

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Religious Understanding	Emotional Well Being	Personal Relationships	Religious Education and	Keeping Safe	Economic Wellbeing:
Nursery	Handmade with Love	I like, you like, we all	Who's Who	PSED Focus	Safe inside and out	<u>Money</u>
	We are created individually by God	like	To identify special people		About safe and unsafe	What is money?
	as part of His creation plan	That we all have different	(e.g. parents, carers,		situations indoors and	
		'tastes' (likes and	friends) and what makes		outdoors, including	Economic Wellbeing:
	We are all God's children and are	dislikes), but also similar	them special		online.	Aspirations, Work and
	special	needs (to be loved and				<u>Career</u>
		respected, to be safe etc)	The importance of the		That they can ask for	Jobs help people to earn
	Our bodies were created by God		nuclear family and of the		help from their special	money to pay for things
	and are good	That it is natural for us to	wider family		people.	
		relate to and trust one	The importance of being			Journey in Love
	We can give thanks to God!	another	close to and trusting of		My body, my rules	
			'special people' and telling		To know they are	
	God is love	Good feelings, bad	them is something is		entitled to bodily privacy	
	That God is love: Father, Son and	feelings	troubling them		Charles to beany privacy	
	Holy Spirit	A language to describe			That they can and	
		their feelings	You've got a friend in me		should be open with	
	That being made in His image		How their behaviour affects		'special people' they	
	means being called to be loved and	An understanding that	other people and that there		trust if anything troubles	
	to love others	everyone experiences	is appropriate and		them	
		feelings, both good and	inappropriate behaviour		410111	
		bad			That there are different	
	Me, My Body and My Health		The characteristics of		people we can trust for	
	I am me	Simple strategies for	positive and negative		help, especially those	
	We are each unique, with individual	managing feelings	relationships		closest to us who care	
	gifts, talents and skills.				for us, including our	
	140.00	Let's get real	About different types of		teachers and our parish	
	Whilst we all have similarities	Simple strategies for	teasing and that all bullying		priest	
	because we are made in God's	managing emotions and	is wrong and unacceptable		F	
	image, difference is part of God's	behaviour			Feeling poorly	
	plan!	That we have about	Forever friends		Medicines should only	
	Haada Chauldana Knaad	That we have choices	To recognise when they		be taken when a parent	
	Heads, Shoulders Knees and	and these choices can	have been unkind to others		or doctor gives them to	
	Toes	impact how we feel and	and say sorry.		us.	
	Our bodies are good and made by God	respond.				
	G00					<u> </u>



The names of the parts of the body
(not genitalia)

#### 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

#### Living in the Wider World 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,

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 they live

#### 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

We can say sorry and forgive like Jesus

#### Life cycles

#### **Growing up**

That there are natural life stages from birth to death and what these are

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.

### Media Literacy and digital resilience

The role of the internet in everyday life

Not all information seen online is true

Internet Safety Week

Medicines are not sweets.

We should always try to look after our bodies because God created them and gifted them to us.

#### People who help us There are lots of jobs designed to help us.

Paramedics help us in a medical emergency.

First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance



No matter how small our offerings, they are valuable to God and He can use them for His glory.			

As children change and grow; their level of engagement will increase as they develop their social, moral, cultural and spiritual awareness and understanding. It is for this reason that within some Year groups, some topics will be revisited from the previous year, using extended activities, to ensure that the learning is embedded and that children build upon what they have previously learned



Reception  Reception  Reception  Religious Understanding Handmade with Love We are created individually by God as part of His creation plan  We are all God's children and are special  Our bodies were created by God and are good  We can give thanks to God!  Cod is love  That God is	Keeping Safe Safe inside and out About safe and unsafe situations indoors and outdoors, including online.  That they can ask for help from their special people.  My body, my rules To know they are entitled to bodily privacy	Economic Wellbeing:  Money What is money?  Economic Wellbeing: Aspirations, Work and Career Jobs help people to earn money to pay for things  Journey in Love
That being made in His image means being called to be loved and to love others  Me, My Body and My Health 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!  Heads, Shoulders Knees and  That being made in His image feelings  Simple strategies for managing feelings  Let's get real  Simple strategies for managing emotions and behaviour  That we have choices and the see choices can impact how we feel and respond.  We can say sorry and forgive like Jesus  Life cycles  Growing up  God's plan!  Simple strategies for managing feelings  You've got a friend in me  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	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  Feeling poorly  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	



