RSHE Curriculum Map (EYFS – Year 6)

For each session taught, please use the Ten Ten Resources: session plans and appendices, online power-point presentations, unit prayers, SEND differentiation, music and one-page overviews.

Autumn 1	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Module 1	'Hand Made with	'Let the Children	'Let the Children	Session 1: 'Get Up'	Session 1: 'Get Up'	'Calming the Storm'	'Calming the Storm'
Created and	Love' (Creation	Come'	Come'	(Jesus healing Jairus'	(Jesus healing Jairus'	5 story sessions taught	5 story sessions taught
Loved by God	Story)	5 story sessions	5 story sessions	daughter)	daughter)	over 1 week (15+	over 1 week (15+
	5 story sessions	taught over 1 week	taught over 1 week	5 story sessions taught	5 story sessions taught	minutes per session)	minutes per session)
	taught over 1 week	(10-15 minutes	(10-15 minutes	over 1 week (15 +	over 1 week (15 +	Learning Objectives:	Learning Objectives:
Unit 1	(5-10 minutes each)	each)	each)	minutes per session)	minutes per session)	 We were created 	 We were created
Religious	Learning Objectives:	Learning	Learning	Learning Objectives:	Learning Objectives:	individually by God who	individually by God who
Understanding	 We are created 	Objectives:	Objectives:	 We are created 	We are created	cares for us and wants	cares for us and wants
	individually by God	 We are created 	 We are created 	individually by God	individually by God	us to put our faith in	us to put our faith in
	as part of His	individually by God	individually by God	who is Love, designed	who is Love, designed	Him.	Him.
	creation plan	 God wants us to 	 God wants us to 	in His own image and	in His own image and	 Physically becoming 	 Physically becoming
	 We are all God's 	talk to Him often	talk to Him often	likeness	likeness	an adult is a natural	an adult is a natural
	children and are	through the day and	through the day and	 God made us with 	God made us with the	phase of life.	phase of life.
	special	treat Him as our	treat Him as our	the desire to be loved	desire to be loved and	 Lots of changes will 	 Lots of changes will
	 Our bodies were 	best friend	best friend	and to love and to	to love and to make a	happen during puberty	happen during puberty
	created by God and	 God has created 	 God has created 	make a difference:	difference: each of us	and sometimes it might	and sometimes it might
	are good	us, His children, to	us, His children, to	each of us has a	has a specific purpose	feel confusing, but it is	feel confusing, but it is
	 We can give 	know, love and	know, love and	specific purpose	(vocation)	all part of God's great	all part of God's great
	thanks to God	serve Him	serve Him	(vocation)	 Every human life is 	plan and the results will	plan and the results will
		We are created as	We are created as	 Every human life is 	precious from the	be worth it!	be worth it!
		a unity of body,	a unity of body,	precious from the	beginning of life		
		mind and spirit: who	mind and spirit: who	beginning of life	(conception) to natural		
		we are matters and	we are matters and	(conception) to natural	death		
		what we do matters	what we do matters	death	 Personal and 		
		 We can give 	 We can give 	 Personal and 	communal prayer and		
		thanks to God in	thanks to God in	communal prayer and	worship are necessary		
		different ways	different ways	worship are necessary	ways of growing in our		
				ways of growing in our	relationship with God		
				relationship with God			
					Session 2: The		
				Session 2: The	Sacraments (40		
				Sacraments (40	minutes)		
				minutes)	•In Baptism God makes		
				In Baptism God	us His adopted children		
				makes us His adopted	and 'receivers' of His		
					love		

	children and 'receivers' of His love *By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). *To understand that it is important to make a nightly examination of conscience. *Receiving the Sacraments helps them to develop healthy relationships with others *By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). *To understand that it is important to make a nightly examination of conscience. *Receiving the Sacraments helps them to develop healthy relationships with others	
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Module 1 Created and Loved by God Unit 2 Me, My Body, My Health

Y1 and Y2 letter home prior to teaching unit 2 Genitalia and see module guidance

Y3 – devise new assessment activity and only do session 1 and 2; do not do session 3, 4 or 5 on puberty

Y4, 5 and 6 must deliver meeting to parents prior to teaching the unit

Session 1: I Am Me (20 minutes)

Learning Objectives:

· 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!

