

Curriculum Overview

Primary Curriculum Framework for Relationships Education, Relationships and Sex Education and Health Education

(Revised March 2020)

This Primary Curriculum Framework covers EYFS, KS1 and KS2 and is based on three core themes within which there will be broad overlap. It is adaptable to the age and ability of the pupils.

The three themes are:

Created and loved by God (this explores the individual)

The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

Created to love others (this explores an individual's relationships with others)

God is love. We are created out of love and for love. The command to love is the basis of all Christian morality.

Created to live in community – local, national & global (this explores the individual's relationships with the wider world)

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God for the good of individuals and the good of society.

Each theme covers the core strands of 'Education in Virtue' and 'Religious Understanding' as well as strands which cover the PSHE content of the theme.

****From September 2020, the Health Education (HE) and Relationships Education (RE) aspects of PSHE education will be compulsory in all schools – these aspects are reflected within each section.***

It is worth noting that some of the elements of coverage referred to below will already be part of the day to day Catholic life of the school, and reinforced through pupil's involvement within Collective Worship.

		Come and See	Life to the Full	Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Theme 1: Created and Loved by God	I know: That I am made by God	Myself (Domestic Church-Autumn term)		1. We are all special		Picture my World resource	
	What I am good at			2. I can say one good thing about myself	Self-confidence and self-awareness (40-60+mths)	Picture My World	
	Talk about the good things in my life	Myself (Domestic Church Autumn term) Celebrating (Local Church-Spring term)				Picture My World resource	World Environment Day 5 June
	I know: That I am living and growing	Growing (Lent/Easter Spring term)			The world (30 – 50mths)	Harvest Resources	
	That a baby grows inside its mother's womb before birth						International Women's Day

EYFS

		Come and See	Life to the Full	Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
	I can: Identify living things				Understanding the world (30 – 50mths)		World Wildlife day 3 March
	Be patient when I do not get what I want straight away				Managing feelings and behaviour (30-50mths)		
	I know : What I like and dislike				Self-confidence and self-awareness (40-60+mths)	Picture my world	
	Name similarities and differences between myself and others			35. I notice we are the same and we are different	The world (40-60+mths)		World Day for Cultural Diversity 21 June
	Keep clean by washing and drying my hands				Health and self – care (30-50mths)		World Health Day 7 April World water day 22 March

EYFS

		Come and See	Life to the Full	Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
	That a baby grows inside its mother's womb before birth						International Women's Day
	I know: What I like and dislike				Self-confidence and self-awareness (40-60+mths)	Picture my world	
	Say how I feel at different times						
Theme 2:	Show care for others	Family (Domestic Church Autumn term) Friends (Reconciliation-Summer term)		27. I know how to help others when they are in trouble	Making relationships (22-36mths)		Fair Trade Fortnight February Refugee Week June

EYFS

		Come and See	Life to the Full	Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
I can: Say 'please' and 'thankyou'				19. I try to use words that make the world a better place	Managing feelings and behaviour (40-60+mths)	Picture my World resource	
That God loves me and I can talk to God through prayer	All Topics						
Say 'sorry'	Friends (Reconciliation-Summer term)			31. I know how to show I am sorry	Managing feelings and behaviour (40-60+mths)		International Day of Peace 21 September
That Jesus cares for me and I am part of God's family	Myself (Domestic Church-Autumn term)						Universal children's day 20 November
That Jesus tells us to love one another	Friends (Reconciliation-Summer term)						
I know: Who can help me in school				25. I know when to ask for help and who to ask for help from	Self-confidence and self-awareness (30-50mths)		

EYFS

		Come and See	Life to the Full	Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Theme 3: Created to line	That I belong to a family and can name my family members	Myself (Domestic Church Autumn term)			Understanding the world People and communities(22-36mths)		International Day of Families 15 May
	I can: Identify special people (family, carers, friends) in my life				Making relationships (30-50mths)		
	When people are being unkind to me or others and how to respond			5. I know what to do if I see anyone being hurt	Making relationships (30-50mths)		
	To explore who my neighbour is – locally / globally	Our World (Universal Church Summer term)				Picture my World resource	
	Show care for others	Family (Domestic Church Autumn term) Friends (Reconciliation-Summer term)		27. I know how to help others when they are in trouble	Making relationships (22–36mths)		Fair Trade Fortnight February Refugee Week June