Our bodies are good and made	That there are natural life	Forever friends		
by God	atawa form birth to death and	To recognise when they	People who help us	
The names of the parts of the	stages from birth to death and	have been unkind to	There are lots of jobs	
body (not genitalia)	what these are	others and say sorry.	designed to help us.	
, ,		That when we are	3 1	
		unkind, we hurt God	Paramedics help us in a	
		and should say sorry.	medical emergency.	
Ready Teddy		To recognise when		
That our bodies are good and		people are being	First Aid can be used in	
we need to look after them		unkind to them and	non-emergency	
We need to look after them		others and how to	situations, as well as	
What constitutes a healthy		respond.	whilst waiting for an	
lifestyle, including exercise,		That we should forgive	ambulance	
diet, sleep and personal		like Jesus forgives.	ambulance	
hygiene		like Jesus loigives.		
riygierie		Media Literacy and		
Living in the Wider World		digital resilience		
Me, You, Us		The role of the internet		
That they belong to various		in everyday life		
communities, such as home,		No the second		
school, parish, the wider local		Not all information seen		
area, nation and the global		online is true		
community				
		Internet Safety Week		
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				
they live				
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.			



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
gious Understanding	Religious Understanding	Keeping Safe	Religious	Economic Wellbeing;	Me, My Body and My
t the children come	God loves you	Being safe	Understanding	Money	Health
e created individually by	We are part of God's family	To understand safe and	Three in one	What is money?	I am unique
God	vve are part or deal arrang	unsafe situations.	That God is love:	Titlat is money.	To learn that we are
	Saying sorry is important and	including online.	Father, Son and Holy	What forms that money	unique, with individual
nts us to talk to Him often	can mend friendships	3	Spirit	come in;	gifts, talents and skills.
the day and treat Him as	•	Good secrets and bad	·	,	3 ,
our best friend	Jesus cared for others and	secrets	That being made in his	that money comes from	Girls and Boys
	had expectations of them and	The difference between	image means being	different sources	Our bodies are good
s created us, his children,	how they should act	'good' and 'bad' secrets	called to be loved and to		_
w, love and serve Him in		and that they can and	love others.	Economic Wellbeing:	The names of the
and forever - this is our	We should love other people	should be open with		Aspirations, Work and	parts of our bodies
and goal and will bring us	in the same way God loves us.	'special people' they	Who is my neighbour	<u>Career</u>	(please refer to the
true happiness		trust if anything troubles	To know what a	Different jobs that people	Module Overview for
	Personal Relationships	them	community is, and that	they know or people who	important guidance on
created as a unity of body,	Special People		God calls us to live in	work in the community do	discussing genitalia)
and spirit: who we are	To identify 'special people'	How to resist pressure	community with one		
and what we do matters	(their parents, carers, friends,	when feeling unsafe.	another	Life Cycles	Girls and boys have
	parish priest) and what makes	District control		The cycle of Life	been created by God
in give thanks to God in	them special	Physical contact	A scripture illustrating	Children will know and	to be both similar and
different ways.	The importance of musical and	To know that they are	the importance of living	appreciate that there are	different - these
notional Well being	The importance of nuclear and wider family	entitled to bodily privacy	in community as a	natural life stages from birth to death, and what	differences are
ngs, likes and dislikes	wider fairling	That there are different	consequence of this; Jesus' teaching on who	these are.	physical, emotional and spiritual and
natural for us to relate to	The importance of being close	people we can trust for	is my neighbour.	tilese are.	together make up the
nd trust one another	to and trusting special people	help, especially those	is my neighbour.		richness of the human
ia trast one another	and telling them if something	closest to us who care	Living in the wider		family.
all have different 'tastes'	is troubling them.	for us, including our	world		ranniy.
and dislikes), but also	io a casing aloni.	parents or carers,	The communities we		Our bodies are good
needs (to be loved and	Treat others well		live in		and we need to look
pected, to be safe etc)	How their behaviour affects	priest.			after them
,,	other people, and that there is	•	various communities		What constitutes a
guage to describe our	appropriate and inappropriate	Harmful Substances	such as home, school,		healthy lifestyle,
feelings	behaviour		parish, the wider local		including physical
ecteo	d, to be safe etc) e to describe our	d, to be safe etc)  How their behaviour affects other people, and that there is appropriate and inappropriate	d, to be safe etc)  How their behaviour affects other people, and that there is appropriate and inappropriate  Harmful Substances	d, to be safe etc)  How their behaviour affects other people, and that there is appropriate and inappropriate  How their behaviour affects priest.  That they belong to various communities such as home, school,	d, to be safe etc)  How their behaviour affects other people, and that there is appropriate and inappropriate  Harmful Substances  That they belong to various communities such as home, school,