Session 2: Heads. Shoulders. **Knees and Toes** (20 minutes)

- **Learning Objectives:** • That their bodies are good and made by God
- The names of the parts of the body

Session 3: **Ready Teddy** (20 minutes) **Learning Objectives:**

- That our bodies are good and we need to look after them
- What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene

Session1:

I Am Unique (30 minutes) Learning **Objectives:**

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

Session 2: Girls and **Boys Genitalia Version**

(30-40minutes) Learning

- **Objectives:** Our bodies are
- good; •The names of the parts of our bodies That girls and boys have been created by God to be both similar and different and together make up the richness of

Session 3 and 4: Clean and Healthy (75 minutes total over 2 sessions)

the human family.

Learning **Objectives:**

•Our bodies are good and we need to look after them; What constitutes a healthy lifestyle, including physical

activity, dental

Session1:

I Am Unique (30 minutes) Learning **Objectives:**

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

Session 2: Girls and **Boys Genitalia Version**

(30-40minutes) Learning **Objectives:**

- Our bodies are good:
- •The names of the parts of our bodies That girls and boys have been created by God to be both similar and different and together make up the richness of

Session 3 and 4: Clean and Healthy (75 minutes total

the human family.

over 2 sessions) Learning

Objectives:

- Our bodies are good and we need to look after them:
- •What constitutes a healthy lifestyle, including physical activity, dental

Session1:

We Don't Have to Be the Same

(40 minutes)

- **Learning Objectives:** Similarities and differences between
- 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

Session 2: **Respecting Our Body** (40 minutes +)

God (not status, etc.).

Learning Objectives: 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.

Session 3:

What is Puberty?

(30 minutes)

Learning Objectives:

- 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.

Session 4: Changing Bodies

(35 minutes)

Learning Objectives:

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

Session 5: **Discussion Groups** optional (30 minutes)

Session 1: **Gifts and Talents**

(45-60 minutes)

Learning Objectives:

- 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).

Session 2: **Girl's Bodies**

(45-60 minutes)

Learning Objectives:

- That human beings are different to other animals;
- About the unique growth and development of humans, and the changes that girls 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. Session 3:

Boy's Bodies (45-60 minutes)

Learning Objectives:

(45-60 minutes) **Learning Objectives:** Similarities and differences between people arise as they grow and mature, and that by living and

working together

Session 1:

Gifts and Talents

community; Self-confidence arises

('teamwork') we create

from being loved by God (not status, etc).

Session 2: **Girl's Bodies**

(45-60 minutes)

Learning Objectives:

- That human beings are different to other animals;
- About the unique growth and development of
- humans, and the changes that girls 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.

Session 3:

Boy's Bodies

(45-60 minutes)

Learning Objectives:

health and healthy eating; •The importance of sleep, rest and recreation for our health; •How to maintain personal hygiene.	health and healthy eating; The importance of sleep, rest and recreation for our health; How to maintain personal hygiene.		•That human beings are different in kind to other animals; •About the unique growth and development of humans, and the changes that 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 Session 4: Spots and Sleep (45-60 minutes) Learning Objectives: •How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.	•That human beings are different in kind to other animals; •About the unique growth and development of humans, and the changes that 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 Session 4: Spots and Sleep (45-60 minutes) Learning Objectives: •How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.