EYFS

		Come and See	Life to the Full	Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
	Right and wrong actions	Friends (Reconciliation-Summer term)			Managing feelings and behaviour (40-60+mths)		
	To make the sign of the cross						
	That Jesus tells us to love one another	Friends (Reconciliation-Summer term)		19. I try to use words that make the world a better place			
	Show friendly behaviour towards others				Making relationships (30-50mths)		Fair Trade Fortnight February
	Ask questions about the wider world	Our World (Universal Church Summer term)			Understanding the world –the world (40-60+mths)	God's Wonderful World linked to (Come and See Universal Church)	World Environment Day 5 June

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
Theme 1: Created and Loved by God	That I have individual gifts, talents and abilities, given by God	Beginnings Y2 (Domestic Church- Autumn term)	Module 1 Unit 2 Session 1 I am Unique	2. I can say one good thing about myself			
	Give thanks for the good things in my life	Families Y1 Beginnings Y2 (Domestic Church Summer term)	Module 2 Unit 2 Session 1 Special People	20. I try to appreciate the beauty and the wonder in the world around me		Picture My World resource A Day with Musa resource	World Environment Day 5 June
	I know: That babies change and grow and that there are life stages from conception to death	Change Y1 (Lent/Easter Spring term)	Module 1 Unit 4 Session 1 The Cycle of Life		Living things and their habitats Y2 Sc2/2.1b Animals including humans Y2 Sc2/2.3b		
	That a baby moves as it grows in its mother's womb	Waiting Y1 (Advent Autumn term)					International Women's Day 8 March
	Accept that I do not always get what I want	Change Y1 Opportunities Y2 (Lent/ Easter Spring term)		23. I try to keep going when things get difficult and not give up hope			

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	I can: Identify the needs of people and other living things.				Animals including humans Y2 Sc2/2.3c		Human Rights Day 10 December
	Describe the similarities and differences between people (general)		Module 1 Unit 2 Session 2 Girls and Boys	35. I notice that we are the same and we are different		A Day with Musa resource	World Day for Cultural Diversity 21 June
	Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean)		Module 1 Unit 2 Session 3 Clean and healthy	9. I can tell you how I look after myself 10. I think before I make choices that affect my health (circle time)	Animals including humans Y2 Sc2/2.3c	Health resource Water resource	World Health Day 7 April World Water Day 22 March
	I know: That we all have different likes and dislikes		Module 1 Unit 3 Session 1 Feelings, Likes and Dislikes			A Day with Musa resource One Day One World resource	
	I can: Name happy and sad times in my life	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 1 Unit 3 Session 2 Feeling Inside Out	3. I can say how I feel (circle time)			International Day of Families 15 May

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	I know: That I am special because I am made and loved by God	Belonging Y1 Signs and Symbols Y2 (Baptism- Autumn term)	Module 1 Unit 1 Story Sessions Handmade with Love Module 2 Unit 1 Session 1 God Loves You	1. We are all special			Universal Children's Day 20 November
	Talk about my mood and know that how I am feeling is a normal part of daily life		Module 1 Unit 3 Session 2 Feeling Inside Out	3. I can say how I feel (circle time)			

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
Theme 2: Created to love others	I can: Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting		Module 2 Unit 2 Session 2 Treat Others Well	19. I try to use words that make the world a better place			
	That prayer is listening to God as well as talking to Him	All Topics	All Units from 'Life to the Full' introduce children to a variety of ways to pray				
	That Catholics belong to the Church family and that Jesus cares for all	Special People Y1 (Local church- Spring term) Neighbours Y1 (Universal Church- Summer term)		15. I know I belong to a community that includes my school		Refugees resource Universal Church topics	World Refugee Day 20 June
	That Jesus tells us to forgive one another	Being Sorry Y1 Rules Y2 (Reconciliation- Summer term)	Module 2 Unit 2 Session 3 ...And Say Sorry	31. I know how to show I am sorry			International Day of Peace 21 September
	Be forgiving, able to say sorry to mend relationships	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 2 Unit 2 Session 3 ...And Say Sorry	31. I know how to show I am sorry 29. I try to forgive people when they hurt me			International day of Peace 21 September

