**Curriculum Overview**

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

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 summer term 2021, 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 | Value of the week | Early Learning Goals | Links to CAFODResources | Links to Global Calendar |
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|  | **I know:****That I am made by God** | Myself(Domestic Church- Autumn term) |  | InclusionEquality |  | Picture my World resource |  |
|  | **What I am good at** |  |  | Humility | Self-confidence and self-awareness (40-60+mths) | Picture My World |  |
| Theme 1: Created and Loved by God | **Talk about the good things in my life.** | Myself (Domestic Church Autumn term)Celebrating (Local Church-Spring term) |  | Humility |  | Picture My World resource | World Environment Day 5 June |
| **I know:****That I am living and growing** | Growing (Lent/EasterSpring term) |  |  | The world(30 – 50mths) | Harvest Resources |  |
| **That a baby grows inside its mother’s womb before birth** |  |  |  |  |  | International Women’s Day |
| **I can:****Identify living things.** |  |  |  | Understanding the world(30 – 50mths) |  | World Wildlife day3 March |
| **Be patient when I do not get what I want straight away.** |  |  | Patience | 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.** |  |  | EqualityInclusion | The world(40-60+mths) |  | World Day for Cultural Diversity21 June |
| **Keep clean by washing and drying my hands.** |  |  |  | Health and self – care (30-50mths) |  | World Health Day7 AprilWorld water day 22 March |
| **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: Created to love others | **Show care for others.** | Family(Domestic Church Autumn term)Friends(Reconciliation-Summer term) |  | KindnessGentleness | Making relationships(22–36mths) |  | Fair Trade Fortnight FebruaryRefugee Week June |
| **I can:****Say’ please’ and ‘thankyou’** |  |  | GratitudeCourtesy | 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 |  | PrayerFaithfulness |  |  |  |
| **Say ‘sorry’** | Friends(Reconciliation-Summer term) |  | Forgiveness | 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) |  | Kindness |  |  | Universal children’s day20 November |
| **That Jesus tells us to love one another** | Friends(Reconciliation-Summer term) |  | Kindness |  |  |  |
| **I know:****Who can help me in school?** |  |  | Service | Self-confidence and self-awareness (30-50mths) |  |  |
|  | **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** |  |  | Forgiveness | Making relationships (30-50mths) |  |  |
| Theme 3: Created to line in community – local, global & national | **To explore who my neighbour is – locally / globally** | Our World (Universal Church Summer term) |  | Love of neighbour |  | Picture my World resource |  |
| **Show care for others.** | Family(Domestic Church Autumn term)Friends(Reconciliation-Summer term) |  | ServiceCompassion | Making relationships(22–36mths) |  | Fair Trade Fortnight FebruaryRefugee Week June |
| **Right and wrong actions** | Friends(Reconciliation-Summer term) |  | Justice | 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) |  | Kindness |  |  |  |
| **Show friendly behaviour towards others.** |  |  | Friendship | Making relationships (30-50mths) |  | Fair Trade Fortnight February |
| **Ask questions about the wider world.** | Our World (Universal Church Summer term) |  | Love of learning | Understanding the world –the world(40-60+mths) | God’s Wonderful World linked to(Come and See Universal Church) | World Environment Day5 June |

|  |  | Come and See | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
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|  | **That I have individual gifts, talents and abilities, given by God.** | Beginnings Y2(Domestic Church-Autumn term) | Module 1 Unit 2Session 1I am Unique | Humility |  |  |
| Theme 1: Created and Loved by God | **Give thanks for the good things in my life** | Families Y1Beginnings Y2(Domestic Church Summer term) | Module 2 Unit 2Session 1Special People | Thankfulness | Picture My World resourceA Day with Musa resource | World Environment Day5 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 4Session 1The Cycle of Life |  |  |  |
| **That a baby moves as it grows in its mother’s womb** | Waiting Y1(Advent Autumn term) |  |  |  | International Women’s Day8 March |
| **Accept that I do not always get what I want.** | Change Y1Opportunities Y2(Lent/ Easter Spring term) |  | Patience |  |  |