Autumn 2							
Module 1	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:
Created and	I like, You Like, We	Feelings, Likes,	Feelings, Likes,	What Am I Feeling?	What Am I Feeling?	Body Image	Body Image
Loved by God	Like	Dislikes	Dislikes	Version 2 presentation	Version 1 presentation	(45-60 minutes)	(45-60 minutes)
,	(20 minutes)	(40 minutes)	(40 minutes)	does not mention	(35 minutes)	Learning Objectives:	Learning Objectives:
Unit 3	Learning Objectives:	Learning	Learning	<mark>hormones</mark>	Learning Objectives:	•To recognise that	•To recognise that
Emotional	•That we all have	Objectives:	Objectives:	(35 minutes)	•That emotions change	images in the media do	images in the media do
Wellbeing	different 'tastes'	•That it is natural	•That it is natural	Learning Objectives:	as they grow up	not always reflect	not always reflect
	(likes and dislikes),	for us to relate to	for us to relate to	•That emotions change	(including hormonal	reality and can affect	reality and can affect
	but also similar	and trust one	and trust one	as they grow up	effects);	how people feel about	how people feel about
Y3 – version 2	needs (to be loved	another;	another;	•To deepen their	•To deepen their	themselves	themselves
<mark>online</mark>	and respected, to be	●That we all have	That we all have	understanding of the	understanding of the	That thankfulness	•That thankfulness
presentation	safe etc.)	different 'tastes'	different 'tastes'	range and intensity of	range and intensity of	builds resilience against	builds resilience against
<mark>slides</mark>	 That it is natural 	(likes and dislikes),	(likes and dislikes),	their feelings; that	their feelings; that	feelings of envy,	feelings of envy,
<mark>Y4 – use</mark>	for us to relate to	but also similar	but also similar	'feelings' are not good	'feelings' are not good	inadequacy, etc. and	inadequacy, etc. and
version 1	and trust one	needs (to be loved	needs (to be loved	guides for action;	guides for action;	against pressure from	against pressure from
<mark>online</mark>	another	and respected, to be	and respected, to be	What emotional well-	 What emotional well- 	peers or media	peers or media
presentation		safe etc);	safe etc);	being means;	being means;		
<mark>slides</mark>	Session 2:			 Positive actions help 	 Positive actions help 	Session 2: Peculiar	Session 2: Peculiar
	All the Feelings	Session 2:	Session 2:	emotional well-being	emotional well-being	Feelings	Feelings
Y5/6 – letter to	(20 minutes)	Feeling Inside Out	Feeling Inside Out	(beauty, art, etc. lift	(beauty, art, etc. lift the	(45-60 minutes)	(45-60 minutes)
parents session	Learning Objectives:	(30 minutes)	(30 minutes)	the spirit);	spirit);	Learning Objectives:	Learning Objectives:
4 pornography	 A language to 	Learning	Learning	Talking to trusted	Talking to trusted	To deepen their	To deepen their
	describe their	Objectives:	Objectives:	people help emotional	people help emotional	understanding of the	understanding of the
	feelings	 Children will have 	 Children will have 	wellbeing	wellbeing	range and intensity of	range and intensity of
	An understanding	a basic	a basic			their feelings; that	their feelings; that
	that everyone	understanding that	understanding that	Session 2:	Session 2:	'feelings' are not good	'feelings' are not good
	experiences	feelings and actions	feelings and actions	What Am I looking at?	What Am I looking at?	guides for action.	guides for action.
	feelings,	are two different	are two different	(35 minutes)	(35 minutes)	•That some behaviour	•That some behaviour
	An understanding	things, and that our	things, and that our	Learning Objectives:	Learning Objectives:	is wrong, unacceptable,	is wrong, unacceptable,
	that feelings are	good actions can	good actions can	 To recognise that 	•To recognise that	unhealthy or risky.	unhealthy or risky.
	neither good or bad,	'form' our feelings	'form' our feelings	images in the media do	images in the media do		
	they give us	and our character	and our character	not always reflect	not always reflect	Session 3: Emotional	
	information about			reality and can affect	reality and can affect	Changes	Session 3: Emotional
	what we are	Session 3:	Session 3:	how people feel about	how people feel about	(45-60 minutes)	Changes
	experiencing.	Super Susie Gets	Super Susie Gets	themselves.	themselves.	Learning Objectives:	(45-60 minutes)
	standing	Angry	Angry	That God made us and	That God made us and	•Emotions change as	Learning Objectives:
	Simple strategies	(40 minutes)	(40 minutes)	loves us as we are.	loves us as we are.	they grow up (including	•Emotions change as
	for managing	Learning	Learning	Session 3:	Session 3:	hormonal effects);	they grow up (including
	feelings	Objectives:	Objectives:	I Am Thankful!	I Am Thankful!	•To deepen their	hormonal effects); •To deepen their
		•Simple strategies	•Simple strategies	(30 minutes) Learning Objectives:	(30 minutes)	understanding of the	understanding of the
		for managing	for managing	Learning Objectives:	Learning Objectives:	range and intensity of	understanding of the

Session3: Let's Get Real (20 minutes) Learning Objectives: • How feelings can affect actions, and that actions have consequences. • 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	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.	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.	●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.	●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.	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. Session 4: Seeing Stuff Online (45-60 minutes) • 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.	range and intensity of their feelings; that 'feelings' are not good guides for action; •About emotional wellbeing: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being. Session 4: Seeing Stuff Online (45-60 minutes) •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.