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	Be caring, aware of the needs of others	Holidays and Holydays Y1 Spread the Word Y2 (Pentecost Summer term)	Module 2 Unit 2 Session 2 Treat Others Well	13. I try to love others as I love myself		Picture My World resource A Day with Musa resource	Refugee Week June International Day of Families 15 May
	Look after myself and show respect to others		Module 2 Unit 2 Session 2 Treat Others Well	13. I try to love others as I love myself		Picture My World resource A Day with Musa resource	World Faith Week 22-29 October
	Be honest, able to tell the truth about my actions	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 2 Unit 2 Session 3 ...And Say Sorry	31. I know how to show I am sorry			
	That how I act can have consequences	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 1 Unit 3 Session 3 Super Susie Gets Angry				
	Manage my feelings and behaviour	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 1 Unit 3 Session 2 Feelings Inside and Out Module 1 Unit 3 Session 3 Super Susie Gets Angry	3. I can say how I feel (circle time)			

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	Describe how to keep safe in the sun		Module 2 Unit 3 Session 1 Being Safe	9. I can tell you how I look after myself 10. I think before I make choices that affect my health (circle time)		Health resource	World Health Day 7 April
	I know: Who to go to if I am worried or need help		Module 2 Unit 3 Session 1 Being Safe	25. I know when to ask for help and who to ask for help from			
	That healthy families love, care and protect one another and that there are different family structures and these should be respected	Families Y1 (Domestic Church Autumn term)	Module 2 Unit 2 Session 1 Special People				Refugee Week June International Day of Families 15 May
	I can: Recognise what makes people special.		Module 2 Unit 2 Session 1 Special People	1. We are all special		KS1 Bangladesh resource	International Day for Children 12 April

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond		Module 1 Unit 3 Session 2 Feelings Inside and Out Module 2 Unit 2 Session 2 Treat Others Well	5. I know what to do if I see anyone being hurt 7. I try to stand up for myself and others			Anti-Bullying Week November Internet Safety Week February
	How my behaviour affects other people and that there are appropriate and inappropriate behaviours	Rules Y2 (Reconciliation Autumn term)	Module 2 Unit 2 Session 2 Treat Others Well				Anti-Bullying Week November Internet Safety Week February
	Recognise the characteristics of positive and negative relationships		Module 2 Unit 3 Session 2 Good and Bad Secrets	26. I can recognise comfortable and uncomfortable feelings (circle time)			
	How to use simple rules for resisting pressure when I feel unsafe or uncomfortable		Module 2 Unit 3 Session 2 Good and Bad Secrets	26. I can recognise comfortable and uncomfortable feelings (circle time)			Anti-Bullying Week November Internet Safety Week February
	Get adult help if someone is hurt						Emergency Services Day

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
Theme 3: Created to line in community – local, global & national	Recognise that I can belong to a variety of communities locally, nationally and globally	Special People Y1 Books Y2 (Local church Spring term) Neighbours Y1 (Universal Church- Summer term)	Module 3 Unit 1 Session 2 Who is My Neighbour? Module 3 Unit 2 Session 1 The Communities We Live In	15. I know I belong to a community that includes my school		KS1 Bangladesh resource Laudato Si Care for our Common Home	Fair Trade Fortnight February
	Show awareness of differences between my life and others in the wider world	Neighbours Y1 (Universal Church- Summer term)	Module 3 Unit 1 Session 1 Trinity House Module 3 Unit 1 Session 2 Who is my Neighbour			Fair Trade Resource Laudato Si Care for our Common Home	Fair Trade Fortnight February
	To make, and understand the sign of the cross						
	Be friendly and can make friends		Module 2 Unit 2 Session 2 Treat Others Well	18. I cooperate with others in work and play. (circle time)			
	That how I act can have consequences	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	Module 1 Unit 3 Session 3 Super Susie Gets Angry				

