**Coverage within Relationships Education, Relationships and Sex Education and Health Education**

**Early Years to Key Stage 2**

|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Early Learning Goals | Links to CAFODResources | Links to Global Calendar |
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| Theme 1: Created and Loved by God | **That I am made by God** | **Myself** *(Domestic Church - Autumn term)* | Wonder at God’s love*(Nursery**p.7)* |  | 1. We are all special |  | Picture my World resource |  |
| **What I am good at** |  | God loves each of us in our uniqueness*(Reception**p.12)* |  | 2. I can say one good thing about myself | Self-confidence and self-awareness (40-60+mths) | Picture My World |  |
| **Talk about the good things in my life** | **Myself** *(Domestic Church - Autumn term)***Celebrating** *(Local Church -Spring term)* |  |  |  |  | Picture My World resource | World Environment Day 5 June |
| **I know:****That I am living and growing** | **Growing** *(Lent/Easter -**Spring term)* |  |  |  | The world(30 – 50mths) | Harvest Resources |  |
| **That a baby grows inside its mother’s womb before birth** |  | God loves each of us in our uniqueness*(Reception**p.14)* |  |  |  |  | International Women’s Day |
| **Identify living things** |  |  |  |  | Understanding the world(30 – 50mths) |  | World Wildlife day3 March |
| **Be patient when I do not get what I want straight away** |  |  |  |  | Managing feelings and behaviour(30-50mths) |  |  |
| **What I like and dislike** |  | Wonder at God’s love*(Nursery**p.9)* |  |  | Self-confidence and self-awareness (40-60+mths) | Picture my world |  |
| **Name similarities and differences between myself and others** |  | Wonder at God’s love*(Nursery**p.8)*God loves each of us in our uniqueness*(Reception**p.11)* |  | 35. I notice we are the same and we are different | 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** |  | God loves each of us in our uniqueness*(Reception**p.14)* |  |  |  |  | International Women’s Day |
| **What I like and dislike** |  | Wonder at God’s love*(Nursery**p.9)* |  |  | Self-confidence and self-awareness (40-60+mths) | Picture my world |  |
| **Say how I feel at different times** |  | Wonder at God’s love*(Nursery**p.9)* |  |  |  |  |  |

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| Theme 2: Created to love others | **Show care for others** | **Family***(Domestic Church - Autumn term)***Friends***(Reconciliation -**Summer term)* | God loves each of us in our uniqueness*(Reception**p.14)* |  | 27. I know how to help others when they are in trouble | Making relationships(22–36mths) |  | Fair Trade Fortnight FebruaryRefugee Week June |
| **Say’ please’ and ‘thank you’** |  |  |  | 19. I try to use words that make the world a better place | Managing feelings and behaviour(40-60+mths) | Picture my World resource |  |
| **That God loves me and I can talk to God through prayer** | All Topics | Wonder at God’s love*(Nursery**p.10)*God loves each of us in our uniqueness*(Reception**p.14)* |  |  |  |  |  |
| **Say ‘sorry’** | **Friends***(Reconciliation -**Summer term)* |  |  | 31. I know how to show I am sorry | Managing feelings and behaviour (40-60+mths) |  | International Day of Peace 21 September |
| **That Jesus cares for me and I am part of God’s family** | **Myself***(Domestic Church - Autumn term)* |  |  |  |  |  | Universal children’s day20 November |
|  | **That Jesus tells us to love one another** | **Friends***(Reconciliation -**Summer term)* |  |  |  |  |  |  |
| **I know:****Who can help me in school** |  |  |  | 25. I know when to ask for help and who to ask for help from | Self-confidence and self-awareness (30-50mths) |  |  |
| **That I belong to a family and can name my family members** | **Myself** *(Domestic Church - Autumn term)* | God loves each of us in our uniqueness*(Reception**p.11)* |  |  | 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**  |  | God loves each of us in our uniqueness*(Reception**p.12)* |  |  | Making relationships (30-50mths) |  |  |
| **When people are being unkind to me or others and how to respond** |  |  |  | 5. I know what to do if I see anyone being hurt | Making relationships (30-50mths) |  |  |
| Theme 3: Created to live in community – local, global & national | **To explore who my neighbour is – locally / globally** | **Our World** *(Universal Church -Summer term)* |  |  |  |  | Picture my World resource |  |
| **Show care for others** | **Family***(Domestic Church - Autumn term)***Friends***(Reconciliation -**Summer term)* | God loves each of us in our uniqueness*(Reception**p.14)* |  | 27. I know how to help others when they are in trouble | Making relationships(22–36mths) |  | Fair Trade Fortnight FebruaryRefugee Week June |
| **Right and wrong actions** | **Friends***(Reconciliation -**Summer term)* |  |  |  | Managing feelings and behaviour (40-60+mths) |  |  |
| **To make the Sign of the Cross** |  |  |  |  |  |  |  |
| **That Jesus tells us to love one another** | **Friends***(Reconciliation -**Summer term)* |  |  | 19. I try to use words that make the world a better place |  |  |  |
| **Show friendly behaviour towards others** |  | God loves each of us in our uniqueness*(Reception**p.13)* |  |  | Making relationships (30-50mths) |  | Fair Trade Fortnight February |
| **Ask questions about the wider world** | **Our World** *(Universal Church - Summer term)* |  |  |  | Understanding the world –the world(40-60+mths) | God’s Wonderful World linked to(*Come and See* Universal Church) | World Environment Day5 June |