Spring 1							
Module 1	Session 1:	Session 1:	Session 1:	Session 2: A Time for	Session 2: A Time for	Do not teach session 1	Y3 and 4 Session 1:
Created and	Growing Up	The Cycle of Life	The Cycle of Life	Everything	Everything	and 2.	Life Cycles
Loved by God	(20 minutes)	(30 minutes)	(30 minutes)	(Bereavement)	(Bereavement)		(40 minutes)
	Learning Objectives:	Learning	Learning	Learning Objectives:	Learning Objectives:	Session 3:	Learning Objectives:
Unit 4	•That there are	Objectives:	Objectives:	-To understand what	-To understand what	Menstruation	•That they were
Life Cycles	natural life stages	Children will know	Children will know	'death' means	'death' means	Learning Objectives:	handmade by God with
	from birth to death,	and appreciate that	and appreciate that	-To identify some	-To identify some	About the nature and	the help of their
	and what these are	there are natural life	there are natural life	feelings often	feelings often	role of menstruation in	parents;
Y3/4 do not		stages from birth to	stages from birth to	connected with grief.	connected with grief.	the fertility cycle, and	How a baby grows and
teach unit 4		death, and what	death, and what	To know what the	To know what the	that fertility is involved	develops in its mother's
session 1 Life		these are	these are	Christian faith says	Christian faith says	in the start of life;	womb including,
<mark>Cycles</mark>				about death and	about death and	Some practical help	scientifically, the
,		Y1 do not complete	Session 2:	eternal life.	eternal life.	on how to manage the	uniqueness of the
Y5 do not teach		session 2	Beginnings and	-To explore some ways	-To explore some ways	onset of menstruation.	moment of conception;
session 1 parts			Endings	to support themselves	to support themselves		How conception and
1 and 2 Making			(40 minutes)	and others when they	and others when they		life in the womb fits
<mark>Babies</mark>			Learning	are grieving.	are grieving.		into the cycle of life;
			Objectives:				
Y6 Making			-To know what				Session 1:
<mark>babies –</mark>			<mark>'death' means.</mark>				Making Babies (part
<mark>parents</mark>			-To identify feelings				<mark>one)</mark>
Meeting/letters			often connected				Learning Objectives:
<mark>home</mark>			with grief.				 How a baby grows
			-To learn what the				<mark>and develops in its</mark>
Y2/3/4 letter			Christian faith says				mother's womb.
<mark>home about</mark>			<mark>about death and</mark>				
<mark>bereavement</mark>			<mark>eternal life.</mark>				Session 2:
<mark>lesson</mark>			-To identify some				Making Babies (Part 2)
			ways to support				Learning Objectives:
<mark>Y5 letter home</mark>			themselves and				 Basic scientific facts
<mark>about</mark>			others when they				<mark>about sexual</mark>
menstruation			are grieving.				<mark>intercourse between a</mark>
<mark>lesson</mark>							man and woman;
							• The physical,
							emotional, moral and
							spiritual implications of
							sexual intercourse;
							• The Christian
							viewpoint that sexual
							intercourse should be
							saved for marriage.