Key Stage One

		Come and See	Life to the Full	Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	That Jesus tells us to forgive one another	Being Sorry Y1 Rules Y2 (Reconciliation-Summer term)	Module 2 Unit 2 Session 3 ...And Say Sorry	31. I know how to show I am sorry			International Day of Peace 21 September
	Be caring, aware of the needs of others	Holidays and Holydays Y1 Spread the Word Y2 (Pentecost Summer term)	Module 2 Unit 2 Session 2 Treat Others Well	13. I try to love others as I love myself		Picture My World resource A Day with Musa resource	Refugee Week June International Day of Families 15 May

Lower Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Theme 1: Created and Loved by God	I know: That life is precious and given by God	Homes Y3 People Y4 (Domestic Church- Autumn term) Other Faiths weeks	Module 1 Unit 1 Story Sessions Designed for a Purpose Module 1 Unit 2 Session 1 We Don't Have to be the Same	35. I notice that we are the same and we are different 36. I try to be accepting of others		One Day One World	Universal Children's Day 20 November International Day for Tolerance 16 November
	That God wants me to use my individual gifts, talents and abilities		Module 1 Unit 2 Session 1 We Don't Have to be the Same	2. I can say one good thing about myself			
	Be forgiving, able to say sorry and not hold grudges against those who have hurt me	Choices Y3 Building Bridges Y4 (Reconciliation- Summer term)	Module 2 Unit 2 Session 1 Family, Friends and Others	33. I try to accept forgiveness from others		Peace and Conflict resource	International Day of Peace 21 September
	Be grateful to others for the good things in my life	Homes Y3 (Domestic Church- Autumn term)	Module 2 Unit 2 Session 1 Family, Friends and Others	20. I try to appreciate the beauty and the wonder in the world around me		One Day One World resource	World Environment Day 5 June
	I know: That my body is changing as I grow and some of the changes that occur throughout life.		Module 1 Unit 2 Session 3 What is Puberty? (optional – can be left to Upper KS2) Module 1 Unit 2				Universal Children's Day 20 November International Day for Older Persons 1 October

Lower Key Stage Two

		Session 4 Changing Bodies (optional – can be left to Upper KS2)				
How a baby grows and develops in its mother's womb	Visitors Y3 (Advent-Autumn term)	Module 1 Unit 4 Session 1 Life Cycles (optional – can be left to Upper KS2)				International Women's Day 8 March
Accept that I do not always get what I want and show an awareness of why this is	Self-Discipline Y4 (Lent/Easter-Spring term)		10. I think before I make choices that affect my health			
I can: Describe the needs of people and other living things, including the need to reproduce		Module 1 Unit 1 Story Sessions Designed for a purpose				
Describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions		Module 1 Unit 2 Session 4 Changing Bodies	35. I notice that we are the same and we are different		One Day One World resource	Universal Children's Day 20 November
Describe a healthy life-style, including		Module 1 Unit 2 Session 2	9. I can tell you how I look after myself	Animals including humans		World Health Day 7 April

Lower Key Stage Two

physical activity, dental health, healthy eating, sleep and hygiene		Respecting Our Bodies	10. I think before I make choices that affect my health	Y3 Sc3/2.2		World Toilet Day 19 November
I can: Confidently say what I like and dislike			2. I can say one good thing about myself		One Day One World resource	
I can: Describe the wider range of my feelings		Module 1 Unit 3 Session 1 What Am I Feeling?				
Describe changes that happen in life e.g. loss, separation, divorce and bereavement	Community Y4 (Local Church-Spring term)	Module 2 Unit 2 Session 3 When Things Change Module 1 Unit 3 Session 3 I am Thankful	3. I can say how I feel (circle time)			
Describe some ways to maintain good mental health, (exercise, diet sleep, company)			3. I can say how I feel (circle time)			Mental Health Awareness Day/Week