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| Theme 1: Created and Loved by God | **That I have individual gifts, talents and abilities, given by God** | **Beginnings** Y2*(Domestic Church - Autumn term)* |  | BEING MEDIFFERENCE AND DIVERSITY | 2. I can say one good thing about myself |  |  |  |
| **Give thanks for the good things in my life** | **Families** Y1**Beginnings** Y2*(Domestic Church - Summer term)* | We meet God’s love in our family*(Y1 p.16)* |  | 20. I try to appreciate the beauty and the wonder in the world around me |  | Picture My World resourceA Day with Musa resource | World Environment Day5 June |
| **That babies change and grow and that there are life stages from conception to death** | **Change** Y1*(Lent/Easter -Spring term)* | We meet God’s love in our family*(Y1 p.15)* | CHANGES – Growing up |  | Living things and their habitatsY2 Sc2/2.1bAnimals including humansY2 Sc2/2.3b |  |  |
| **That a baby moves as it grows in its mother’s womb** | **Waiting** Y1*(Advent - Autumn term)* |  | CHANGES – Growing up |  |  |  | International Women’s Day8 March |
| **Accept that I do not always get what I want** | **Change** Y1**Opportunities** Y2*(Lent/Easter - Spring term)* |  | EMOTIONS | 23. I try to keep going when things get difficult and not give up hope |  |  |  |
| **Identify the needs of people and other living things.** |  |  |  |  | Animals including humansY2 Sc2/2.3c |  | Human Rights Day10 December |
| **Describe the similarities and differences between people (general)**  |  |  | DIFFERENCE AND DIVERSITY- Same and Different | 35. I notice that we are the same and we are different |  | 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)** |  |  | BEING HEALTHY- Food | 9. I can tell you how I look after myself10. I think before I make choices that affect my health (circle time) | Animals including humansY2 Sc2/2.3c | Health resourceWater resource | World Health Day 7 AprilWorld Water Day 22 March |
| **That we all have different likes and dislikes** |  |  | BEING ME- What makes me me Special Objects and People |  |  | A Day with Musa resourceOne Day One World resource |  |
| **Name happy and sad times in my life** | **Being Sorry** Y1**Rules** Y2*(Reconciliation - Summer term)* | We meet God’s love in our family*(Y1 p.15)*We meet God’s love in the community *(Y2 p.19)* | BEING SAFE – People who keep us safe | 3. I can say how I feel (circle time) |  |  | International Day of Families15 May |
| **That I am special because I am made and loved by God** | **Belonging** Y1**Signs & Symbols** Y2*(Baptism - Autumn term)* | We meet God’s love in our family*(Y1 p.18)* | BEING ME – What makes me me | 1. We are all special |  |  | Universal Children’s Day20November |
| **Talk about my mood and know that how I am feeling is a normal part of daily life** |  |  | EMOTIONS | 3. I can say how I feel (circle time) |  |  |  |