Year 6 Letter home to parents about lesson on grief							Session 4: Hope Beyond Death (60 minutes) Learning Objectives: •What death means •About some feelings associated with grief. •What the Christian Faith says about death and eternal life. •Some ways to support themselves and others when they are grieving.
Spring 2 Module 2:	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:	Session1:	Session1:
Created to	'Role Model'	'God Loves You'	'God Loves You'	'Jesus My Friend'	'Jesus My Friend'	Is God Calling You?	Is God Calling You?
Love Others	taught over 2	(40 minutes)	(40 minutes)	(15 minutes daily for a	(15 minutes daily for a	The story of Zacchaeus'	The story of Zacchaeus'
Love Others	lessons (20 minutes	The Parable of the	The Parable of the	week)	week)	Conversion	Conversion
Unit 1	each) The Bible and	Prodigal Son	Prodigal Son	The Parable of the	The Parable of the	(50 minutes)	(50 minutes)
Religious	the Washing of the	Learning	Learning	Prodigal Son	Prodigal Son	Learning Objectives:	Learning Objectives:
Understanding	Feet	Objectives:	Objectives:	Learning Objectives:	Learning Objectives:	●To know that God calls	•To know that God calls
_	Learning Objectives:	•We are part of	•We are part of	◆That God loves,	◆That God loves,	us to love others.	us to love others.
	 We are part of 	God's family;	God's family;	embraces, guides,	embraces, guides,	●To know ways in which	◆To know ways in which
	God's family	Saying sorry is	Saying sorry is	forgives and reconciles	forgives and reconciles	we can participate in	we can participate in
	 Jesus cared for 	important and can	important and can	us with him and one	us with him and one	God's call to us.	God's call to us.
	others and wanted	mend friendships;	mend friendships;	another.	another.		
	them to live good	Jesus cared for	•Jesus cared for	The importance of	The importance of		
	lives like him	others and had	others and had	forgiveness and	forgiveness and		
	We should love	expectations of	expectations of	reconciliation in	reconciliation in		
	other people in the	them and how they	them and how they	relationships, and	relationships, and some		
	same way God loves	should act;	should act;	some of Jesus'	of Jesus' teaching on		
	us	•We should love	•We should love	teaching on	forgiveness.		
		other people in the	other people in the	forgiveness.	•That relationships		
		same way God loves	same way God loves us.	 That relationships take time and effort to 	take time and effort to sustain.		
		us.	us.	sustain.	Sustain. •We reflect God's		
				•We reflect God's	image in our		
				image in our	relationships with		
				relationships with	others: this is intrinsic		
				others: this is intrinsic	to who we are and to		
				to who we are and to	our happiness.		
				our happiness.	11		

Module 2:
Created to
Love Others

Unit 2 Personal Relationships

Session 1: Who's Who? (20 minutes)

Learning Objectives:

- To identify special people (e.g. parents, carers, friends) and what makes them special
- The importance of the nuclear family and of the wider family
- The importance of being close to and trusting of 'special people' and telling them is something is troubling them

Session 2: You've Got a Friend in Me (15 minutes)

Learning Objectives:

- · 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

Session 1: Special People (30 minutes) Learning **Objectives:**

- 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.

Session 2: **Treat Others Well** (35 minutes) Learning

Objectives: How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative

Different types of teasing and that all bullying is wrong and unacceptable.

Session 3: **And Say Sorry**

relationships;

Session 1: Special People (30 minutes) Learning **Objectives:**

- 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.

Session 2: **Treat Others Well** (35 minutes) Learning **Objectives:**

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. Session 3: **And Say Sorry**

Session 1: Friends, Family and Others (45 minutes)

Learning Objectives:

- 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 eniov each other's company and also want what is truly best for the other;
- The difference between a group of friends and a 'clique'.

Session 2: When Things Feel Bad (40 minutes)

- **Learning Objectives:** Develop a greater
- awareness of bullying (including cyberbullying), that all bullying is wrong, and how to respond to bullving:
- •Learn about harassment and exploitation in relationships, including

Session 1: Friends, Family and Others

(45 minutes)

Learning Objectives:

- 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'.

Session 2: When Things Feel Bad (40 minutes) **Learning Objectives:**

- 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

Session 1: **Under Pressure**

(45 minutes)

Learning Objectives:

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

Session 2: Do You Want a Piece of Cake?

(45 minutes)

Learning Objectives:

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

Session 3: Self-Talk

(45 minutes)

Learning Objectives:

- 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.

Session 4: Build Others Uρ

(60 minutes)

(45 minutes)

Session 1:

Learning Objectives:

Under Pressure

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

Session 2: Do You Want a Piece of Cake?

(45 minutes)

Learning Objectives:

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

Session 3: Self-Talk

(45 minutes)

Learning Objectives:

- 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.