Lower Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Theme 2: Created to love others	I can Be courteous, showing good manners at home and in school		Module 2 Unit 2 Session 1 Family, Friends and Others	19. I try to use words that make the world a better place			
	That I can spend time with God in prayer by myself and with others which helps me in life	All Topics	All Units from 'Life to the Full' introduce children to a variety of ways to pray				
	That belonging to the Church family means that I should love other people in the same way as Jesus does	Journeys Y3 Community Y4 (Local Church- Spring term) Called Y4 Baptism/Confirmati on-Autumn term	Module 3 Unit 1 Session 2 Where is Church?	15. I know I belong to a community that includes my school		Refugees resource Universal Church topics	Refugee Week June International Day of Families 15 May
	That following Jesus' teaching on forgiveness can help me in my relationships my friends	Choices Y3 Building Bridges Y4 (Reconciliation- Summer term)	Module 2 Unit 1 Story Sessions Jesus My Friend	33. I try to accept forgiveness from others			

Lower Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Describe how and why to keep safe in the sun		Module 1 Unit 2 Session 2 Respecting Our Bodies	9. I can tell you how I look after myself 10. I think before I make choices that affect my health			World Health Day 7 April
	Be respectful of myself and others, recognising differences		Module 1 Unit 2 Session 1 We Don't Have to be the Same	33. I know what human dignity means and I show that I respect others		One Day One World resource	World Faith Week 22-29 October
	Be honest, able to be truthful in my relationships with others	Choices Y3 Building Bridges Y4 (Reconciliation - Summer term)	Module 2 Unit 2 Session 1 Family, Friends and Others	31. I know how to show I am sorry			
	Be caring, aware of the needs of others and responding to those needs	Energy Y3 New Life Y4 (Pentecost-Summer term)	Module 2 Unit 2 Session 1 Family, Friends and Others	27. I know how to help others when they are in trouble 34. I stand up for people who are being treated unfairly		All CAFOD resources	Refugee Week June Fair Trade Fortnight 26 February
	I know: That some behaviour is unacceptable		Module 2 Unit 2 Session 2 When Things Feel Bad	5. I know what to do if I see anyone being hurt		Global Neighbours resource Laudato Si Care for our Common Home	Holocaust Memorial Day 27 January World Environment Day

Lower Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
							5 June
	Cope with natural negative emotions and show resilience following setbacks		Module 2 Unit 2 Session 3 When Things Change Module 1 Unit 3 Session 3 I am Thankful	23. I try to keep going when things get difficult and not give up hope			
	I know: That I can go to a number of different people for help in different situations.		Module 2 Unit 2 Session 2 When Things Feel Bad	25. I know when to ask for help and who to ask for help from			
	That there are different types of relationships including those between acquaintances, friends, relatives and family	People Y4 (Domestic Church- Autumn term)	Module 2 Unit 2 Session 1 Family, Friends and Others	35. I notice that we are the same and we are different			

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	What bullying is (including cyber- bullying) and how to respond		Module 2 Unit 2 Session 2 When Things Feel Bad				Anti-Bullying Week November
	I can: Show care and concern for the special people in my life	Giving and Receiving Y4 (Eucharist-Spring term)	Module 2 Unit 2 Session 1 Family, Friends and Others	18. I cooperate with others in work and play (circle time)			
	How to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online		Module 2 Unit 3 Session 1 Sharing Online Module 2 Unit 3 Session 2 Chatting Online				Internet Safety Week February
	Make a clear and efficient call to emergency services if necessary			27. I know how to help others when they are in trouble			Emergency services day
	That not all images, language and behaviour are appropriate		Module 2 Unit 2 Session 2 When Things Feel Bad Module 2 Unit 3 Session 2 Chatting Online	26. I can recognise comfortable and uncomfortable feelings (circle time)			Internet Safety Week February