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| Theme 2: Created to love others | **Be courteous, for example, remembering to say, ‘please’ and ‘thank you’ without prompting** |  |  |  | 19. I try to use words that make the world a better place |  |  |  |
| **That prayer is listening to God as well as talking to Him** | All Topics | We meet God’s love in our family*(Y1 p.15-18)*We meet God’s love in the community *(Y2 p.19-22)* |  |  |  |  |  |
| **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)* | We meet God’s love in the community *(Y2 p.19)* |  | 15. I know I belong to a community that includes my school |  | Refugees resourceUniversal Church topics | World Refugee Day20 June |
| **That Jesus tells us to forgive one anot*h*er** | **Being Sorry** Y1**Rules** Y2*(Reconciliation - Summer term)* |  |   | 31. I know how to show I am sorry |  |  | International Day of Peace 21 September |
| **Be forgiving, able to say sorry to mend relationships** | **Being Sorry** Y1**Rules** Y2*(Reconciliation -Summer term)* |  | EMOTIONS/RELATIONSHIPS – Managing relationships | 31. I know how to show I am sorry29. I try to forgive people when they hurt me |  |  | International Day of Peace21September |
| **Be caring, aware of the needs of others** | **Holidays & Holydays** Y1**Spread the Word** Y2*(Pentecost - Summer term)* |  |  | 13. I try to love others as I love myself |  | Picture My World resourceA Day with Musa resource  | Refugee WeekJuneInternational Day of Families15 May |
| **Look after myself and show respect to others**  |  |  |  | 13. I try to love others as I love myself |  | 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** Y1**Rules** Y2*(Reconciliation -Summer term)* |  | BEING RESPONSIBLE = Rules and Responsibility | 31. I know how to show I am sorry |  |  |  |
| **That how I act can have consequences** | **Being Sorry** Y1**Rules** Y2*(Reconciliation -**Summer term)* |  |  |  |  |  |  |
| **Manage my feelings and behaviour**  | **Being Sorry** Y1**Rules** Y2*(Reconciliation -Summer term)* | EMOTIONS | EXPLORING EMOTIONS /RELATIONSHIPS | 3. I can say how I feel (circle time) |  |  |  |
|  | **Describe how to keep safe in the sun** |  |  | BEING SAFE-  | 9. I can tell you how I look after myself10. I think before I make choices that affect my health (circle time) |  | Health resource | World Health Day 7 April |
| **Who to go to if I am worried or need help** |  |  | BEING SAFE- People who keep us safe  | 25. I know when to ask for help and who to ask for help from |  |  |  |
| **That healthy families love, care and protect one another and that there are different family structures and these should be respected** | **Families** Y1 *(Domestic Church - Autumn term)* | We meet God’s love in the community *(Y2 p.19)* |  |  |  |  | Refugee Week JuneInternational Day of Families15 May |
| **Recognise what makes people special** |  |  | BEING ME – What makes you you? | 1. We are all special |  | 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** |  |  | BULLYING – Being unkind | 5. I know what to do if I see anyone being hurt7. I try to stand up for myself and others |  |  | Anti-Bullying WeekNovember Internet Safety Week February |
| **How my behaviour affects other people and that there are appropriate and inappropriate behaviours** | **Rules** Y2*(Reconciliation - Summer term)* | We meet God’s love in the community *(Y2 p.19)* |  |  |  |  | Anti-Bullying WeekNovemberInternet Safety Week February |
|  | **Recognise the characteristics of positive and negative relationships** |  |  | EMOTIONS/RELATIONSHIPS | 26. I can recognise comfortable anduncomfortable feelings (circle time) |  |  |  |
| **How to use simple rules for resisting pressure when I feel unsafe or uncomfortable** |  |  | BEING SAFE | 26. I can recognise comfortable anduncomfortable feelings (circle time) |  |  | Anti-Bullying WeekNovember Internet Safety Week February |
| **Get adult help if someone is hurt** |  | 27. I know how to help others when they are in trouble |  |  |  |  | Emergency Services Day |