Session 4: Build Others Uρ (60 minutes)

Summer 1	Session 3: Forever Friends (20 minutes) Learning Objectives: • 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.	(30 minutes) Learning Objectives: • 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 hurt God also and should say sorry to him as well; • To know that we should forgive like Jesus forgives.	(30 minutes) Learning Objectives: • 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 hurt God also and should say sorry to him as well; • To know that we should forgive like Jesus forgives.	physical and emotional abuse and how to respond.	abuse and how to respond.	Learning Objectives: • About prejudice, bullying and discrimination: what they mean and how to challenge them. • About protected characteristics from the Equality Act 2010 such as race, age and disability. • That everyone is made in the image of God, and loved unconditionally by him, has equal dignity and is deserving of equal respect.	Learning Objectives: • About prejudice, bullying and discrimination: what they mean and how to challenge them. • About protected characteristics from the Equality Act 2010 such as race, age and disability. • That everyone is made in the image of God, and loved unconditionally by him, has equal dignity and is deserving of equal respect.
Module 2:	Session 1: What is	Session 1: Real Life	Session 1: Real Life	Session 1: Sharing	Session 1: Sharing	Session 1: Sharing Isn't	Session 1: Sharing Isn't
Created to Love Others	the internet? (20 minutes) Learning Objectives:	Online (40 minutes) Learning	Online (40 minutes) Learning	Online (35 minutes) Learning Objectives:	Online (35 minutes) Learning Objectives:	Always Caring (45 minutes) Learning Objectives:	Always Caring (45 minutes) Learning Objectives:
Unit 3 Life Online	 That the internet connects us to others. To recognise that the internet connects us to others. To recognise that the internet helps us in lots of ways. To recognise that only Jesus can help us with everything 	Objectives: To recognise that the internet connects us to others and helps us in lots of ways. To know that our feelings matter — both online and offline. To recognise that Jesus cares about our feelings and gives us peace.	Objectives: To recognise that the internet connects us to others and helps us in lots of ways. To know that our feelings matter — both online and offline. To recognise that Jesus cares about our feelings and gives us peace.	•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	•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;	 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. 	•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.

	Session 2: Playing Online (20 minutes) Learning Objectives: -to recognise safe and unsafe situations onlineTo know that they can ask for help from their special people.	Session 2: Rules to Help Us (35 minutes) Learning Objectives: To understand safe and unsafe situations, including online. To know to ask for adult help with anything that worries them or makes them feel unsafe.	Session 2: Rules to Help Us (35 minutes) Learning Objectives: To understand safe and unsafe situations, including online. To know to ask for adult help with anything that worries them or makes them feel unsafe.	good or bad for us and others; •How to report and get help if they encounter inappropriate materials or messages. Session 2: Chatting Online (35 minutes) Learning Objectives: •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	 How to report and get help if they encounter inappropriate materials or messages. Session 2: Chatting Online (35 minutes) Learning Objectives: 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. 	•How to report and get help if they encounter inappropriate materials or messages. Session 2: Cyberbullying (45 minutes) Learning Objectives: •What the term cyberbullying means and examples of it; •What cyberbullying feels like for the victim; •How to get help if they experience cyberbullying.	•How to report and get help if they encounter inappropriate materials or messages. Session 2: Cyberbullying (45 minutes) Learning Objectives: •What the term cyberbullying means and examples of it; •What cyberbullying feels like for the victim; •How to get help if they experience cyberbullying.
Module 2:	Session 1:	Session 1:	Session 1:	materials or messages. Session 1:	Session 1:	Session 1:	Session 1:
Created to	Safe Inside and Out	Good Secrets and	Good Secrets and	Safe in my Body	Safe in my Body	Types of Abuse	Types of Abuse
Love Others	(20 minutes)	Bad Secrets	Bad Secrets	(45 minutes)	(45 minutes)	(45 minutes)	(45 minutes)
	Learning Objectives:	(35 minutes)	(35 minutes)	USE FGM version of	USE FGM version of ppt	To judge well what	To judge well what
Unit 4 Keeping	 About safe and 	Learning	Learning	<mark>ppt</mark>	Learning Objectives:	kind of physical contact	kind of physical contact
Safe	unsafe situations	Objectives:	Objectives:	Learning Objectives:	To judge well what	<mark>is acceptable or</mark>	<mark>is acceptable or</mark>
	indoors and	•The difference	•The difference	To judge well what	kind of physical contact	unacceptable and how	unacceptable and how
Y3/Y4 letter to	outdoors, including	between 'good' and	between 'good' and	kind of physical contact	<mark>is acceptable or</mark>	<mark>to respond.</mark>	<mark>to respond.</mark>
parents prior to	online.	'bad' secrets and	'bad' secrets and	is acceptable or	unacceptable and how	•That there are	•That there are
teaching about FGM	That they can ask	that they can and	that they can and	unacceptable and how	to respond;	different people we can	different people we can
i Olvi	for help from their	should be open with	should be open with	to respond;	•That there are	trust for help, especially	trust for help, especially
Y5 and Y6 letter	special people.	'special people' they	'special people' they	That there are	different people we can	those closest to us who	those closest to us who
to parents prior		trust if anything	trust if anything	different people we	trust for help,	care for us, including	care for us, including
to session 1	Session 2:	troubles them;	troubles them;	can trust for help,	especially those closest	parents, teachers and	parents, teachers and
	My Body, My Rules	1	1	especially those closest	to us who care for us,	<mark>priests</mark>	<mark>priests</mark>