#### 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.

#### 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.

The characteristics of positive and negative relationships

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

#### ....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.

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.

#### 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

### Media Literacy and digital resilience

Not all information seen online is true

Internet Safety Week

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.

#### Shared Responsibilities

What rules are and why are they needed?

How people have different needs and the responsibilities of caring for them

What can you do to look after the environment?

activity, dental health and healthy eating

#### Clean and healthy

The importance of sleep, rest and recreation for our health

How to maintain personal hygiene.

Journey in Love



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Religious Understanding		Keeping Safe	Religious	Economic Wellbeing	Me, My Body and My
	Let the children come	Religious Understanding	Being safe	<u>Understanding</u>	What is money? What	<u>Health</u>
Year	We are created individually by God	God loves you	To understand safe and	Three in one	forms that money	I am unique
Two		We are part of God's family	unsafe situations, including	That God is love: Father,	come in; that money	To learn that we are
1 110	God wants us to talk to Him often		online.	Son and Holy Spirit	comes from different	unique, with individual
	through the day and treat Him as	Saying sorry is important			sources	gifts, talents and skills.
	our best friend	and can mend friendships	Good secrets and bad	That being made in his		
			secrets	image means being	People make different	Girls and Boys
	God has created us, his children, to	Jesus cared for others and	The difference between	called to be loved and to	choices about how to	Our bodies are good
	know, love and serve Him in this life	had expectations of them	'good' and 'bad' secrets	love others.	save and spend	
	and forever - this is our purpose and	and how they should act	and that they can and			The names of the parts
	goal and will bring us true		should be open with	Who is my neighbour	Economic Wellbeing:	of our bodies
	happiness	We should love other people	'special people' they trust if	To know what a	Aspirations, Work	
		in the same way God loves	anything troubles them	community is, and that	and Career	Girls and boys have
	We are created as a unity of body,	us.		God calls us to live in	About some of the	been created by God to
	mind and spirit: who we are matters		How to resist pressure	community with one	strengths and interest	be both similar and
	and what we do matters	Personal Relationships	when feeling unsafe.	another	someone might need	different - these
		Special People			to do different jobs	differences are physical,
	We can give thanks to God in	To identify 'special people'	Physical contact	A scripture illustrating the		emotional and spiritual
	different ways.	(their parents, carers,	To know that they are	importance of living in	<u>Life Cycles</u>	and together make up
		friends, parish priest) and	entitled to bodily privacy	community as a	The cycle of Life	the richness of the
	Emotional Well being	what makes them special		consequence of this;	Children will know and	human family.
	Feelings, likes and dislikes		That there are different	Jesus' teaching on who is	appreciate that there	
	That it is natural for us to relate to	The importance of nuclear	people we can trust for	my neighbour.	are natural life stages	Our bodies are good
	and trust one another	and wider family	help, especially those		from birth to death, and	and we need to look
	T		closest to us who care for	Living in the wider	what these are.	after them
	That we all have different 'tastes'	The importance of being	us, including our parents or	world		What constitutes a
	(likes and dislikes), but also similar	close to and trusting special	carers, teachers and our	The communities we		healthy lifestyle,
	needs (to be loved and respected,	people and telling them if	parish priest.	live in		including physical
	to be safe etc)	something is troubling them.	Hamsful Cub stances	That they belong to		activity, dental health
	A language to describe our facilities	Treat others well	Harmful Substances	various communities		and healthy eating
	A language to describe our feelings		Medicines are drugs, but	such as home, school,		Clean and health:
	Foolings inside out	How their behaviour affects	not all drugs are good for	parish, the wider local		Clean and healthy
	Feelings inside out Children will have a basic	other people, and that there	us.	community, nation and		The importance of
		is appropriate and inappropriate behaviour		global community		sleep, rest and
	understanding that feelings and	парргорпате репачни	l			recreation for our health



actions are two different things, and that our good actions can 'form' our feelings and our character.