| **I can:****Identify the needs of people and other living things.** |  |  | Compassion |  | Human Rights Day10 December |
|  **Describe the similarities and differences between people (general)**  |  | Module 1 Unit 2Session 2 Girls and Boys | Equality | A Day with Musa resource | World Day for Cultural Diversity 21June  |
| **Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean)** |  | Module 1 Unit 2Session 3Clean and healthy | Sel-control | Health resourceWater resource | World Health Day 7 AprilWorld Water Day 22 March |
| **I know:****That we all have different likes and dislikes** |  | Module 1 Unit 3Session 1Feelings, Likes and Dislikes | Love of neighbour | A Day with Musa resourceOne Day One World resource |  |
| **I can:****Name happy and sad times in my life.** | Being Sorry Y1Rules Y2(Reconciliation Summer term) | Module 1 Unit 3Session 2Feeling Inside Out | Honesty |  | International Day of Families15 May |
| **I know:****That I am special because I am made and loved by God** | Belonging Y1Signs and Symbols Y2(Baptism- Autumn term) | Module 1 Unit 1Story SessionsHandmade with LoveModule 2 Unit 1Session 1God Loves You |  |  | Universal Children’s Day20November |
| **Talk about my mood and know that how I am feeling is a normal part of daily life.** |  | Module 1 Unit 3Session 2Feeling Inside Out | Honesty |  |  |

|  |  | Come and See | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
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| Theme 2: Created to love others. | **I can:****Be courteous, for example, remembering to say, ‘please’ and ‘thank you’ without prompting.** |  | Module 2 Unit 2Session 2Treat Others Well | RespectCourtesy |  |  |
| **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 | PrayerFaithfulness |  |  |
| **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) |  | Love of neighbour | Refugees resourceUniversal Church topics | World Refugee Day20 June |
| **That Jesus tells us to forgive one anot*h*er** | Being Sorry Y1Rules Y2(Reconciliation- Summer term) | Module 2 Unit 2Session 3 …And Say Sorry  | Forgiveness |  | International Day of Peace 21 September |
| **Be forgiving, able to say sorry to mend relationships.** | Being Sorry Y1Rules Y2(Reconciliation Summer term) | Module 2 Unit 2Session 3…And Say Sorry | Forgiveness |  | International day of Peace21September |
|  | **Be caring, aware of the needs of others.** | Holidays and Holydays Y1Spread the Word Y2(Pentecost Summer term) | Module 2 Unit 2 Session 2Treat Others Well | CompassionKindness | Picture My World resourceA Day with Musa resource  | Refugee WeekJuneInternational Day of Families15 May |
| **Look after myself and show respect to others**  |  | Module 2 Unit 2 Session 2Treat Others Well | Respect | Picture My World resourceA Day with Musa resource | World Faith Week22-29 October |
| **Be honest, able to tell the truth about my actions** | Being Sorry Y1Rules Y2(Reconciliation Summer term) | Module 2 Unit 2Session 3…And Say Sorry | HonestyTrustworthy |  |  |
| **That how I act can have consequences** | Being Sorry Y1Rules Y2(ReconciliationSummer term) | Module 1 Unit 3Session 3Super Susie Gets Angry | ForgivenessMercy |  |  |
| **Manage my feelings and behaviour.**  | Being Sorry Y1Rules Y2(Reconciliation Summer term) | Module 1 Unit 3 Session 2Feelings Inside and OutModule 1 Unit 3Session 3Super Susie Gets Angry | Self-control |  |  |
|  | **Describe how to keep safe in the sun** |  | Module 2 Unit 3Session 1 Being Safe |  | Health resource | World Health Day 7 April |
|  | **I know:****Who to go to if I am worried or need help.** |  | Module 2 Unit 3Session 1 Being Safe |  |  |  |
| **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 2Session 1Special People |  |  | Refugee Week JuneInternational Day of Families15 May |
| **I can:****Recognise what makes people special.** |  | Module 2 Unit 2Session 1Special People |  | KS1 Bangladesh resource | International Day for Children12 April |
| **That there are different types of teasing and bullying which are wrong and unacceptable and how to respond** |  | Module 1 Unit 3 Session 2Feelings Inside and OutModule 2 Unit 2Session 2Treat Others Well |  |  | Anti-Bullying WeekNovember 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 2Session 2Treat Others Well |  |  | Anti-Bullying WeekNovemberInternet Safety Week February |
|  | **Recognise the characteristics of positive and negative relationships.** |  | Module 2 Unit 3 Session 2Good and Bad Secrets |  |  |  |
