



EYFS RHSE Curriculum—Life To The Full



Term	UNIT		Session	Learning Outcome
Term 1	Me My Body and My Health	Module 1	I Am Me	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!
		Module 1	Heads, Shoulders, Knees and Toes	Our bodies are good and made by God The names of the parts of the body (not genitalia)
		Module 1	Ready Teddy?	That our bodies are good and we need to look after them What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene
	Emotional Well-Being	Module 1	I Like, You Like, We All Like	That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) That it is natural for us to relate to and trust one another
		Module 1	Good Feelings, Bad Feelings	A language to describe their feelings An understanding that everyone experiences feelings, both good and bad Simple strategies for managing feelings
		Module 1	Let's Get Real	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
	Life Cycles	Module 1	Growing Up	That there are natural life stages from birth to death, and what these are
Term 3	Religious Understanding	Module 3	Loving God, Loving Others	What a community is, and that God calls us to live in community with one another Some Scripture illustrating the importance of living in a community No matter how small our offerings, they are valuable to God and He can use them for His glory.
		Module 3	Me, You, Us	That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)
	Living in the Wider World			About what harms and what improves the world in which they live



Year 1 RHSE Curriculum—Life To The Full



Term	UNIT	Session	Learning Outcome
Term 2	Personal Relationships	Module 2 Special People	To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special; The importance of nuclear and wider family; The importance of being close to and trusting special people and telling them if something is troubling them.
		Module 2 Treat Others Well...	How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative relationships; Different types of teasing and that all bullying is wrong and unacceptable.
		Module 2 ... and say sorry	To recognise when they have been unkind and say sorry; To recognise when people are being unkind to them and others and how to respond; To know that when we are unkind to others, we hurt God also and should say sorry to him as well; To know that we should forgive like Jesus forgives.
	Keeping Safe	Module 2 Being Safe	To understand safe and unsafe situations, including online.
		Module 2 Good Secrets and Bad Secrets	The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; How to resist pressure when feeling unsafe.
		Module 2 Physical Contact	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.
		Module 2 Harmful Substances	Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.
		Module 2 Can You Help Me?	They should call 999 in an emergency and ask for ambulance, police and/or fire brigade If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. Some basic principles of First Aid
	Living in the Wider World	Module 3 The Communities We Live In	That they belong to various communities such as home, school, parish, the wider local community, nation and global community; That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; That we have a duty of care for others and for the world we live in (charity work, recycling etc.); About what harms and what improves the world in which we live.



Year 2 RHSE Curriculum—Life To The Full



Term	UNIT	Session		Learning Outcome
Term 1	Me My Body and My Health	Module 1	I am Unique	To learn that we are unique, with individual gifts, talents and skills.
		Module 1	Girls & Boy's (My Body)	Our bodies are good; The names of the parts of our bodies (please refer to the Module Overview for important guidance on discussing genitalia); Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.
		Module 1	Clean & Healthy (My Body)	Our bodies are good and we need to look after them; What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; The importance of sleep, rest and recreation for our health; How to maintain personal hygiene.
	Emotional Well-Being	Module 1	Feelings, Likes and Dislikes	That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings
		Module 1	Feelings Inside Out	Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character.
		Module 1	Super Susie Gets Angry	Simple strategies for managing feelings and for good behaviour; That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; That Jesus died on the cross so that we would be forgiven.
	Life Cycles	Module 1	The Cycle of Life	Children will know and appreciate that there are natural life stages from birth to death, and what these are.
Term 3	Living in the Wider World	Module 3	The Communities We Live In	That they belong to various communities such as home, school, parish, the wider local community, nation and global community; That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; That we have a duty of care for others and for the world we live in (charity work, recycling etc.); About what harms and what improves the world in which we live.



Year 3 RHSE Curriculum—Life To The Full



Term	UNIT	Session	Learning Outcome
Term 2	Personal Relationships	Module 2	Friends, Family and Others.. Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; That there are different types of relationships including those between acquaintances, friends, relatives and family; That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; The difference between a group of friends and a 'clique'.
		Module 2	When Things Feel Bad Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.
	Keeping Safe	Module 2	Sharing Online To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; How to use technology safely; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.
		Module 2	Chatting Online 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.
		Module 2	Safe in My Body To judge well what kind of physical contact is acceptable or unacceptable and how to respond; That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.
		Module 2	Drugs, Alcohol & Tobacco Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.
		Module 2	First Aid Heroes In an emergency, it is important to remain calm. Quick reactions in an emergency can save a life. Children can help in an emergency using their First Aid knowledge.
Term 3	Living in the Wider World	Module 3	How do I Love Others? To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.



Year 4 RHSE Curriculum—Life To The Full



Term	UNIT	Session	Learning Outcome
Term 1	Me, My Body, My Health	Module 1	We Don't Have to be the Same 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 God (not status, etc).
		Module 1	Respecting our Bodies About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do
		Module 1	What is Puberty? 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.
		Module 1	Changing Bodies Learn correct naming of genitalia; Learn what changes will happen to boys during puberty; Learn what changes will happen to girls during puberty.
	Emotional Well Being	Module 1	What Am I Feeling? That emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).
		Module 1	What Am I Looking at? To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
		Module 1	I am Thankful 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.
	Life Cycles	Module 1	Life Cycles That they were handmade by God with the help of their parents; How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How conception and life in the womb fits into the cycle of life; That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.
Term 3	Living in the Wider World	Module 3	How do I Love Others? To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.



Year 5 RHSE Curriculum—Life To The Full



UNIT		Session	Learning Outcome
Term 2	Personal Relationships	Module 2	Under Pressure Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.
		Module 2	Do You Want a Piece of Cake? Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.
		Module 2	Self-Talk Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; Apply this approach to personal friendships and relationships
	Keeping Safe	Module 2	Sharing Isn't Always Caring To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. How to use technology safely. That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. How to report and get help if they encounter inappropriate materials or messages.
		Module 2	Cyberbullying What the term cyberbullying means and examples of it; What cyberbullying feels like for the victim; How to get help if they experience cyberbullying.
		Module 2	Types of Abuse To judge well what kind of physical contact is acceptable or unacceptable and how to respond. That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.
		Module 2	Impacted Lifestyles Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. Learn how to make good choices about substances that will have a positive impact on their health. Know that our bodies are created by God, so we should take care of them and be careful about what we consume.
		Module 2	Making Good Choices Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies
		Module 2	Giving Assistance The recovery position can be used when a person is unconscious but breathing. DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.
	Term 3		



Year 6 RHSE Curriculum Part 1—Life To The Full



Term	UNIT	Session	Learning Outcome
Term 1	Me, My Body, My Health	Module 1 Gifts & Talents	Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).
		Module 1 Girls' Bodies	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.
		Module 1 Boys' Bodies	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.
		Module 1 Spots & Sleep	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.
	Emotional Well Being	Module 1 Body Image	To recognise that images in the media do not always reflect reality and can affect how people feel about themselves That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media
		Module 1 Peculiar Feelings	To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky.
		Module 1 Emotional Changes	Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.
		Module 1 Seeing Stuff Online	The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images



Year 6 RHSE Curriculum Part 2 —Life To The Full



Term 2	Life Cycles	Module 1	Making Babies (P1)	How a baby grows and develops in its mother's womb.
		Module 1	Making Babies (Pt2)	Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage. *Non-Statutory—Please refer to RHSE Policy
		Module 1	Menstruation	About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; Some practical help on how to manage the onset of menstruation.
		Module 2	Build Others Up	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, loved unconditionally by Him, has equal dignity and is deserving of equal respect.