#### Super Susie gets angry

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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.

#### Shared Responsibilities

What can you do to look after the environment?

The characteristics of positive and negative relationships

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

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#### 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

### Media Literacy and digital resilience

Not all information seen online is true

How to assess the reliability of sources of information online and how to make safe reliable choices from search results

**Internet Safety Week** 

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.

#### **Communities**

The different roles and responsibilities people have in their community

#### Shared Responsibilities

What rules are and why are they needed?

How people have different needs and the responsibilities of caring for them How to maintain personal hygiene.

Journey in Love



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Religious Understanding	Life Cycles	Keeping Safe	Religious	Living in the Wider	Me, My Body and My
	Get Up	Life Cycles	Sharing online	Understanding	World	Health
Year	We are created individually by	That they were handmade by	To recognise that their	A community of	How do I love others?	Respecting our bodies
	God who is Love, designed in His	God with the help of their	increasing independence	love	To know that God wants	Similarities and differences
Three	own image and likeness	parents	brings increased	God is Love as	His Church to love and	between people arise as
	3	1	responsibility to keep	shown by the Trinity	care for others.	they grow and make
	God made us with the desire to be	How a baby grows and	themselves and others safe	– a 'communion of		choices, and that by living
	loved and to love and 'to make a	develops in its mother's womb		persons supporting	To devise practical ways	and working together
	difference': each of us has a	including, scientifically, the	How to use technology	each other in their	of loving and caring for	('teamwork') we create
	specific purpose (vocation)	uniqueness of the moment of	safely	self-giving	others.	community;
	parpose (resumern)	conception	Jul. 5. y	relationship'	Guileile.	Self-confidence arises from
	Every human life is precious from		That just as what we eat can		<b>Economic Wellbeing:</b>	being loved by God (not
	the beginning of life (conception)	How conception and life in the	make us healthy or make us	The human family is	Money	status, etc).
	to natural death	womb fits into the cycle of life	ill, so what we watch, hear,	to reflect the Holy	Different ways to pay for	, ,
		,	say or do can be good or	Trinity in mutual	things and the choices	We don't have to be the
	Personal and communal prayer	That throughout their lives	bad for us and others	charity and	people have about this	same
	and worship are necessary ways	human beings act at three		generosity.		About the need to respect
	of growing in our relationship with	integrated levels: physical,	How to report and get help if		Saving and spending	and look after their bodies as
	God	psychological and spiritual.	they encounter inappropriate	What is the	money - what influences	a gift from God through what
			materials or messages.	Church?	people's decisions; what	they wear, what they eat and
	In Baptism God makes us His	Religious Understanding		That the human	makes something value	what they physically do
	adopted children and 'receivers' of	Jesus, my friend	Chatting online	family is to reflect	for money	
	His love; by receiving the	That Jesus loves, embraces,	How to use technology	the Holy Trinity in		
	Sacrament of Reconciliation, we	guides, forgives and	safely	mutual charity and	Economic Wellbeing:	Journey In Love
	develop good habits (grow in	reconciles us with him and one		generosity	Aspirations, Work and	
	human virtue	another	That bad language and bad		<u>Career</u>	
	· ,		behaviour are inappropriate	The Church family	Positive things about you	
	It is important to make a nightly	The importance of forgiveness		comprises of home,	and your achievements;	
	examination of conscience.	and reconciliation in	That just as what we eat can	school and parish	how to set goals to	
		relationships, and some of	make us healthy or make us	(which is part of the	achieve personal	
	Personal Relationships	Jesus' teaching on forgiveness	ill, so what we watch, hear,	diocese).	outcomes	
	Friends, family and others		say or do can be good or		<u> </u>	
	Ways to maintain and develop	That relationships take time	bad for us and others	Shared	There are a broad range	
	good, positive, trusting	and effort to sustain		Responsibilities	of jobs/careers that people	
	relationships			Recognising the	can have and you can	
				reasons for rules	have more than one	



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'.