| **How to use simple rules for resisting pressure when I feel unsafe or uncomfortable.** |  | Module 2 Unit 3 Session 2Good and Bad Secrets |  |  | Anti-Bullying WeekNovember Internet Safety Week February |
| **Get adult help if someone is hurt** |  |  |  |  | Emergency Services Day |
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|  |  | Come and See | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
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| 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 Y1Books Y2(Local church Spring term)Neighbours Y1(Universal Church-Summer term) | Module 3 Unit 1Session 2Who is My Neighbour?Module 3 Unit 2Session 1The Communities We Live In | Responsible citizen | KS1 Bangladesh resourceLaudato SiCare for our Common Home | Fair Trade FortnightFebruary |
| **Show awareness of differences between my life and others in the wider world** | Neighbours Y1(Universal Church-Summer term) | Module 3 Unit 1Session 1Trinity HouseModule 3 Unit 1Session 2Who is my Neighbour | Equality | Fair TradeResourceLaudato SiCare for our Common Home | Fair Trade FortnightFebruary |
| **To make, and understand the sign of the cross** |  |  | Prayer |  |  |
| **Be friendly and can make friends.** |  | Module 2 Unit 2Session 2Treat Others Well | Friendship |  |  |
|  | **That how I act can have consequences** | Being Sorry Y1Rules Y2(ReconciliationSummer term) | Module 1 Unit 3Session 3Super Susie Gets Angry | ForgivenessMercy |  |  |
|  | **That Jesus tells us to forgive one anot*h*er** | Being Sorry Y1Rules Y2(Reconciliation- Summer term) | Module 2 Unit 2Session 3 …And Say Sorry  | Forgiveness |  | International Day of Peace 21 September |
|  | **Be caring, aware of the needs of others.** | Holidays and Holydays Y1Spread the Word Y2(Pentecost Summer term) | Module 2 Unit 2 Session 2Treat Others Well | KindnessCompassion | Picture My World resourceA Day with Musa resource  | Refugee WeekJuneInternational Day of Families15 May |

|  | Lower key stage 2 | Come and See  | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
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|  | **I know:****That life is precious and given by God** | Homes Y3People Y4(Domestic Church-Autumn term)Other Faiths weeks | Module 1 Unit 1Story SessionsDesigned for a PurposeModule 1 Unit 2 Session 1 We Don’t Have to be the Same |  | One Day One World | Universal Children’s Day 20 NovemberInternational Day for Tolerance 16 November |
| Theme 1: Created and Loved by God | **That God wants me to use my individual gifts, talents and abilities** |  | Module 1 Unit 2Session 1We Don’t Have to be the Same |  |  |  |
| **Be forgiving, able to say sorry and not hold grudges against those who have hurt me.** | Choices Y3Building Bridges Y4(Reconciliation- Summer term) | Module 2 Unit 2 Session 1Family, Friends and Others | ForgivenessMercy | Peace and Conflict resource | International Day of Peace 21September |
| **Be grateful to others for the good things in my life.** | Homes Y3(Domestic Church-Autumn term) | Module 2 Unit 2 Session 1Family, Friends and Others | Gratitude | One Day One World resource | World Environment Day5 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 3What is Puberty?(optional – can be left to Upper KS2)Module 1 Unit 2Session 4Changing Bodies(optional – can be left to Upper KS2) |  |  | Universal Children’s Day 20 NovemberInternational Day for Older Persons 1October |
| **How a baby grows and develops in its mother’s womb** | Visitors Y3(Advent-Autumn term)  | Module 1 Unit 4Session 1Life Cycles (optional – can be left to Upper KS2) |  |  | International Women’s Day8 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) |  | Patience |  |  |
| **I can:****Describe the needs of people and other living things, including the need to reproduce** |  | Module 1 Unit 1Story SessionsDesigned 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 2Session 4Changing Bodies | Equality | One Day One World resource | Universal Children’s Day 20 November |
| **Describe a healthy lifestyle, including physical activity, dental health, healthy eating, sleep and hygiene.** |  | Module 1 Unit 2Session 2Respecting Our Bodies |  |  | World Health Day7 AprilWorld Toilet Day19 November |
| **I can:****Confidently say what I like and dislike.** |  |  | Honesty | One Day One World resource |  |
| **I can:****Describe the wider range of my feelings.** |  | Module 1 Unit 3Session 1What Am I Feeling? | Honesty |  |  |