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| Theme 3: Created to live in community – local, global & national | **Recognise that I can belong to a variety of communities locally, nationally and globally**  | **Special People** Y1**Books** Y2*(Local church -Spring term)***Neighbours** Y1*(Universal Church -Summer term)* |  | DIFFERNCE AND DIVERSITY – Same and different | 15. I know I belong to a community that includes my school |  | 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)* | We meet God’s love in the community *(Y2 p.19)* | DIFFERNCE AND DIVERSITY – Same and different |  |  | Fair TradeResourceLaudato SiCare for our Common Home | Fair Trade FortnightFebruary |
| **To make, and understand the Sign of the Cross** |  |  |  |  |  |  |  |
| **Be friendly and can make friends** |  |  |  | 18. I cooperate with others in work and play.(circle time) |  |  |  |
| **That how I act can have consequences** | **Being Sorry** Y1**Rules** Y2*(Reconciliation -**Summer term)* |  | BEING RESPONSIBLE |  |  |  |  |
| **That Jesus tells us to forgive one anot*h*er** | **Being Sorry** Y1**Rules** Y2*(Reconciliation - Summer term)* |  |  | 31. I know how to show I am sorry |  |  | International Day of Peace 21 September |
|  | **Be caring, aware of the needs of others** | **Holidays & Holydays** Y1**Spread the Word** Y2*(Pentecost - Summer term)* |  |  | 13. I try to love others as I love myself |  | Picture My World resourceA Day with Musa resource  | Refugee WeekJuneInternational Day of Families15 May |

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| Theme 1: Created and Loved by God | **That life is precious and given by God** | **Homes** Y3**People** Y4*(Domestic Church -Autumn term)*Other Faiths weeks | God loves us in all our differences*(Y4 p. 28-32)* |  | 35. I notice that we are the same and we are different36. I try to be accepting of others |  | One Day One World | Universal Children’s Day 20 NovemberInternational Day for Tolerance 16 November |
| **That God wants me to use my individual gifts, talents and abilities** |  | God loves us in all our differences*(Y4 p.30)* | BEING ME – What makes you you? | 2. I can say one good thing about myself |  |  |  |
| **Be forgiving, able to say sorry and not hold grudges against those who have hurt me** | **Choices** Y3**Building Bridges** Y4*(Reconciliation - Summer term)* |  |  | 33. I try to accept forgiveness from others |  | 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)* |  |  | 20. I try to appreciate the beauty and the wonder in the world around me |  | One Day One World resource | World Environment Day5 June |

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|  | **That my body is changing as I grow and some of the changes that occur throughout life.** |  | God loves us in all our differences*(Y4 p.28-32)* | CHANGES – Uncomfortable changes | 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)*  | God loves us in all our differences*(Y4 p.28-32)* |  | 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)* |  | EXPLORING EMOTIONS |  | 10. I think before I make choices that affect my health |  |  |  |
| **Describe the needs of people and other living things, including the need to reproduce** |  | God loves us in all our differences*(Y4 p.28-32)* |  | Module 1 Unit 1Story SessionsDesigned for a purpose |  |  |  |  |

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|  | **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** |  | God loves us in all our differences*(Y4 p.28-32)* |  | Module 1 Unit 2Session 4Changing Bodies | 35. I notice that we are the same and we are different |  | One Day One World resource | Universal Children’s Day 20 November |
| **Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene** |  |  | BEING HEALTHLY | Module 1 Unit 2Session 2Respecting Our Bodies | 9. I can tell you how I look after myself10. I think before I make choices that affect my health | Animals including humansY3 Sc3/2.2 |  | World Health Day7 AprilWorld Toilet Day19 November |
| **Confidently say what I like and dislike** |  | How we live in love*(Y3 p.26)* | BEING ME – What make you you |  | 2. I can say one good thing about myself |  | One Day One World resource |  |
| **I can:****Describe the wider range of my feelings** |  | God loves us in all our differences*(Y4 p.30-32)* | EXPLORING EMOTIONS FEELINGS – I can describe a wider range of my feelings/ Feelings  | Module 1 Unit 3Session 1What Am I Feeling? |  |  |  |  |

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|  | **Describe changes that happen in life e.g. loss, separation, divorce and bereavement** | **Community** Y4 *(Local Church -Spring term)*  |  | CHANGES - Loss | Module 2 Unit 2Session 3When Things ChangeModule 1 Unit 3Session 3 I am Thankful | 3. I can say how I feel (circle time) |  |  |  |
| **Describe some ways to maintain good mental health, (exercise, diet sleep, company)**  |  |  | BEING HEALTHY – Mental Health |  | 3. I can say how I feel (circle time) |  |  | Mental Health Awareness Day/Week |

