our bodies were created by God and are good. We can give thanks to God!</i></p> <p>I Am Me <i>We are each unique, with individual gifts, talents and skills. Whilst we all have similarities because we are made in God's image, difference is part of God's plan!</i></p> <p>Head, Shoulders, Knees and Toes <i>That our bodies are good and made by God. The names of the parts of the body (not genitalia).</i></p> <p>Ready Teddy <i>That our bodies are good and we need to look after them. What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene</i></p>	<p>EYFS I like, You like, We All Like! <i>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc). That it is natural for us to relate to and trust one another.</i></p> <p>Good Feelings, Bad Feelings <i>Develop a language to describe their feelings and understanding that everyone experiences feelings, both good and bad. Simple strategies for managing feelings.</i></p> <p>Let's Get Real! <i>Simple strategies for managing emotions and behaviour. That we have choices and these choices can impact how we feel and respond. We can say sorry and forgive like Jesus.</i></p> <p>Growing Up <i>That there are natural life stages from birth to death, and what these are.</i></p> <p>Role Model <i>That we are part of God's family. Jesus cared for others and wanted them to live good lives like him. We should love other people in the same way God loves us.</i></p> <p>Who's Who? <i>To identify special people (e.g. parents, carers, friends) and what makes them special. The importance of the nuclear family</i></p>	<p>EYFS Safe inside and out <i>Children will learn about safe and unsafe situations indoors and outdoors, including online. That they can ask for help from their special people.</i></p> <p>My body, my rules <i>To know they are entitled to bodily privacy. That they can and should be open with 'special people' they trust if anything troubles them. That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest.</i></p> <p>Feeling Poorly <i>That medicines should only be taken when a parent or doctor gives them to us. Medicines are not sweets. We should always try to look after our bodies, because God created them and gifted them to us.</i></p> <p>People who help us <i>There are lots of jobs designed to help us. Paramedics help us in a medical emergency. First Aid can be used in non-emergency situations, as</i></p>

	<p><i>and of the wider family. The importance of being close to and trusting of 'special people' and telling them is something is troubling them.</i></p> <p>You've Got A Friend In Me</p> <p><i>How their behaviour affects other people and that there is appropriate and inappropriate behaviour. The characteristics of positive and negative relationships. About different types of teasing and that all bullying is wrong and unacceptable.</i></p> <p>Forever Friends</p> <p><i>To recognise when they have been unkind to others and say sorry. That when we are unkind, we hurt God and should say sorry. To recognise when people are being unkind to them and others and how to respond. That we should forgive like Jesus forgives.</i></p>	<p><i>well as whilst waiting for an ambulance.</i></p> <p>God is love</p> <p><i>That God is love: Father, Son and Holy Spirit. That being made in His image means being called to be loved and to love others.</i></p> <p>Loving God, Loving others</p> <p><i>What a community is, and that God calls us to live in community with one another. Some Scripture illustrating the importance of living in a community. No matter how small our offerings, they are valuable to God and He can use them for His glory.</i></p> <p>Me, You, Us</p> <p><i>That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)</i></p>
<p>KS1 - Years 1 & 2 Let The Children Come</p> <p><i>We are created individually by God. God wants us to talk to Him often through the day and treat Him as our best friend. God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness. We are</i></p>	<p>KS1 - Years 1 & 2 Feelings, Likes and Dislikes</p> <p><i>That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings.</i></p> <p>Feeling Inside Out</p> <p><i>Children will have a basic understanding that feelings and actions are two different things, and that our good actions can</i></p>	<p>KS1 - Years 1 & 2 Being Safe</p> <p><i>To understand safe and unsafe situations, including online.</i></p> <p>Good and Bad secrets</p> <p><i>The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; How to resist pressure when feeling unsafe</i></p> <p>Physical Contact</p>

created as a unity of body, mind and spirit: who we are matters and what we do matter. We can give thanks to God in different ways.

I Am Unique

To learn that we are unique, with individual gifts, talents and skills.

Girls and Boys

Our bodies are good; The names of the parts of our bodies including genitalia. That girls and boys have been created by God to be both similar and different and together make up the richness of the human family.

Clean And Healthy (My Body)

That our bodies are good and we need to look after them. What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating. The importance of sleep, rest and recreation for our health. How to maintain personal hygiene.

'form' our feelings and our character.

Super Susie Gets Angry

Simple strategies for managing feelings and for good behaviour; That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; that Jesus died on the cross so that we would be forgiven

The Cycle Of Life

Children will know and appreciate that there are natural life stages from birth to death, and what these are.

God Loves You

We are part of God's family. Saying sorry is important and can mend friendships. Jesus cared for others and had expectations of them and how they should act. We should love other people in the same way God loves us.

Special People

To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special. The importance of nuclear and wider family. The importance of being close to and trusting special people and telling them if something is troubling them.

Treat Others Well...

How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative relationships; Different types of teasing and that all bullying is wrong and unacceptable.

...And Say Sorry

To recognise when they have been unkind and say sorry; To recognise when people are being unkind to them and others and how to respond; To know that when we are unkind to others, we

To know that they are entitled to bodily privacy; That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.

Harmful Substances

Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.

Can You Help Me?