| **Describe changes that happen in life e.g. loss, separation, divorce and bereavement.** | Community Y4 (Local Church-Spring term)  | Module 2 Unit 2Session 3When Things ChangeModule 1 Unit 3Session 3 I am Thankful |  |  |  |
| **Describe some ways to maintain good mental health, (exercise, diet sleep, company)**  |  |  |  |  | Mental Health Awareness Day/Week |

|  |  | Come and See  | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
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| Theme 2: Created to love others | **I can****Be courteous, showing good manners at home and in school.** |  | Module 2 Unit 2 Session 1Family, Friends and Others | RespectCourtesy |  |  |
| **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 | Prayer |  |  |
| **That belonging to the Church family means that I should love other people in the same way as Jesus does** | Journeys Y3Community Y4(Local Church-Spring term)Called Y4 Baptism/Confirmation-Autumn term | Module 3 Unit 1Session 2Where is Church? | Love of neighbour | Refugees resourceUniversal Church topics | Refugee Week JuneInternational Day of Families 15 May |
| **That following Jesus’ teaching on forgiveness can help me in my relationships my friends** | Choices Y3Building Bridges Y4(Reconciliation-Summer term) | Module 2 Unit 1Story SessionsJesus My Friend | Forgiveness |  |  |
| **Describe how and why to keep safe in the sun** |  | Module 1 Unit 2Session 2Respecting Our Bodies |  |  | World Health Day7 April |
| **Be respectful of myself and others, recognising differences.** |  | Module 1 Unit 2 Session 1 We Don’t Have to be the Same | RespectEquality | One Day One World resource | World Faith Week22-29 October  |
|  | **Be honest, able to be truthful in my relationships with others** | Choices Y3Building Bridges Y4(Reconciliation -Summer term  | Module 2 Unit 2 Session 1Family, Friends and Others | Honesty |  |  |
|  | **Be caring, aware of the needs of others and responding to those needs.** | Energy Y3New Life Y4(Pentecost-Summer term) | Module 2 Unit 2 Session 1Family, Friends and Others | KindnessCompassion | All CAFOD resources  | Refugee Week JuneFair Trade Fortnight 26 February |
|  | **I know:****That some behaviour is unacceptable** |  | Module 2 Unit 2Session 2When Things Feel Bad |  | Global Neighbours resourceLaudato Si Care for our Common Home | Holocaust Memorial Day27 JanuaryWorld Environment Day5 June |
|  | **Cope with natural negative emotions and show resilience following setbacks.** |  | Module 2 Unit 2Session 3When Things ChangeModule 1 Unit 3Session 3 I am Thankful | Resilience |  |  |
|  | **I know:****That I can go to a number of different people for help in different situations.** |  | Module 2 Unit 2Session 2When Things Feel Bad |  |  |  |
|  | **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 1Family, Friends and Others |  |  |  |

|  |  | Come and See  | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
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|  | **What bullying is (including cyber-bullying) and how to respond?** |  | Module 2 Unit 2Session 2When Things Feel Bad |  |  | Anti-Bullying WeekNovember |
| **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 1Family, Friends and Others | Compassion |  |  |
| **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 OnlineModule 2 Unit 3 Session 2Chatting Online |  |  | Internet Safety Week February |
| **Make a clear and efficient call to emergency services if necessary** |  |  |  |  | Emergency services day  |
| **That not all images, language and behaviour are appropriate.** |  | Module 2 Unit 2Session 2When Things Feel BadModule 2 Unit 3Session 2Chatting Online |  |  | Internet Safety Week February |
|  | **The difference between good and bad secrets** |  | Module 2 Unit 2Session 2When Things Feel BadModule 2 Unit 3 Session 3Physical Contact |  |  |  |
|  | **Why social media, some computer games and online gambling, for example, are age restricted.**  |  | Module 2 Unit 3Session 2Chatting 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 3Session 2Chatting 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 3Session 2Chatting Online |  |  |  |

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|  |  | Come and See / Sacramental Preparation Education programme | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
| Theme 3: Created to live in community. | **Be friendly, able to make and keep friends.** | Choices Y3Building bridges Y4(Reconciliation-Summer term) | Module 2 Unit 2 Session 1Family, Friends and Others | Friendship |  |  |