Lower Key Stage Two

	The difference between good and bad secrets		Module 2 Unit 2 Session 2 When Things Feel Bad Module 2 Unit 3 Session 3 Physical Contact	15. I know I belong to a community that includes my school			
	Why social media, some computer games and online gambling, for example, are age restricted.		Module 2 Unit 3 Session 2 Chatting Online				
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health		Module 2 Unit 3 Session 2 Chatting Online				
	How to be a discerning consumer of information online, including understanding that information, including that from search engines is ranked, selected and targeted.		Module 2 Unit 3 Session 2 Chatting Online				

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Theme 1: Created and Loved by God	I know: That we are all children of God and made in God's image and likeness	Ourselves Y5 (Domestic Church-Autumn term)	Module 1 Unit 1 Story sessions Kester's Adventures Module 1 Unit 2 Session 1 Gifts and Talents	1. We are all special		One Day One world resource	World Day for Cultural Diversity 21 June International Day for Tolerance 16 November
	That each person has a purpose in the world and that God has created me for a particular purpose (vocation)	Life Choices Y5 Vocation and Commitment Y6 (Baptism/Belonging-Autumn term)	Module 2 Unit 1 Session 1 Is God Calling You?			Oscar Romero resource	
	I know: The changes that occur at each stage of a human being's life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty		Module 1 Unit 2 Session 1 Girl's Bodies Module 1 Unit 2 Session 2 Boy's Bodies		Animals including humans Sc5/2.2a		International Youth Day 12 August International Day for Older Persons 1 October
	About the week by week development of the baby in its mother's womb		Lower KS2 Life Cycles could be used here Module 1 Unit 4 Session 1				International Women's Day 8 March

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	How human life is conceived in the womb, including the language of sperm and ova and about the nature and role of menstruation in the fertility cycle		Module 1 Unit 3 Sessions 1-3 Making Babies (Part 1 and 2) (parents may withdraw) Session 3 Menstruation				
	About the differences between boys and girls with regard to puberty and reproduction		Module 1 Unit 2 Session 1 Girl's Bodies Module 1 Unit 2 Session 2 Boy's Bodies				
	About the impact that poor lifestyle choices can have on my health including lack of physical activity, poor dental health, sleep, hygiene, drugs and alcohol. The facts and science relating to immunisation and vaccination		Module 1 Unit 2 Session 4 Spots and Sleep	9. I can tell you how I look after myself 10. I think before I make choices that affect my health	Animals including humans SC6/2.2b		World Health Day 7 April World Toilet Day 19 November
	I can: Be confident in my relationships with my peers in various situations, including online		Module 2 Unit 3 Session 1 Sharing Online Module 2 Unit 3 Session 2 Chatting Online				Internet Safety Week February

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	I can: Describe how my emotions may change and intensify as I grow and move through puberty		Module 1 Unit 3 Session 3 Emotional Changes	3. I can say how I feel			
	It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.		Module 1 Unit 3 Session 3 Emotional Changes				
	I know: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		Module 1 Unit 2 Session 1 Girl's Bodies Module 1 Unit 2 Session 2 Boy's Bodies				
	Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement	Death and New Life Y6 (Lent/Easter-Spring term)	Module 1 Unit 3 Session 3 Emotional Changes				

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Describe the impact that poor lifestyle choices can have on mental health and the need for exercise, fresh air, company, good diet and sufficient good quality sleep to support mental well-being.		Module 1 Unit 2 Session 4 Spots and Sleep	9. I can tell you how I look after myself 10. I think before I make choices that affect my health			Mental Health Awareness day/week

Upper Key Stage Two

Theme 2: Created to love others	I can: Be courteous in my dealings with friends and strangers		Module 1 Unit 1 Story sessions Kester's Adventures	19. I try to use words that make the world a better place			
	I know: That some behaviour is unacceptable, unhealthy or risky		Module 1 Unit 3 Session 2 Peculiar Feelings	6. I understand that rights match responsibility			Internet Safety Week February
	About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage			9. I can tell you how I look after myself 10. I think before I make choices that affect my health			World Health Day 7 April