(20 minutes)

Learning Objectives:

- •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.

Session 3: **Feeling Poorly** (20 minutes) **Learning Objectives:**

- 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.

Session 4: People Who Help Us (20 minutes)

Learning Objectives:

•How to resist pressure when feeling unsafe.

Session 2: **Physical Contact** (45 minutes) Learning Obiectives:

 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.

Session 4: Can You Help Me? Part 1 (40 minutes) Learning

Objectives: They should call 999 in an emergency and ask for ambulance, police and/or fire brigade Session 5:

Can You Help Me? Part 2 (35 minutes) Learning

Objectives:

How to resist pressure when feeling unsafe.

Session 2: **Physical Contact** (45 minutes) Learning **Objectives:**

- 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.

Session 3: **Harmful Substances** (30 minutes) Learning **Objectives:**

- 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.

to us who care for us, including our teachers and parish priest.

Session 2: Drugs, **Alcohol and Tobacco** (45 minutes)

Learning Objectives:

- 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.

Session 3: **First Aid Heroes** (45 minutes) **Learning Objectives:**

- •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.

including our teachers and parish priest.

Session 2: Drugs, **Alcohol and Tobacco** (45 minutes)

Learning Objectives: 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.

Session 3: First Aid Heroes (45 minutes) **Learning Objectives:**

- •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.

Session 2: Impacted Lifestyles

(45 minutes)

Learning Objectives:

- 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 care of them and be careful about what we consume.

Session 3: **Making Good Choices** (45 minutes) **Learning Objectives:**

- 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

Session 4: **Giving Assistance** (45 minutes) **Learning Objectives:** **Session 2: Impacted** Lifestyles (45 minutes)

Learning Objectives:

- Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the bodv.
- 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 care of them and be careful about what we consume.

Session 3: **Making Good Choices** (45 minutes) **Learning Objectives:**

 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

Session 4: **Giving Assistance** (45 minutes) **Learning Objectives:**

Summer 2 Module 3: Session 1: Created to Live God is Love		 Some basic principles of First Aid 				
Module 3: Session 1:						
created to live God is Love	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:
in Community /20 minutes	Three in One	Three in One	A Community of Love	A Community of Love	The Trinity	The Trinity
in Community (20 minutes) Learning Ob	· · · · · · · · · · · · · · · · · · ·	(25 minutes) Learning	(45 minutes) Learning Objectives:	(45 minutes) Learning Objectives:	(50 minutes) Learning Objectives:	(50 minutes) Learning Objectives:
Unit 1 – •That God is	_	Objectives:	•God is Love as shown	•God is Love as shown	•To know that God the	•To know that God the
Religious Father, Son	•		by the Holy Trinity – a	by the Holy Trinity – a	Father, God the Son	Father, God the Son
Understanding Spirit	Father, Son and	Father, Son and	'communion of	'communion of persons	and God the Holy Spirit	and God the Holy Spirit
• That being		Holy Spirit	persons supporting	supporting each other	make up the three	make up the three
in His image	means • That being made	• That being made	each other in their self-	in their self-giving	persons of the Trinity.	persons of the Trinity.
being called	_	_	giving relationship'	relationship'	• To know that the Holy	• To know that the Holy
loved and to	_		The human family is	The human family is	Spirit works through us	Spirit works through us
others	loved and to love	loved and to love	to reflect the Holy	to reflect the Holy	to bring God's love and	to bring God's love and
	others	others	Trinity in mutual	Trinity in mutual	goodness to others.	goodness to others.