| **Show concern for the communities to which I belong, aware that my behaviour has an impact upon them**  | Choices Y3Building bridges Y4(Reconciliation-Summer term)Other Faiths weeks  | Module 3 Unit 1Session 1 Trinity HouseModule 3 Unit 1 Session 2Where is Church? | Love of neighbourCompassion | Climate and Environment ResourceFair Trade ResourceLaudato Si Care for our Common Home | Fairtrade FortnightFebruaryWorld Health Day 7 AprilWorld Environment Day 5 June |
| **Identify injustices in the wider world** | Special Places Y3God’s People Y4(Universal Church-Summer term)  | Module 3 Unit 1Session 1 Trinity HouseModule 3 Unit 1 Session 2Where is Church? | EqualityInclusion | Climate and Environment ResourceFair Trade ResourceLaudato Si  | Fairtrade FortnightFebruaryWorld Health Day 7 AprilWorld Environment Day 5 June |
| **That God is Trinity** | Special Places Y3God’s People Y4 |  | Prayer |  |  |
| **That some behaviour is unacceptable** |  |  |  |  |  |
|  | **That following Jesus’ teaching on forgiveness can help me in my relationships with my friends** | Choices Y3Building bridges Y4(Reconciliation-Summer term) |  | Forgivenessfaithfulness |  |  |
|  | **Be caring, aware of the needs of others and responding to those needs.** | Energy Y3New Life Y4(Pentecost-Summer term) | Module 2 Unit 2 Session 1Family, Friends and Others | compassion | All CAFOD resources  | Refugee Week JuneFair Trade Fortnight 26 February |

|  | Upper key stage 2 | Come and See | Life to the Full | Value of the week | Links to CAFOD | Links to Global Calendar |
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| 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 1Story sessionsKester’s AdventuresModule 1 Unit 2 Session 1Gifts and Talents |  | 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 Y5Vocation and Commitment Y6(Baptism/Belonging-Autumn term) | Module 2 Unit 1Session 1Is God Calling You? | Responsible citizen | 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 2Session 1 Girl’s BodiesModule 1 Unit 2 Session 2Boy’s Bodies |  |  | International Youth Day12 August International Day for Older Persons1 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 4Session 1 |  |  | International Women’s Day8 March |
| **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 3Sessions 1-3Making Babies (Part 1 and 2) (parents may withdraw)Session 3Menstruation |  |  |  |
| **About the differences between boys and girls with regard to puberty and reproduction** |  | Module 1 Unit 2Session 1 - Girl’s BodiesModule 1 Unit 2 Session 2Boy’s Bodies | respect |  |  |
|  **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 2Session 4Spots and Sleep | Self-control |  | World Health Day 7 AprilWorld Toilet Day19 November |
| **I can:****Be confident in my relationships with my peers in various situations, including online.** |  | Module 2 Unit 3 Session 1Sharing OnlineModule 2 Unit 3Session 2Chatting Online |  |  | Internet Safety WeekFebruary |
| **I can:****Describe how my emotions may change and intensify as I grow and move through puberty.** |  | Module 1 Unit 3Session 3Emotional Changes | Honesty |  |  |
| **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 3Session 3Emotional Changes | Compassion |  |  |
| **I know:****How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.** |  | Module 1 Unit 2Session 1 Girl’s BodiesModule 1 Unit 2 Session 2Boy’s Bodies | Compassion |  |  |
| **Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement.** | Death and New LifeY6(Lent/Easter-Spring term) | Module 1 Unit 3Session 3Emotional Changes |  |  |  |
| **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 2Session 4Spots and Sleep | Self-control |  | Mental Health Awareness day/week |
| Theme 2: Created to love others | **I can:****Be courteous in my dealings with friends and strangers** |  | Module 1 Unit 1Story sessionsKester’s Adventures | CourtesyRespect |  |  |
| **I know:****That some behaviour is unacceptable, unhealthy or risky.** |  | Module 1 Unit 3 Session 2Peculiar Feelings |  |  | Internet Safety WeekFebruary |
| **About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage** |  |  |  |  | World Health Day 7 April |
| **Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)** | Ourselves Y5(Domestic Church-Autumn term)Other Faiths weeks |  | RespectEquality | One Day One World resource | One World WeekOctoberWorld Faith WeekNovember |
| **The importance of forgiveness and reconciliation in relationships and****the challenges involved in following Jesus’ teaching on forgiveness** | Freedom and Responsibility Y5Healing Y6(Reconciliation-Summer term) |  | MercyForgiveness | Advent and Lent resources | International Day of Peace21September |
