



St Bede's Catholic Primary School

In Christ's kindness... We learn, we pray, we belong.

RSHE Curriculum

Overview

At St. Bede's RC Primary School we believe that appropriate and responsible Sex Education is an important element in preparing pupils for adult life. The delivery of this subject matter calls for careful and sensitive treatment. Our school shares the responsibility with parents to ensure that the giving of this information is within the context of a Catholic, Christian community and that it is based on sound moral values.

Intent

We aim to provide a fully comprehensive curriculum which equips children with essential knowledge and understanding to enable them to build healthy and positive relationships with themselves, others and God.

Our children are growing up in an ever changing world and may be influenced and affected by many different factors such as the online world and social media. Our programme covers a variety of topics including mental health and dealing with difficult emotions, respecting our bodies, puberty and changes, positive body image and making healthy choices.

Through our Sex Education curriculum we want the children to acquire:

- Knowledge and understanding of the human person (emotional and physical)
- Strategies and skills to aid the making of informed choices.
- Positive attitudes towards self and others, self-esteem / self-respect and mutual appreciation and respect in all relationships.



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Aims of the Curriculum

To develop the following attitudes and virtues:

- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodies;
- responsibility for ones actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long love;
- recognising the importance of marriage and family life;

To develop the following personal and social skills:

- making sound judgements and good choices;
- loving and being loved, and the ability to form friendships and loving, stable relationships;
- managing emotions within relationships including when relationships break down;
- managing conflict positively, recognising the value of difference;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups;

To develop the following knowledge and understanding:

- the Church's teaching on marriage and the importance of marriage and family life;



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- the centrality and importance of virtue in guiding human living and loving;
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation; (Parents may withdraw their child from this aspect of the curriculum)

These will be covered through five overlapping themes – moral, spiritual, physical, emotional and social development.



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Implementation

As a school we will be following the 'Life to the Full' programme written by Ten:Ten, whose resources support our delivery of this curriculum area.

The programme is modular, with each year group following three key modules throughout the year.

Module 1: Created and Loved by God

Explore the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop and understanding of the importance of valuing themselves as the basis for personal relationships.

Module 2: Created to Love Others

Explores the individual's relationships with others. Building on the understanding that we have been created out of love, this module explores how we take this calling into our family, friendships and relationships, and teaching strategies for developing healthy relationships and keeping safe.

Module 3: Created to Live in a Community



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Explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the common good.

These modules are separated into different units to cater to the PSHE and RSE curriculum standards across all Key Stages.

Overview of Modules

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
Units: -Religious Understanding -Me, My Body, My Health -Emotional Well Being -Life Cycles	Units: -Religious Understanding -Personal Relationships -Keeping Safe	Units: -Religious Understanding -Living in the Wider World



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Early Years

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<ul style="list-style-type: none"> -Our uniqueness in real terms -Celebrating differences and individual gifts, talents and abilities -Looking after and using our bodies (including vocabulary around this topic) -The necessity of how and when to say sorry in relationships -A basic exploration of Jesus' forgiveness and growing up as God's plan for us 	<p>Unit 2: Personal Relationships</p> <ul style="list-style-type: none"> -Vocabulary to identify different family/friend relationships -The features of positive/negative behaviour in relationships -The importance of resolving conflict and asking for forgiveness when necessary <p>Unit 3: Keeping Safe</p> <ul style="list-style-type: none"> -Practical ways to stay safe inside and out -Staying safe around medicines -People who help us in emergencies 	<p>In the first Unit, Religious Understanding, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>In subsequent sessions, this religious understanding is applied to real world situations, such as the community we live in, and through exploring the work of charities which work for the common good.</p>



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Key Stage 1

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<p>-We are uniquely made by a loving God</p> <p>-We have differences and similarities</p> <p>-Key information about staying physically healthy</p> <p>-Understanding feelings and emotions, including strong feelings such as anger</p> <p>-The cycle of life from birth to old age</p>	<p>Unit 2: Personal Relationship</p> <p>-'Special People' in their lives who they love and can trust</p> <p>-Coping with various social situations and dilemmas</p> <p>-The importance of saying sorry and asking for forgiveness in relationships</p> <p>Unit 3: Keeping Safe</p> <p>-The risks of being online (incorporating Smartie the Penguin from Childnet)</p> <p>-The difference between good and bad secrets</p> <p>-Teaching on physical boundaries</p>	<p>In the first Unit, Religious Understanding, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>In subsequent sessions, this religious understanding is applied to real world situations, such as the community we live in, and through exploring the work of charities which work for the common good.</p> <p>Suggested Year 1 units</p> <p>Suggested Year 2 units</p>



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	<p>(incorporating the PANTS resources from the NSPCC)</p> <ul style="list-style-type: none"> -The effects of harmful substances (including alcohol and tobacco) -Some basic first aid and what they should do in an emergency 	
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Lower KS2 (Year 3 and 4)