	Session 2:	Session 2:	Session 2:	•We are made in the	•We are made in the	Session 2:	Session 2:
	Loving God, Loving	Who is my	Who is my	image of God, which	image of God, which	Catholic Social	Catholic Social
	Others	Neighbour	Neighbour	means we are made to	means we are made to	Teaching	Teaching
	(20 minutes)	(30 minutes)	(30 minutes)	love others, and be	love others, and be	(50 minutes)	(50 minutes)
	Learning Objectives:	Learning	Learning	loved by God and	loved by God and	Learning Objectives:	Learning Objectives:
	• What a	Objectives:	Objectives:	others.	others.	The principles of	The principles of
	community is, and	•To know what a	•To know what a			Catholic Social	Catholic Social
	that God calls us to	community is, and	community is, and	Session 2:	Session 2:	Teaching	Teaching
	live in community	that God calls us to	that God calls us to	What is the Church?	What is the Church?	That God formed	 That God formed
	with one another	live in community	live in community	(30 minutes)	(30 minutes)	them out of love, to	them out of love, to
	 Some Scripture 	with one another;	with one another;	Learning Objectives:	Learning Objectives:	know and share His love	know and share His love
	illustrating the	 A scripture 	 A scripture 	•The human family can	•The human family can	with others.	with others.
	importance of living	illustrating the	illustrating the	reflect the Holy Trinity	reflect the Holy Trinity		
	in a community	importance of living	importance of living	in charity and	in charity and		
	 No matter how 	in community as a	in community as a	generosity	generosity		
	small our offerings,	consequence of this;	consequence of this;	 The Church family 	The Church family		
	they are valuable to	Jesus' teaching on	Jesus' teaching on	comprises of home,	comprises of home,		
	God and He can use	who is my	who is my	school and parish	school and parish		
	them for His glory.	neighbour.	neighbour.	(which is part of the	(which is part of the		
				diocese)	diocese)		
Module 3:	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:	Session 1:
Created to Live	Me, You, Us	The Communities	The Communities	How Do I Love Others?	How Do I Love Others?	Reaching Out	Reaching Out
in Community	(20 minutes)	We Live In	We Live In	(45 minutes)	(45 minutes)	(15 minutes)	(15 minutes)
	Learning Objectives:	(35 minutes)	(35 minutes)	Learning Objectives:	Learning Objectives:	Learning Objectives:	Learning Objectives:
Unit 2:	 That they belong 	Learning	Learning	•That God wants His	•That God wants His	 Learn to apply the 	 Learn to apply the
Living in the	to various	Objectives:	Objectives:	Church to love and	Church to love and care	principles of Catholic	principles of Catholic
Wider World	communities, such	 That they belong 	 That they belong 	care for others	for others	Social Teaching to	Social Teaching to
	as home, school,	to various	to various	•To devise practical	•To devise practical	current issues	current issues
	parish, the wider	communities such	communities such	ways of loving and	ways of loving and	Find ways in which	Find ways in which
	local area, nation	as home, school,	as home, school,	caring for others.	caring for others.	they can spread God's	they can spread God's
	and the global	parish, the wider	parish, the wider			love in their community	love in their community
	community	local community,	local community,				
	 That they should 	nation and global	nation and global				
	help at home with	community	community				
	practical tasks such	That they should	 That they should 				
	as keeping their	help at home with	help at home with				
	room tidy, helping in	practical tasks such	practical tasks such				
	the kitchen, etc.	as keeping their	as keeping their				
	• That we have a	room tidy, helping	room tidy, helping				
1		t in the chitales are at a	Linthakitchan ata	I	i	i	1
	duty of care for	in the kitchen etc.	in the kitchen etc.				
	others and for the world we live in	•That we have a duty of care for	That we have a duty of care for				

(charity work,	others and for the	others and for the		
recycling, etc.)	world we live in	world we live in		
 About what harms 	(charity work,	(charity work,		
and what improves	recycling etc.)	recycling etc.)		
the world in which	 About what harms 	About what harms		
they live	and what improves	and what improves		
	the world in which	the world in which		
	we live	we live		