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| Theme 2: Created to love others | **Be courteous, showing good manners at home and in school** |  |  |  | 19. I try to use words that make the world a better place |  |  |  |
| **That I can spend time with God in prayer by myself and with others****which helps me in life** | All Topics | How we live in love*(Y3 p.23)* God loves us in all our differences*(Y4 p.28-32)* |  |  |  |  |  |
| **That belonging to the Church family means that I should love other people in the same way as Jesus does** | **Journeys** Y3**Community** Y4*(Local Church -Spring term)***Called** Y4 *(Baptism/Conf - Autumn term)* |  | BEING ME - Community | 15. I know I belong to a community that includes my school |  | 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** Y3**Building Bridges** Y4*(Reconciliation -Summer term)* | God loves us in all our differences*(Y4 p.30)* |  | 33. I try to accept forgiveness from others |  |  |  |
| **Describe how and why to keep safe in the sun** |  |  |  | 9. I can tell you how I look after myself10. I think before I make choices that affect my health |  |  | World Health Day7 April |
| **Be respectful of myself and others, recognising differences** |  | How we live in love*(Y3 p.23)* | DIFFERNCE AND DIVERSITY – Stereotyping - Gender | 33. I know what human dignity means and I show that I respect others |  | One Day One World resource | World Faith Week22-29 October  |
|  | **Be honest, able to be truthful in my relationships with others** | **Choices** Y3**Building Bridges** Y4*(Reconciliation -Summer term)* | How we live in love*(Y3 p.25)* |  | 31. I know how to show I am sorry |  |  |  |
| **Be caring, aware of the needs of others and responding to those needs** | **Energy** Y3**New Life** Y4*(Pentecost -Summer term)* |  | BEING RESPONSIBLE – Being Responsible | 27. I know how to help others when they are in trouble34. I stand up for people who are being treated unfairly |  | All CAFOD resources  | Refugee Week JuneFair Trade Fortnight 26 February |
|  | **That some behaviour is unacceptable** |  | How we live in love*(Y3 p.26)*God loves us in all our differences*(Y4 p.30-32)* |  | 5. I know what to do if I see anyone being hurt |  | 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** |  | How we live in love*(Y3 p.26)*God loves us in all our differences*(Y4 p.30-32)* |  | 23. I try to keep going when things get difficult and not give up hope |  |  |  |
|  | **That I can go to a number of different people for help in different situations.** |  | How we live in love*(Y3 p.23)* |  | 25. I know when to ask for help and who to ask for help from |  |  |  |
| **That there are different types of relationships including those between acquaintances, friends, relatives and family** | **People** Y4 *(Domestic Church -Autumn term)* |  |  | 35. I notice that we are the same and we are different |  |  |  |
| **What bullying is (including cyber-bullying) and how to respond** |  |  | BULLYING |  |  |  | Anti-Bullying WeekNovember |

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|  | **What bullying is (including cyber-bullying) and how to respond** |  |  | BULLYINGBEING SAFE – Online safety |  |  |  | Anti-Bullying WeekNovember |
| **Show care and concern for the special people in my life** | **Giving & Receiving** Y4 *(Eucharist - Spring term)* | How we live in love*(Y3 p.23)* |  | 18. I cooperate with others in work and play(circle time) |  |  |  |
| **How to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online** |  |  |  |  |  |  | Internet Safety Week February |
| **Make a clear and efficient call to emergency services if necessary** |  |  |  | 27. I know how to help others when they are in trouble |  |  | Emergency services day  |
|  | **That not all images, language and behaviour are appropriate** |  |  |  | 26. I can recognise comfortable anduncomfortable feelings (circle time) |  |  | Internet Safety Week February |

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|  | **That not all images, language and behaviour are appropriate** |  |  |  | 26. I can recognise comfortable anduncomfortable feelings (circle time) |  |  | Internet Safety Week February |
| **The difference between good and bad secrets** |  |  | BEING SAFE | 15. I know I belong to a community that includes my school |  |  |  |
|  | **Why social media, some computer games and online gambling, for example, are age restricted** |  |  | BEING SAFE – Online safety |  |  |  |  |

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|  | **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** |  |  | BEING SAFE – Online safety |  |  |  |  |
| **How to be a discerning consumer of information online, including understanding that information, including that from search engines is ranked, selected and targeted** |  |  | BEING SAFE – Online safety |  |  |  |  |