They should call 999 in an emergency and ask for ambulance, police and/or fire brigade If they require medical help but it is not an emergency. Basic first aid should be used instead of calling 999. Some basic principles of First Aid

Three In One

God is love: Father, Son and Holy Spirit Being made in His image means being called to be loved and to love others.

Who Is My Neighbour?

To know what a community is, and that God calls us to live in community with one another; A scripture illustrating the importance of living in community as a consequence of this; Jesus' teaching on who is my neighbour.

The Communities We Live In

That they belong to various communities such

	<p><i>hurt God also and should say sorry to him as well; To know that we should forgive like Jesus forgives.</i></p>	<p><i>as home, school, parish, the wider local community, national and global community; That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; That we have a duty of care for others and for the world we live in (charity work, recycling etc.); About what harms and what improves the world in which we live</i></p>
<p>LKS2 - Years 3 & 4 Get Up! <i>We are created individually by God who is Love, designed in His own image and likeness God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation). Every human life is precious from the beginning of life (conception) to natural death. Personal and communal prayer and worship are necessary ways of growing in our relationship with God.</i></p> <p>The Sacraments <i>That in Baptism God makes us His adopted children and 'receivers' of His love. That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). It is important to make a nightly examination of conscience.</i></p> <p>We Don't have To Be The Same <i>Similarities and differences between</i></p>	<p>LKS2 - Years 3 & 4 What Am I Feeling? <i>That emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people help emotional well-being (e.g. parents/carer/teacher/parish priest).</i></p> <p>What Am I Looking At? <i>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</i></p> <p>I Am Thankful <i>Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</i></p> <p>Life Cycles <i>That they were handmade by God with the help of their parents; How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How</i></p>	<p>LKS2 - Years 3 & 4 Sharing Online <i>To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. How to use technology safely. That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. How to report and get help if they encounter inappropriate materials or messages.</i></p> <p>Chatting Online <i>How to use technology safely; That bad language and bad behaviour are inappropriate; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.</i></p> <p>Safe In My Body <i>To judge well what kind of physical contact is acceptable or unacceptable and how to</i></p>

people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).

Respecting Our Bodies

About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.

What Is Puberty? (Year 4 only)

Learn what the term puberty means; Learn when they can expect puberty to take place; Understand that puberty is part of God's plan for our bodies.

Changing Bodies (Year 4 only)

Learn correct naming of genitalia; Learn what changes will happen to boys during puberty; Learn what changes will happen to girls during puberty.

conception and life in the womb fits into the cycle of life.

Jesus, My Friend

That God loves, embraces, guides, forgives and reconciles us with him and one another. The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. That relationships take time and effort to sustain. We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.

Friends, Family And Others...

Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; That there are different types of relationships including those between acquaintances, friends, relatives and family; That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; The difference between a group of friends and a 'clique'.

When Things Feel Bad

Develop a greater awareness of bullying (including cyberbullying), that all bullying is wrong, and how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.

respond; That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.

Drugs, Alcohol And Tobacco

Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.

First Aid Heroes

In an emergency, it is important to remain calm. Quick reactions in an emergency can save a life. Children can help in an emergency using their First Aid knowledge.

A Community Of Love

God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship' The human family is to reflect the Holy Trinity in mutual charity and generosity.

What Is The Church?

The human family can reflect the Holy Trinity in charity and generosity. The Church family comprises of home, school and parish (which is part of the diocese)

How Do I Love Others?

To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.

UKS2 - Years 5 & 6

Calming The Storm

We were created individually by God who cares for us and wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!

Gifts and Talents

Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).

Girls' Bodies/Boys' Bodies

That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls and boys will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.

Spots And Sleep

How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene,

UKS2 - Years 5 & 6

Body Image

To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media.

Peculiar Feelings

To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky.

Emotional Changes

Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.

Seeing Stuff Online

The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images.

Making Babies

How a baby grows and develops in its mother's womb. Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage.

Menstruation

About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the

UKS2 - Years 5 & 6

Sharing Isn't Always Caring

To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. How to use technology safely. That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. How to report and get help if they encounter inappropriate materials or messages.

Cyberbullying

What the term cyberbullying means and examples of it; What cyberbullying feels like for the victim How to get help if they experience cyberbullying.

Types Of Abuse

To judge well what kind of physical contact is acceptable or unacceptable and how to respond. That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.

Impacted Lifestyles

Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. Learn how to make good choices about substances that will have a positive impact on their health. Know that our bodies are created by God, so we should take

avoiding the overuse of electronic entertainment, etc.

start of life; Some practical help on how to manage the onset of menstruation.

care of them and be careful about what we consume.

Is God Calling You?

To know that God calls us to love others. To know ways in which we can participate in God's call to us.

Under Pressure

Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.

Do You Want A Piece Of Cake

Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.

Self-Talk

Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; Apply this approach to personal friendships and relationships.

Making Good Choices

*Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco
Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies.*

Giving Assistance

The recovery position can be used when a person is unconscious but breathing. DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.

The Trinity

To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. To know that the Holy Spirit works through us to bring God's love and goodness to others.

Catholic Social Teaching

The principles of Catholic Social Teaching. That God formed them out of love, to know and share His love with others.

Reaching Out

Learn to apply the principles of Catholic Social Teaching to current issues. Find ways in which they can spread God's love in their community.