#### 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.

We reflect God's image in our relationships with others this is intrinsic to who we are and to our happiness.

### Emotional Well Being 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 feeling 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).

#### 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.

I am Thankful

How to report and get help if they encounter inappropriate materials or messages.

#### 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.

### Drugs, Alcohol and 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.

#### 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.

and laws and consequences of not adhering to them

#### **Communities**

How do I value the contributions that people and groups make to the community

Diversity - what is it? The value of diversity within communities

careers/type of job in your life



Some	behaviour is wrong,	
unaccer	otable, unhealthy and Media Literacy and digita	
	risky; <u>resilience</u>	
	How to assess the reliability	
Thankfu	ness builds resilience of sources of information	
	st feelings of envy, online and how to make saf	
	uacy and insecurity, reliable choices from search	
	painst pressure from results	
pee	rs and the media.	
	Internet Safety Week	



	A	A 1 0	0	0	0	0
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Religious Understanding	Life Cycles	Keeping Safe	Religious	Living in the Wider	Me, My Body and My
	Get Up	Life Cycles	Sharing online	<u>Understanding</u>	<u>World</u>	<u>Health</u>
Year	We are created individually by	That they were handmade	To recognise that their	A community of love	How do I love others?	Respecting our bodies
Four	God who is Love, designed in His	by God with the help of their	increasing	God is Love as shown	To know that God wants	Similarities and differences
	own image and likeness	parents	independence brings	by the Trinity – a	His Church to love and	between people arise as
			increased responsibility	'communion of persons	care for others.	they grow and make choices,
	God made us with the desire to be	How a baby grows and	to keep themselves and	supporting each other in		and that by living and
	loved and to love and 'to make a	develops in its mother's	others safe	their self-giving	To devise practical ways	working together
	difference': each of us has a	womb including,		relationship'	of loving and caring for	('teamwork') we create
	specific purpose (vocation)	scientifically, the uniqueness	How to use technology		others.	community;
		of the moment of conception	safely	The human family is to		Self-confidence arises from
	Every human life is precious from			reflect the Holy Trinity in		being loved by God (not
	the beginning of life (conception)	How conception and life in	That just as what we eat	mutual charity and	Economic Wellbeing	status, etc).
	to natural death	the womb fits into the cycle	can make us healthy or	generosity.	Spending decisions can	
		of life	make us ill, so what we		affect others and the	We don't have to be the
	Personal and communal prayer		watch, hear, say or do	What is the Church?	environment (fair trade	same
	and worship are necessary ways	That throughout their lives	can be good or bad for	That the human family is	etc)	About the need to respect
	of growing in our relationship with	human beings act at three	us and others	to reflect the Holy Trinity		and look after their bodies as
	God	integrated levels: physical,		in mutual charity and	Why people make	a gift from God through what
		psychological and spiritual.	How to report and get	generosity	spending decisions based	they wear, what they eat and
	In Baptism God makes us His	B.F. C. B. B. M. B. M. B.	help if they encounter	T. O	on priorities, needs and	what they physically do
	adopted children and 'receivers' of	Religious Understanding	inappropriate materials	The Church family	wants	W 41 5 1 4
	His love; by receiving the	Jesus, my friend	or messages.	comprises of home,	Farmania Wallbaina	What is Puberty
	Sacrament of Reconciliation, we	That Jesus loves, embraces,	Ob attion a suline	school and parish	Economic Wellbeing:	Learn what the term puberty
	develop good habits (grow in	guides, forgives and	Chatting online	(which is part of the	Aspirations, Work and	means
	human virtue	reconciles us with him and	How to use technology	diocese).	Career	Lagran with our 4th our gard given a 4
	it is important to make a ministry	one another	safely	Charad	What might influence	Learn when they can expect
	It is important to make a nightly examination of conscience.	The improvement of	That had law supers and	Shared Bear an aibilities	people's decisions about a	puberty to take place
	examination of conscience.	The importance of	That bad language and bad behaviour are	Responsibilities  The relationship	job or career	Understand that nuberty is
	Developed Poletienskins	forgiveness and reconciliation in		The relationship	Ctarant mas in the	Understand that puberty is
	Personal Relationships		inappropriate	between rights and	Steroptypes in the	part of God's plan for our bodies.
	Friends, family and others	relationships, and some of	That just as what we get	responsibilities	workplace and how	bodies.
	Ways to maintain and develop good, positive, trusting	Jesus' teaching on	That just as what we eat can make us healthy or	Communities	aspirations should not be limited to them	Changing bodies
	relationships	forgiveness	make us ill, so what we	Communities	innited to them	
	relationships		[ ************************************			Learn correct naming of
L			watch, hear, say or do			genitalia



strategies	to use	e when
relationship	os 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'.