Upper Key Stage Two

Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)	<p>Ourselves Y5 (Domestic Church- Autumn term)</p> <p>Other Faiths weeks</p>		36. I try to be accepting of others		One Day One World resource	<p>One World Week October</p> <p>World Faith Week November</p>
The importance of forgiveness and reconciliation in relationships and the challenges involved in following Jesus' teaching on forgiveness	<p>Freedom and Responsibility Y5</p> <p>Healing Y6 (Reconciliation- Summer term)</p>		<p>29. I try to forgive people when they hurt me</p> <p>33. I try to accept forgiveness from others</p>		Advent and Lent resources	<p>International Day of Peace 21 September</p>
Show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges		<p>Module 2 Unit 2 Session 1 Under Pressure</p> <p>Module 2 Unit 2 Session 2 Do You Want a Piece of Cake?</p> <p>Module 1 Unit 3 Session 1 Body Image</p>	9. I can tell you how I look after myself			<p>Internet Safety Week February</p>

Upper Key Stage Two

	That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)	Common Good Y6 (Universal Church-Summer term) Mission Y5 (Local Church-Spring term) Unity Y6 (Eucharist-Spring term)		15. I know I belong to a community that includes my school		Universal Church Topic Year 6	Fair Trade Fortnight February Refugee week June
	Be honest, striving to live truthfully and with integrity, using good judgement		Module 1 Unit 1 Story sessions Kester's Adventures	8. I try to be just and fair			
	Be compassionate, able to empathise with the suffering of others and displaying the generosity to help	Sacrifice Y5 Death and New Life Y6 (Lent/Easter-Spring term)		27. I know how to help others when they are in trouble 34. I stand up for people who are being treated unfairly		All CAFOD resources	Refugee week June Fair Trade Fortnight February

Upper Key Stage Two

	How to use technology safely		Module 2 Unit 3 Session 1 Sharing Online Module 2 Unit 3 Session 2 Chatting Online				Internet Safety Week February
	I know: That there are a number of different people and organisations I can go to for help in different situations and how to contact them			25. I know when to ask for help and who to ask for help from			
	About some basic first-aid, dealing with common injuries			27. I know how to help others when they are in trouble			Emergency services Day

Upper Key Stage Two

	How to make informed choices in relationships		<p>Module 2 Unit 3 Session 1 Sharing Online</p> <p>Module 2 Unit 3 Session 2 Chatting Online</p> <p>Module 2 Unit 3 Session 3 Physical Contact</p>				
	That my increasing independence brings increased responsibility to keep myself and others safe		<p>Module 2 Unit 3 Session 1 Sharing Online</p> <p>Module 2 Unit 3 Session 2 Chatting Online</p>	6. I understand that rights match responsibility			Internet Safety Week February
	That prayer and worship nourish my relationship with God and support my relationships with others	All topics	All Units from 'Life to the Full' introduce children to a variety of ways to pray			CAFOD Assembly resources	

Upper Key Stage Two

	About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.		Module 2 Unit 3 Session 2 Chatting Online	27. I know how to help others when they are in trouble			
	Why social media, some computer games and online gambling, for example, are age restricted.		Module 2 Unit 3 Session 2 Chatting Online				
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health		Module 2 Unit 3 Session 2 Chatting Online	27. I know how to help others when they are in trouble			

Upper Key Stage Two

	How to be a discerning consumer of information online, including understanding that information, including that from search engines is ranked, selected and targeted.		Module 2 Unit 3 Session 2 Chatting Online				
	How to report and get help if I encounter inappropriate materials or messages		Module 1 Unit 3 Session 4 Seeing Stuff Online	25. I know when to ask for help and who to ask for help from			Internet Safety Week February

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Theme 3: Created to live in community	That there are some cultural practices which are against British law and universal rights (e.g. honour-based violence and forced marriage, human trafficking etc.)		Module 3 Created to live in community				
	About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond, respecting difference	Other Faiths weeks	Module 3 Unit 1 Session 1 Trinity House Module 3 Unit 1 Session 2 Catholic Social Teaching	36. I try to be accepting of others		Global Neighbours resource	World Day for Cultural Diversity 21 May
	That actions such as female genital mutilation (FGM) constitute abuse, are crimes and how to get support if they have fears for themselves or their peers						
	To know: That God is Trinity, a communion of persons.						