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| Theme 3: Created to live in community – local, global & national | **Be friendly, able to make and keep friends** | **Choices** Y3**Building Bridges** Y4*(Reconciliation -Summer term)* | How we live in love*(Y3 p.24)* |  | 18. I cooperate with others in work and play(circle time) |  |  |  |
| **Show concern for the communities to which I belong, aware that my behaviour has an impact upon them**  | **Choices** Y3**Building Bridges** Y4*(Reconciliation -Summer term)*Other Faiths weeks  | How we live in love*(Y3 p.23)* | BEING ME - Community | 18. I cooperate with others in work and play(circle time) |  | 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** Y3**God’s People** Y4*(Universal Church -Summer term)*  |  | BEING RESPONSIBLE – Rights and Responsibility |  |  | Climate and Environment ResourceFair Trade ResourceLaudato Si  | Fairtrade FortnightFebruaryWorld Health Day 7 AprilWorld Environment Day 5 June |

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|  |  | Come and See / Sacramental Preparation Education programme | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
|  | **That God is Trinity** | **Special Places** Y3**God’s People** Y4 |  |  |  |  |  |  |
| **That some behaviour is unacceptable** |  |  |  | 18. I cooperate with others in work and play(circle time) |  |  |  |
| **That following Jesus’ teaching on forgiveness can help me in my relationships with my friends** | **Choices** Y3**Building Bridges** Y4*(Reconciliation -Summer term)* |  |  |  |  |  |  |
| **Be caring, aware of the needs of others and responding to those needs** | **Energy** Y3**New Life** Y4*(Pentecost -Summer term)* |  | BEING RESPONSIBLE – Rights and Responsibility | 27. I know how to help others when they are in trouble34. I stand up for people who are being treated unfairly |  | All CAFOD resources  | Refugee Week JuneFair Trade Fortnight 26 February |

|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
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| Theme 1: Created and Loved by God | **That we are all children of God and made in God’s image and likeness** | **Ourselves** Y5*(Domestic Church -Autumn term)* | God loves me in my changing and developmentY5 p.33-36 |  | 1. We are all special |  | One Day One world resource | World Day for Cultural Diversity 21 June International Day for Tolerance 16 November |
| **That each person has a purpose in the world and that God has created me for a particular purpose (vocation)** | **Life Choices** Y5**Vocation and Commitment** Y6*(Baptism/**Belonging - Autumn term)* |  | BEING ME – Talents and Individuality |  |  | 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** |  | God loves me in my changing and development*(Y5 p.33-34)*\*SDB Y5 /6 | CHANGES - |  | Animals including humans Sc5/2.2a |  | International Youth Day12 August International Day for Older Persons1 October |
| **About the week by week development of the baby in its mother’s womb** |   | The wonder of God’s love in creating new life*(Y6 p.40-41)*\*SDB Y5 /6 |  |  |  |  | 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** |  | Y5 p.34God loves me in my changing and developmentThe wonder of God’s love in creating new life*(Y6 p.40-41)*\*SDB Y5 /6 |  |  |  |  |  |
| **About the differences between boys and girls with regard to puberty and reproduction** |  | God loves me in my changing and development*(Y5 p.33-36)*\*SDB Y5 /6The wonder of God’s love in creating new life*(Y6 p.37-39)*\*SDB Y5 /6 |  |  |  |  |  |
| **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** |  |  | DRUG EDUCATION – Alcohol / Smoking | 9. I can tell you how I look after myself10. I think before I make choices that affect my health | Animals including humans SC6/2.2b |  | World Health Day 7 AprilWorld Toilet Day19 November |
| **Be confident in my relationships with my peers in various situations, including online** |  |  | BEING SAFE – Online safety |  |  |  | Internet Safety WeekFebruary |
| **Describe how my emotions may change and intensify as I grow and move through puberty** |  | God loves me in my changing and development*(Y5 p.35)*\*SDB Y5 /6The wonder of God’s love in creating new life*(Y6 p.42-43)* |  | 3. I can say how I feel |  |  |  |
| **It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough** |  |  | BEING HEALTHY - Mental Health |  |  |  |  |
| **How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body** |  | God loves me in my changing and development*(Y5 p.33-36)*\*SDB Y5 /6 | BEING HEALTHY – Health and Well being |  |  |  |  |
| **Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement** | **Death & New Life** Y6*(Lent/Easter - Spring term)* | \*SDB Y5 /6 | EXPLORING EMOTIONS – Worrying |  |  |  |  |