#### 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.

### Emotional Well Being 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 feeling that 'feelings' are not good guides for action That relationships take time and effort to sustain

We reflect God's image in our relationships with others this is intrinsic to who we are and to our happiness. can be good or bad for us and others

How to report and get help if they encounter inappropriate materials or messages.

#### 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.

### Drugs, Alcohol and 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.

First aid heroes

Stereotypes – strategies for challenging stereotypes

Prejudice – how to recognise and ways of responding to it if witnessed of experienced.

Learn what changes will happen to boys during puberty Learn what changes will happen to girls during puberty.

Journey in Love



What emotional well-being means	In an emergency, it is	
	important to remain	
Positive actions help emotional	calm.	
well-being (beauty, art, etc. lift the		
spirit)	Quick reactions in an	
	emergency can save a	
Talking to trusted people help	life.	
emotional well-being (eg		
parents/carer/teacher/parish	Children can help in an	
priest).	emergency using their	
	First Aid knowledge.	
What am I looking at?		
To recognise that images in the	Media Literacy and	
media do not always reflect reality	digital resilience	
and can affect how people feel	How to assess the	
about themselves.	reliability of sources of	
	information online and	
I am Thankful	how to make safe	
Some behaviour is wrong,	reliable choices from	
unacceptable, unhealthy and	search results	
risky;		
	How information is	
Thankfulness builds resilience	ranked, selected and	
against feelings of envy,	targeted at specific	
inadequacy and insecurity, and	individuals and that	
against pressure from peers and	connected devices can	
the media.	share information	
	Internet Safety Week	
	monior during week	



