



RSHE: RELATIONSHIPS, SEX AND HEALTH EDUCATION

JOURNEY IN LOVE



	Theme	Social and Emotional Autumn 2	Physical Spring 2	Spiritual Summer 2
Early Years	<u>The wonder of being special and unique</u> <i>To explore the wonder of being special and unique. Children begin to know and understand that they are part of the wonder of God's love and creation.</i> Protected Characteristics: Pregnancy & Maternity/ Age British Values: Respect & Tolerance	<i>To recognise being a special person in my family.</i> • With whom do I play with at school/home? • Why do people play with me? • Name our favourite games. • How do you feel about your friends? • Do you both have other friends at school/home? • Why do you play with them?	<i>To recognise that we are all different and unique.</i> • Does it matter if we are different? • Look at me - how am I different to you? • Look at you - how are you different from me?	<i>To celebrate the joy of being a special person in God's family.</i> • Is Jesus our friend? • Children are special to God. • Who is the Mother of Jesus? • Why is she special? • Jesus grew for nine months in Mary's womb.
Year 1	<u>We meet God's love in our family</u> <i>To focus on families and specially growing up in a loving, secure and stable home.</i> Protected Characteristics: Sex & Gender /Age British Values: Respect & Tolerance/ Rule of Law	<i>To recognise signs that I am loved in my family.</i> • Find out about our family and tell our class. • Parents share the wonder and excitement of moments of growth and development. • What are the happiest moments in our family? e.g., birthdays, weddings etc. • What are the saddest moments in our families? e.g., Death of pets, leaving home etc. • How is love shown in your family?	<i>To recognise how I am cared for and kept safe in my family.</i> • Who is in my family? e.g., mother, father, brothers, sisters, grandparents. • How many of us have babies in our families? • Recognise that babies come in different sizes. • Talk about how fast babies change and grow.	<i>To celebrate ways that God loves and cares for us.</i> • We are members of God's family. • How were we born into God's family? • What special title do we give to God as members of God's family? e.g., Our Father, Jesus our brother, Holy Spirit our Friend and Guide.

	Theme	Social and Emotional Autumn 2	Physical Spring 2	Spiritual Summer 2
Year 2	<u>We meet God's love in the community</u> <i>To describe how we are growing and developing in diverse communities that are God-given.</i> Protected Characteristics: Marriage & Civil Partnerships British Values: Respect & Tolerance/ Individual Liberty/ Democracy	<i>To recognise the joy and friendship of belonging to a diverse community.</i> • Is belonging to a community important? • What do we receive from the community we belong to? • What do we give to the community we belong to? How does a community help us to develop our feelings and emotions? • Are we always happy in our community? • Are we, as a community, sometimes sad or upset?	<i>To describe ways of being safe in communities.</i> • Do you belong to a community? What other community do you belong to? • How do you belong to these communities?	<i>To celebrate ways of meeting God in our communities.</i> • If God is called 'Our Father' what does that make us? • As children of God how should we treat each other?
Year 3	<u>How we live in love</u> <i>To describe and give reasons for how we grow in love in caring and happy friends where we are secure and safe.</i> Protected Characteristics: Age/ Marriage & Civil Partnerships/ Sexual Orientation/ British Values: Respect & Tolerance, Individual Liberty	<i>To describe and give reasons how friendships make us feel happy and safe.</i> • How do I keep myself safe? • How do I help others to make and keep friends? • How do I take care of others? • How do you feel when a friend is not there for you? • How do your friends feel when you are not there for them? How can you be a more supportive friend?	<i>To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</i> • Who takes care of me? How do I look after myself? e.g., safety, crossing the road, healthy eating. How am I changing?	<i>To celebrate the joy and happiness of living in friendship with God and others.</i> • Jesus accepted, welcomed and forgave Zacchaeus. • How can I forgive and include others like Jesus did? • Consider what we like about our special friends and share.

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Year 4	<u>God love us in our differences</u> <i>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.</i> Protected Characteristics: Race/Religion or Belief/ Age/ Disability British Values: Respect & Tolerance/ Democracy/ Individual Liberty	<i>To describe how we all should be accepted and respected.</i> - How do I learn to accept and celebrate who I am? - How do I accept difference in others? - How do I deal with difference and manage the conflicts that arise? - How do I appreciate my own gifts talents, achievements and all that make me unique? - How do I appreciate others and the gifts they have been given? - How do I deal with the natural, negative emotions that present themselves?	<i>To describe how we should treat others making links with the diverse modern society we live in.</i> - Continue to recognise that all pupils grow and develop at different rates. - Name the different male and female body parts and introduce their various functions. - Identify the development of the baby in the womb.	<i>To celebrate the uniqueness and innate beauty of each of us.</i> St. Paul's teachings on love.
Year 5	<u>God loves us in our changing and developing</u> <i>To show 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 daily lives.</i> Protected Characteristics: Sex/Gender, Pregnancy & Maternity, Age British Values: Respect & Tolerance	<i>To show knowledge and understanding of emotional relationship changes as we grow and develop.</i> Recognise behaviour changes as we grow up. Expectations are different and are often dependent on our experiences and treatment by others and our views of the world in which we live. Reflect on ways to become more sensitive to the emotional development of oneself and others.	<i>To show knowledge and understanding of the physical changes in puberty.</i> - Discuss the external and internal changes which happen to boys and girls during puberty. - Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to be a mother or father. - The purpose of the menstrual cycle is to prepare the female body for reproduction.	<i>To celebrate the joy of growing physically and spiritually.</i> - Share their understanding of change through poetry, prayer, art etc. - Share with each other and celebrate the wonder of change.

	Theme	Social and Emotional Autumn 2	Physical Spring 2	Spiritual Summer 2
Year 6	<u>The wonder of God's love in creating new life</u> <i>To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.</i> Protected Characteristics: Marriage & Civil Partnerships, Pregnancy & Maternity, Age, Gender Reassignment, Sex/Gender, Sexual Orientation British Values: Respect & Tolerance, Democracy, Individual Liberty	<i>To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</i> • Recognise and compile a list of the signs of love expressed in those around us e.g., signs of love between those who care for us, loving couples, older people. • Reflect on the different degrees of friendship that exist e.g., school friends, close friends, best friends, mixed gender friends, lifelong friends. • Relationships develop and eventually, we may be able to use the word love. Real love reveals itself in complete commitment. • If one is in love with another, certain characteristics follow.	<i>To explain how human life is conceived.</i> • Explain how human life is conceived. Look at the illustrations of the organs of the human body including male and female reproductive organs. Sexual intercourse between husband and wife is a joyful expression of their love for each other. It is an act of self-giving, made by two people who want to give everything of themselves to the person they love and respect.	<i>To 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 relationships.</i> • Understand that God causes new life to begin through the love that parents have for each other. • Celebrate God's creative love in creating us as his children and recognise that we grow as human beings to the extent we give and receive love. The on-going understanding of marriage is living out love. • As Christians we can appreciate the sheer wonder of the sexual act. God created the incredible natural process by which husband and wife bring new life into the world. The Church celebrates all this in the Sacrament of Marriage.