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|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
|  | **Describe the impact that poor lifestyle choices can have on mental health** **and the need for exercise, fresh air, company, good diet and sufficient good quality sleep to support mental well- being** |  |  | DRUG EDUCATION- Alcohol/SmokingBEING HEALTHY-Health and Wellbeing Mental Health | 9. I can tell you how I look after myself10. I think before I make choices that affect my health |  |  | Mental Health Awareness day/week |

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|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
| Theme 2: Created to love others | **Be courteous in my dealings with friends and strangers** |  |  |  | 19. I try to use words that make the world a better place |  |  |  |
| **That some behaviour is unacceptable, unhealthy or risky** |  |  |  | 6. I understand that rights match responsibility |  |  | Internet Safety WeekFebruary |
| **About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage** |  |  | BEING HEALTHY – Health and Wellbeing | 9. I can tell you how I look after myself10. I think before I make choices that affect my health |  |  | 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 | God loves me in my changing and developmentY5 p.33-36 | DIFFERENCE AND DIVERSITY- Equality  | 36. I try to be accepting of others |  | One Day One World resource | One World WeekOctoberWorld Faith WeekNovember |

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|  |  | Come and See | Journey in Love | PHSCE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
|  | **The importance of forgiveness and reconciliation in relationships and****the challenges involved in following Jesus’ teaching on forgiveness** | **Freedom & Responsibility** Y5**Healing** Y6*(Reconciliation -Summer term)* |  |  | 29. I try to forgive people when they hurt me33. I try to accept forgiveness from others |  | 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** |  | God loves me in my changing and development*(Y5 p.35)* | EXPLORING EMOTIONS – Embarrassment/ Worrying  | 9. I can tell you how I look after myself |  |  | Internet Safety WeekFebruary |

|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
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|  | **That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)** | **Common Good** Y6*(Universal Church -Summer term)***Mission** Y5*(Local Church -Spring term)* **Unity** Y6*(Eucharist - Spring term)* |  |  | 15. I know I belong to a community that includes my school |  | Universal Church Topic Year 6 | Fair Trade Fortnight FebruaryRefugee week June |
| **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)* |  | DIFFERENCE AND DIVERSITY -Stereotyping and Refuges | 15. I know I belong to a community that includes my school |  | Universal Church Topic Year 6 | Fair Trade Fortnight FebruaryRefugee week June |
|  | **Be honest, striving to live truthfully and with integrity, using good judgement** |  |  | BEING RESONSIBLE | 8. I try to be just and fair |  |  |  |
| **Be compassionate, able to empathise with the suffering of others and displaying the generosity to help** | **Sacrifice** Y5**Death & New Life** Y6*(Lent/Easter-Spring term)* |  | DIFFERENCE AND DIVERSITY – Equality  | 27. I know how to help others when they are in trouble34. I stand up for people who are being treated unfairly |  | All CAFOD resources | Refugee week JuneFair Trade FortnightFebruary |
| **How to use technology safely** |  |  | BEING SAFE – Online Safety |  |  |  | Internet Safety WeekFebruary |

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|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
|  | **That there are a number of different people and organisations I can go to for help in different situations and how to contact them** |  |  | BEING SAFE -  | 25. I know when to ask for help and who to ask for help from |  |  |  |
| **About some basic first-aid, dealing with common injuries** |  |  |  | 27. I know how to help others when they are in trouble |  |  | Emergency services Day |
|  | **How to make informed choices in relationships**  |  | God loves me in my changing and development*(Y5 p.35)*The wonder of God’s love in creating new life*(Y6 p.42)* |  |  |  |  |  |

|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
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|  | **That my increasing independence brings increased responsibility to keep myself and others safe** |  |  | BEING SAFE – Safe and unsafe places | 6. I understand that rights match responsibility |  |  | Internet Safety WeekFebruary |
| **That prayer and worship nourish my relationship with God and support my relationships with others** | All topics | God loves me in my changing and developmentY5 p.36The wonder of God’s love in creating new lifeY6 p.44 |  |  |  | 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.** |  |  | BEING SAFE – Online SafetyBEING HEALTHY – Health and Wellbeing | 27. I know how to help others when they are in trouble |  |  |  |