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Religious Understanding Calming the storm We were created individually by God who cares for us and wants us to put our faith in Him.	Emotional Wellbeing Body Image To recognise that images in the media do not always reflect reality and can affect how people feel about	Keeping Safe Sharing isn't always caring To recognise that their increasing independence brings increased responsibility to keep	Religious Understanding Is God calling you? To know that God calls us to love others.	Economic Wellbeing:  Money  Different ways to keep track of money  Risks associated with	Life Cycles Making babies Part 1 How a baby grows and develops in its mother's womb  Menstruation
Physically becoming an adult is a natural phase of life.	That thankfulness builds resilience against feelings of envy, inadequacy, etc. and	How to use technology safely.  That just as what we eat can	we can participate in God's call to us.  Personal	keeping money safe  Economic Wellbeing: Aspirations, Work and	About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life
during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!	against pressure from peers or media  Peculiar feelings To deepen their	make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others.	Relationships Under pressure Pressure comes in different forms, and what those different	Career Some jobs are paid more than others; money is only one factor that influences career choices; why do	Some practical help on how to manage the onset of menstruation.
Me, my body, my health Gifts and talents Similarities and differences between people arise as they	understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.	How to report and get help if they encounter inappropriate materials or messages  Cyberbullying	forms are  There are strategies that they can adopt to resist pressure.	voluntary work  Skills that will help you in your future careers e.g. teamwork, communication	Me, my body, my health Girls' bodies That human beings are different to other animals
grow and mature, and that by living and working together ('teamwork') we create community;	That some behaviour is wrong, unacceptable, unhealthy or risky.	What the term cyberbullying means and examples of it  What cyberbullying feels like	Do you want a piece of cake? Understand what	and negotiation	About the unique growth and development of humans, and the changes that girls will experience during puberty
Self-confidence arises from being loved by God (not status, etc).	Emotional Changes Emotions change as they grow up (including hormonal effects)	for the victim  How to get help if they experience cyberbullying.	autonomy means; Discuss and reflect on different scenarios in		About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately
Religious Understanding The Trinity	To deepen their understanding of the range	Types of abuse To judge well what kind of physical contact is acceptable	'no'.		The need for modesty and appropriate boundaries.
	Religious Understanding Calming the storm We were created individually by God who cares for us and wants us to put our faith in Him.  Physically becoming an adult is a natural phase of life.  Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!  Me, my body, my health Gifts and 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).  Religious Understanding	Religious Understanding Calming the storm We were created individually by God who cares for us and wants us to put our faith in Him.  Physically becoming an adult is a natural phase of life.  Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!  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Religious Understanding The Trinity  Emotional Wellbeing 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  That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media  Peculiar feelings To deepen their Body Image  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  Cyberbullying What the term cyberbullying means and examples of it what tyberbullying feels like for the victim  To deepen their  Types of abuse  Types of abuse	Religious Understanding Calming the storm We were created individually by God who cares for us and wants us to put our faith in Him.  Physically becoming an adult is a natural phase of life.  Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!  Me, my body, my health Gifts and 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).  Religious Understanding  Emotional Wellbeing Body Image To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.  How to use technology safely.  That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media  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 worng, unacceptable, unhealthy or risky.  Emotional Changes Emotions change as they grow up (including hormonal effects)  To deepen their Understanding 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 heal	Religious Understanding Calming the storm We were created individually by God who cares for us and wants us to put our faith in Him.  Physically becoming an adult is a natural phase of life.  Lots of changes will happen during puberty and sometimes it might feel confusing, but it all part of God's great plan and the results will be worth it!  Me, my body, my health Gifts and 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).  Religious Understanding The Trinity  Religious Understanding The Trinity  Me, my body. my health Gifts and talents Similarities and differences between people arise as they grow and mature, and they grow up (including hormonal effects)  Religious Understanding The Trinity  The Trinity  The Trinity  Pinysically becoming an adult is god individually by God (not status, etc).  Religious Understanding The Trinity  Religious Understanding 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. To know that God calls us to love others. To know ways in which we can participate in God's call to us.  That thankfulness builds resilience against feelings of the media do not always reflect reality and can affect how people efeel about themselves  That thankfulness builds resilience against feelings of 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.  Personal Relationships  Under pressure  Personal Relationships  Under pressure  Personal Relationships  Under pressure  To know that God calls to us.  To know mays in which we can prove themselves and others safe.  How to use technology safely.  The tipus feelings for using the end of the reange and the length or the make us and



Children will know that the Church is the Body of Christ -

#### **Catholic Social Teaching**

Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be

Just, understanding that the way we live has an impact on others locally, nationally and globally

Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation

Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice 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.

#### 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

### Living in the Wider World Reaching Out

Pupils will learn to apply the principles of Catholic Social Teaching to current issues.

Pupils will find ways in which they can spread God's love in their community.

That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.

#### 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.

#### 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

Giving assistance

develop strategies that will positively impact their actions

Apply this approach to personal friendships and relationships

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.

#### Spots and 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.

#### **Shared Responsibilities**

Protecting the environment in school and at home – how everyday choices can affect the environment.

Journey In Love



	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.
	Media Literacy and digital
	<u>resilience</u>
	How to assess the reliability
	of sources of information
	online and how to make safe
r	reliable choices from search
	results
	How information is ranked,
	selected and targeted at
	specific individuals and that
c	connected devices can share
	information
	Internet Safety Week