| **Show resilience and manage risk in order to resist unacceptable pressure.** **and show determination and courage when faced with new challenges.** |  | Module 2 Unit 2 Session 1Under PressureModule 2 Unit 2 Session 2 Do You Want a Piece of Cake?Module 1 Unit 3Session 1Body Image | ResilienceCourageDetermination |  | Internet Safety WeekFebruary |
|  | **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) |  | Faithfulness | Universal Church Topic Year 6 | Fair Trade Fortnight FebruaryRefugee week June |
|  | **Be honest, striving to live truthfully and with integrity, using good judgement.** |  | Module 1 Unit 1Story sessionsKester’s Adventures | Honesty |  |  |
|  | **Be compassionate, able to empathise with the suffering of others and displaying the generosity to help.** | Sacrifice Y5Death and New Life Y6(Lent/Easter-Spring term) |  | Compassion | All CAFOD resources | Refugee week. JuneFair Trade FortnightFebruary |
|  | **How to use technology safely** |  | Module 2 Unit 3 Session 1Sharing OnlineModule 2 Unit 3Session 2Chatting Online |  |  | Internet Safety WeekFebruary |
|  | **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** |  |  | Service |  |  |
|  | **About some basic first aid, dealing with common injuries** |  |  |  |  | Emergency services Day |
|  | **How to make informed choices in relationships**  |  | Module 2 Unit 3 Session 1Sharing OnlineModule 2 Unit 3Session 2Chatting OnlineModule 2 Unit 3Session 3Physical Contact |  |  |  |
|  | **That my increasing independence brings increased responsibility to keep myself and others safe** |  | Module 2 Unit 3 Session 1Sharing OnlineModule 2 Unit 3Session 2Chatting Online |  |  | Internet Safety WeekFebruary |
|  | **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 | PrayerFaithfulness | CAFOD Assembly resources |  |
|  | **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 3Session 2Chatting Online |  |  |  |
|  | **Why social media, some computer games and online gambling, for example, are age restricted.** |  | Module 2 Unit 3Session 2Chatting 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 3Session 2Chatting 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 3Session 2Chatting Online |  |  |  |
|  | **How to report and get help if I encounter inappropriate materials or messages** |  | Module 1 Unit 3Session 4Seeing Stuff Online |  |  | Internet Safety WeekFebruary |

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|  |  | Come and See | Life to the Full | Value of the week | 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 3Created to live in community | Justice |  |  |
| **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 1Session 1Trinity HouseModule 3 Unit 1Session 2Catholic Social Teaching | Respect | Global Neighbours resource | World Day for Cultural Diversity21 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.** |  |  | Prayer |  |  |
|  | **Demonstrate my gratitude to others for the good things in my life through words and actions.** | Ourselves Y5Loving Y6(Domestic Church-Autumn term) | Module 1 Unit 1Story sessionsKester’s Adventures | Gratitude | One Day One World resource | World Environment Day5 June |
| **Be self-disciplined and able to delay or even deny myself**  | Sacrifice Y5Death and New Life Y6(Lent/Easter-Spring term) |  | Self-control | 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 Y5Death and New Life Y6(Lent/Easter-Spring term) | Module 3 Unit 1Session 1Trinity House | Compassion |  |  |
| **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 Y5Common good Y6(Universal Church-Summer term) | Module 3 Unit 1Session 2Catholic Social Teaching | Friendship | Climate and Environment ResourceLaudato SiCare for our Common Home | Fairtrade FortnightFebruaryWorld Health Day7 AprilWorld Environment Day 5th June |
| **Speak out about injustice in the wider world and what I can do to help.** | Stewardship Y5Common good Y6(Universal Church-Summer term) | Module 3 Unit 2Session 1Reaching Out | EqualityJustice | Fair Trade ResourceLaudato Si Care for our Common Home | Fairtrade FortnightFebruaryWorld Health Day 7 AprilWorld Environment Day 5 June |
|  | **Be forgiving, developing the skills to allow reconciliation in relationships** | Freedom and Responsibility Y5(Reconciliation-Summer term) | Module 1 Unit 1Story sessionsKester’s Adventures | forgiveness |  | 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 |  |  |  |