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|  |  | Come and See | Journey in Love | Life to the Full | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
|  | **Why social media, some computer games and online gambling, for example, are age restricted** |  |  | Module 2 Unit 3Session 2Chatting Online |  |  |  |  |

|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
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|  | **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** |  |  | BEING SAFE – Online Safety | 27. I know how to help others when they are in trouble |  |  |  |
| **How to be a discerning consumer of information online, including understanding that information, including that from search engines is ranked, selected and targeted** |  |  | BEING SAFE – Online Safety |  |  |  |  |
|  | **How to report and get help if I encounter inappropriate materials or messages** |  |  | BEING SAFE – Online Safety | 25. I know when to ask for help and who to ask for help from |  |  | Internet Safety WeekFebruary |

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|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to Global Calendar |
| Theme 3: Created to live in community | **That there are some cultural practices which are against British law and universal rights (e.g. honour-based violence and forced marriage, human trafficking etc.)** |  |  | BEING RESPONSIBLE – Parliament /Diversity |  |  |  |  |
| **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 |  | BEING RESPONSIBLE – Parliament /DiversityDIFFERENCES AND DIVERSITY -  | 36. I try to be accepting of others |  | Global Neighbours resource | World Day for Cultural Diversity21 May |

|  |  | Come and See | Journey in Love | PHSE Matters | Statements to Live By | Science | Links to CAFOD | Links to GlobalCalendar |
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|  | **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** |  |  | BEING RESPONSIBLE – Human Rights |  |  |  |  |
| **That God is Trinity, a communion of persons** |  |  |  |  |  |  |  |
| **Demonstrate my gratitude to others for the good things in my life through words and actions** | **Ourselves** Y5**Loving** Y6*(Domestic Church -Autumn term)* |  |  | 20. I try to appreciate the beauty and the wonder in the world around me |  | One Day One World resource | World Environment Day5 June |
| **Be self-disciplined and able to delay or even deny myself**  | **Sacrifice** Y5**Death & New Life** Y6*(Lent/Easter - Spring term)* |  |  |  |  | Advent and Lent Resources |  |
|  | **Be self-disciplined and able to delay or even deny myself**  | **Sacrifice** Y5**Death & New Life** Y6*(Lent/Easter - Spring term)* |  |  |  |  | Advent and Lent Resources |  |
| **I can:****Show care and concern for the special people in my life and put their needs before my own**  | **Sacrifice** Y5**Death & New Life** Y6*(Lent/Easter-Spring term)* |  |  |  |  |  |  |
| **Be loyal, able to develop and sustain friendships** |  |  |  |  |  |  |  |
| **Be just and fair, acting with integrity, understanding the impact of my actions locally, nationally and globally** | **Stewardship** Y5**Common Good** Y6*(Universal Church -Summer term)* |  | BEING RESPONSIBLE – Parliament /Diversity/Human Rights |  |  | 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** Y5**Common Good** Y6*(Universal Church -Summer term)* |  | BEING RESPONSIBLE – Parliament /Diversity/ Human Rights |  |  | 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 & Responsibility** Y5*(Reconciliation -Summer term)* |  |  | 29. I try to forgive people when they hurt me |  |  | International day of Peace 21 September |
|  | **That bacteria and viruses can affect health and that following simple routines and medical interventions can reduce their spread** |  |  | BEING HEALTHY – Health and Wellbeing |  |  |  |  |

Resources Referenced in this Document:

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

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

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

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

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

**Life to the Full –** Ten: Ten Resources (including EYFS resources September 2010)[www.tentenresources.co.uk/relationship-education](http://www.tentenresources.co.uk/relationship-education%20)

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

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

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

Global Calendar

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

**\*SDB –** Additional resources produced for Year 5 and Year 6 by Sister Dorothy Black (available from David Quinn)

Suggested Additional Resources:

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

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

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

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

PSHE guidance from PSHE Association [https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe](%5C%5C%5C%5Cdc3%5C%5CDiocese%5C%5CEducation%5C%5CSchools%5C%5CRelationship%20and%20Sex%20Education%5C%5CDraft%20updated%20%20docs%5C%5Cph)

[https://www.pshe-association.org.uk/](%5C%5C%5C%5Cdc3%5C%5CDiocese%5C%5CEducation%5C%5CSchools%5C%5CRelationship%20and%20Sex%20Education%5C%5CDraft%20updated%20%20docs%5C%5Cph)

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