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Religious Understanding	Keeping Safe	Religious	Religious	Me, my body, my	Life Cycles
	Calming the storm	Sharing isn't always caring	Understanding	Understanding	health	Making babies Part 1
Year	We were created individually by God	To recognise that their increasing	Is God calling you?	The Trinity	Gifts and talents	How a baby grows and
Six	who cares for us and wants us to put	independence brings increased	To know that God calls	Children will know	Similarities and	develops in its mother's
SIX	our faith in Him.	responsibility to keep themselves	us to love others.	that God is Trinity - a	differences between	womb
		and others safe.		community of persons	people arise as they	
	Physically becoming an adult is a		To know ways in which	, ,	grow and mature, and	Making babies Part 2
	natural phase of life.	How to use technology safely.	we can participate in	Children will know	that by living and	Basic scientific facts
	Г	That just as what we eat can make	God's call to us.	that the Church is the	working together	about sexual intercourse
	Lots of changes will happen during	us healthy or make us ill, so what		Body of Christ	('teamwork') we create	between a man and
	puberty and sometimes it might feel	we watch, hear, say or do can be	Media Literacy and	200, 0. 0	community;	woman
	confusing, but it is all part of God's	good or bad for us and others.	digital resilience	Catholic Social		
	great plan and the results will be worth	good or bad for do and outlood	How information is	Teaching	Self-confidence arises	The physical, emotional,
	it!	How to report and get help if they	ranked, selected and	Children will develop	from being loved by God	moral and spiritual
		encounter inappropriate materials	targeted at specific	a deeper	(not status, etc).	implications of sexual
	Emotional Wellbeing	or messages	individuals and that	understanding of	(not states, sto).	intercourse
	Body Image	or moodaged	connected devices can	Catholic Social	Girls' bodies	morodatoo
	To recognise that images in the media	Cyberbullying	share information	Teaching, so that	That human beings are	The Christian viewpoint
	do not always reflect reality and can	What the term cyberbullying means	ondro imormation	pupils are growing to	different to other animals	that sexual intercourse
	affect how people feel about	and examples of it	How text and images in	be:		should be saved for
	themselves	and examples of it	the media/social media	Just, understanding	About the unique growth	marriage.
	themselves	What cyberbullying feels like for the	can be manipulated or	that the way we live	and development of	marriage.
	That thankfulness builds resilience	victim	invented; strategies to	has an impact on	humans, and the	Menstruation
	against feelings of envy, inadequacy,	Victim	evaluate the reliability of	others locally,	changes that girls will	About the nature and
	etc. and against pressure from peers	How to get help if they experience	sources and identify	nationally and globally	experience during	role of menstruation in
	or media	cyberbullying.	misrepresentation	Tradionally and globally	puberty	the fertility cycle, and
	oi media	Cyberbullying.	Inistepresentation	Self-giving, able to put	puberty	that fertility is involved in
	Peculiar feelings	Types of abuse	Internet Safety Week	aside their own wants	About the need to	the start of life
	To deepen their understanding of the	To judge well what kind of physical	internet Salety Week	for the common good,	respect their bodies as a	the start of file
	range and intensity of their feelings;	contact is acceptable or		,	gift from God to be	Some practical help on
	that 'feelings' are not good guides for			serving all of		
		unacceptable and how to respond.		humanity and caring for creation	looked after well, and	how to manage the onset of menstruation.
	action.	That there are different nearly we	Foonemie Wellheimer	ior creation	treated appropriately	onset of menstruation.
	That same haboviour is uran -	That there are different people we	Economic Wellbeing:	Equipped to solve!	The pood for modest:	Hone Poyend Dogst
	That some behaviour is wrong,	can trust for help, especially those	Aspirations, Work and	Equipped to calmly	The need for modesty	Hope Beyond Death What 'death' means
	unacceptable, unhealthy or risky.	closest to us who care for us,	Career, Gambling	stand up for their	and appropriate	vvnat death means
				faith, for friends and	boundaries.	<u> </u>



#### **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.

#### 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

### Personal Relationships Under pressure

Pressure comes in different forms, and what those different forms are

There are strategies that they can adopt to resist pressure.

#### 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'.

including parents, teachers and priests.

#### 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

#### 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 Godgiven bodies

#### **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.

What kind of job would you like to do when you are older?

How to recognise a variety of routes into careers e.g. college, apprenticeship, university

The risks involved in gambling; different ways money can be won or lost; the impact on health, wellbeing and future aspirations

Identifying ways that money can impact on people's feelings and emotions their community and for victims of injustice

### Living in the Wider World Reaching Out

Pupils will learn to apply the principles of Catholic Social Teaching to current issues.

Pupils will find ways in which they can spread God's love in their community.

#### Shared Responsibilities

Protecting the environment in school and at home – how everyday choices can affect the environment.

#### 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.

#### Spots and 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. About some feelings often connected with grief

What the Christian faith says about death and eternal life

Some ways to support themselves and others when they are grieving.

Journey In Love



			T
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			
Build Others Up Learn about prejudice, bullying and discrimination: what they mean and how to challenge them.			
Learn about protected characteristics from the Equality Act 2010 such as race, age and disability.			
Understand that everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.			