Upper Key Stage Two

		Come and See	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Demonstrate my gratitude to others for the good things in my life through words and actions	Ourselves Y5 Loving Y6 (Domestic Church-Autumn term)	Module 1 Unit 1 Story sessions Kester's Adventures	20. I try to appreciate the beauty and the wonder in the world around me		One Day One World resource	World Environment Day 5 June
	Be self-disciplined and able to delay or even deny myself	Sacrifice Y5 Death and New Life Y6 (Lent/Easter-Spring term)				Advent and Lent Resources	
	I can: Show care and concern for the special people in my life and put their needs before my own	Sacrifice Y5 Death and New Life Y6(Lent/Easter-Spring term)	Module 3 Unit 1 Session 1 Trinity House				
	Be loyal, able to develop and sustain friendships						
	Be just and fair, acting with integrity, understanding the impact of my actions locally, nationally and globally	Stewardship Y5 Common good Y6 (Universal Church-Summer term)	Module 3 Unit 1 Session 2 Catholic Social Teaching			Climate and Environment Resource Laudato Si Care for our Common Home	Fairtrade Fortnight February World Health Day 7 April World Environment Day 5th June

Upper Key Stage Two

	Speak out about injustice in the wider world and what I can do to help.	Stewardship Y5 Common good Y6 (Universal Church-Summer term)	Module 3 Unit 2 Session 1 Reaching Out			Fair Trade Resource Laudato Si Care for our Common Home	Fairtrade Fortnight February World Health Day 7 April World Environment Day 5 June
	Be forgiving, developing the skills to allow reconciliation in relationships	Freedom and Responsibility Y5 (Reconciliation-Summer term)	Module 1 Unit 1 Story sessions Kester's Adventures	29. I try to forgive people when they hurt me			International day of Peace 21 September
	That bacteria and viruses can affect health and that following simple routines and medical interventions can reduce their spread		Module 2				

Resources referenced in this document:

Come and See – Sr Victoria Hummel – Matthew James Publishing Co Ltd <http://www.comeandseere.co.uk/>

Early Learning Goals from Statutory Framework for Early Years/Foundation Stage

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/596629/EYFS_STATUTORY_FRAMEWORK_2017.pdf

Science Curriculum 2014 <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study>

A Journey in Love – Sr Jude Groden RSM McCrimmon Publishing Co Ltd <http://www.mccrimmons.com/shop/relationships/>

Life to the Full – Ten: Ten Resources (including EYFS resources September 2010) www.tentenresources.co.uk/relationship-education

CAFOD – Catholic Agency for Overseas Development <http://cafod.org.uk/Education/Primary-schools>

Statements to Live By – Nurturing Human Wholeness Through the Distinctive Catholic Tradition – Frank McDermott and Theresa Laverick

<http://www.anamcara.org.uk/Nurturing%20Human%20Whole.html>

[Global Calendar](#)

<https://globaldimension.org.uk/calendar/>

***SDB** – Additional resources produced for Year 5 and Year 6 by Sister Dorothy Black

Suggested additional Resources

All That I Am - Relationships and Sex education for Upper KS2 published by the Archdiocese of Birmingham

<http://all-that-i-am.co.uk/>

Social and Emotional Aspects of Learning (SEAL) published by Department for Education - National Strategies

<http://webarchive.nationalarchives.gov.uk/20110809101133/nsonline.org.uk/node/87009>

PSHE guidance from PSHE Association <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>

<https://www.pshe-association.org.uk/>

It is recommended that schools include in their annual curriculum planning some focused lessons about internet safety and all forms of bullying e.g. Internet safety week and anti – bullying week (see global calendar).