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<ul style="list-style-type: none"> -Understanding differences -Respecting our bodies -Puberty and changing bodies -Strategies to support emotional well-being including practising thankfulness -The development of pupils' understanding of life before birth 	<p>Unit 2: Personal Relationship</p> <ul style="list-style-type: none"> -A more complex appreciation of different family structures -Activities and strategies to help them develop healthy relationships with families and friends -Techniques for managing thoughts, feelings and actions <p>Unit 3: Keeping Safe</p>	<p>In the first Unit, Religious Understanding, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>In subsequent sessions, this religious understanding is applied to real world situations, such as the community we live in, and through exploring the work of charities which work for the</p>



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	<ul style="list-style-type: none"> -Incorporates some NSPCC resources around online safety -Teaching on bullying and abuse through a series of animated stories -The effects of drugs, alcohol and tobacco and how to make good choices concerning these when they get older. -The crucial role of First Aid in emergency situations 	<p>common good.</p> <p>Suggested Year 3 units</p> <p>Suggested Year 4 units</p>
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Upper KS2 (Year 5 and 6)

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<ul style="list-style-type: none"> -Appreciation of physical and emotional differences -A more complex understanding of physical changes in girls' and boy' bodies -Body image -Strong emotional feelings 	<p>Unit 2: Personal Relationship</p> <ul style="list-style-type: none"> -Equip children with strategies for more complex experiences of relationships and conflicts -Identify and understand how to respond to spoken and unspoken pressure 	<p>In the first Unit, Religious Understanding, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>In subsequent sessions, this religious understanding is applied to real world</p>



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<ul style="list-style-type: none">-The impact of the internet and social media on emotional well being-A more nuanced and scientific understanding of life in the womb and how babies are made-Menstruation	<ul style="list-style-type: none">-The concept of consent-Further teaching on how our thoughts and feelings have an impact on how we act <p>Unit 3: Keeping Safe</p> <ul style="list-style-type: none">-Risks of sharing and chatting online-A more complex understanding of different forms of abuse-How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning-Essential First Aid such as DR ABC	<p>situations, such as the community we live in, and through exploring the work of charities which work for the common good.</p> <p>Suggested Year 5 units</p> <p>Suggested Year 6 units</p>
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Impact

Jesus demonstrates his humanity to us through his relationships with others. He commands us to love God and to love one another. It is paramount that we place any Relationships and Health Education within a framework bounded by mutual respect within the context of loving relationships. RHE, therefore, must not be seen merely as part of Health Education, giving the children the information and skills they need to make informed and healthy choices as they move into adulthood but also a positive step in encouraging well developed interpersonal skills leading to emotionally well equipped adults.



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By following of the Ten:Ten 'Life to the Full' programme, we are giving our children the age appropriate information they need to help them to grow in confidence, faith and love and build healthy relationships with those around them. Children understand the importance of open communication with regard to the RHE curriculum and know the importance of receiving accurate information with regard to these issues. They are aware of who to ask to receive the correct information they need and can apply the taught elements of their curriculum to their everyday lives.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	-Handmade in Love -I Am Me -Head, Shoulders., Knees and Toes -Ready Teddy?	-Let the Children Come to Me -I am Unique	- Girls and Boys* -Clean and Healthy	-Get Up -The Sacraments -We Don't Have To Be the Same	-What Is Puberty?*	-Calming the Storm -Gifts and Talents	- Girls' Bodies* - Boys' Bodies* - Spots and Sleep*
Spring	-I Like, You Like, We All Like -Good Feelings and Bad Feelings -Let's Get Real -Growing Up -Role Model -Who's Who? -You've Got a Friend in Me -Forever Friends	-Feelings, Likes and Dislikes -Feelings Inside and Out -God Loves You -Special People -Treat Others Well -Say Sorry	-Super Susie Gets Angry - The Cycle of Life* - Being Safe* - Good Secrets and Bad Secrets* - Physical Contact* - Harmful Substances -Can You Help Me?	-What Am I Feeling? -What Am I Looking At? -I am Thankful -Jesus My Friend -Friends, Families and Others -When Things Feel Bad	-Life Cycles	- Body Image - Funny Feelings* - Emotional Changes -Is God Calling You? -Under Pressure -Do You Want a Piece of Cake? Self Talk	-Seeing Stuff Online* -Making Babies (Part 1)* -Making Babies (Part 2)* - Menstruation*
Summer	-Safe Inside and Out -My Body, My Rules -Feeling Poorly -People Who Help Us -God Is Love	-Three in One -Who is My Neighbour?	-The Communities We Live in	-A Community of Love -What Is the Church?	-Sharing Online - Chatting Online - Safe In My Body* - Drugs, Alcohol and Tobacco* -First Aid Heroes	-The Trinity -Catholic Social Teaching	-Sharing Isn't Always Caring -Cyberbullying - Types of Abuse* - Impacted Lifestyles*



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	-Loving God, Loving Others -Me, You, Us				-How Do I Love Others?		-Making Good Choices -Giving Assistance -Reaching Our Potential
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