

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
(DfE refs.)		Module 1 Units 1 & 2 - Me, My Body, My Health	Module 1 Units 3 & 4 - Emotional Wellbeing & Life Cycles	Module 2 Units 1, 2 & 3 - Personal Relationships & Life Online	Module 2 Unit 4 – Keeping Safe	Module 3 Units 1 & 2 – Living in the Wider World
EYFS		<p><b>1.1 Handmade with Love</b> 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!</p> <p><b>1.2.1 I am Me (3a)</b> 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!</p> <p><b>1.2.2 Head, shoulders, knees and toes (8a)</b> Our bodies are good and made by God The names of the parts of the body (not genitalia)</p> <p><b>1.2.3 Ready Teddy (6e, 8a, 8b, 9a, 9c, 11b, 11c, 11d, 11e)</b> That our bodies are good and we need to look after them What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene</p>	<p><b>1.3.1 I Like, You Like, We All Like (3a, 3d, 2a)</b> That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) That it is natural for us to relate to and trust one another</p> <p><b>1.3.2 Good Feelings, Bad Feelings (2a, 6b, 6c)</b> A language to describe their feelings An understanding that everyone experiences feelings, both good and bad Simple strategies for managing feelings</p> <p><b>1.3.3 Let's Get Real (2c, 2d, 3b, 3c, 3e, 3h, 6d)</b> Simple strategies for managing emotions and behaviour That we have choices and these choices can impact how we feel and respond. We can say sorry and forgive like Jesus</p> <p><b>1.4.1 Growing Up</b> That there are natural life stages from birth to death, and what these are</p> <p><b>1.4.2 New People, New Places</b> Change is a part of growing up Their experiences of change will help their transition to Year 1 God is with them every step of the way as they grow and change</p>	<p><b>2.1.1 - Role Model (3c, 3e)</b> We are part of God's family Jesus cared for others and wanted them to live good lives like Him We should love other people in the same way God loves us</p> <p><b>2.2.1 - Who's Who? (1a, 1b, 1c, 1d)</b> To identify special people (e.g. parents, carers, friends) and what makes them special The importance of the nuclear family and of the wider family The importance of being close to and trusting of 'special people' and telling them is something is troubling them</p> <p><b>2.2.2 - You've Got a Friend in Me (2a, 2b, 2c, 2e, 3e, 3f, 3h, 5a, 6h)</b> 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 <a href="#">Online Bullying Lessons 1 &amp; 2 (YR)</a></p> <p><b>2.2.3 - Forever Friends (2a, 2b, 2c, 3b, 3c, 6d)</b> To recognise when they have been unkind to others and say sorry. 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.</p> <p><b>2.3.1 - What is the Internet? (7a)</b> That the internet connects us to others That the internet helps us in lots of ways Only Jesus can help us with everything <a href="#">Online Relationships Lessons 1 &amp; 2 (YR)</a> <a href="#">Online Reputation Lesson 1 (YR)</a></p> <p><b>2.3.2 Playing Online (4c, 7b, 7g)</b> About safe and unsafe situations online. That they can ask for help from their special people. <a href="#">Online Relationships 2</a></p>	<p><b>2.4.1 - Safe Inside and Out (11b)</b> About safe and unsafe situations indoors and outdoors That they can ask for help from their special people. <a href="#">Self-Image &amp; Identity Lesson 1 (YR)</a> <a href="#">Privacy &amp; Security Lesson 1 (YR)</a> <a href="#">Health, Well-Being &amp; Lifestyle Lesson 1 (YR)</a></p> <p><b>2.4.2 - My Body, My Rules (2a, 2b, 2d, 3e, 5b, 5c, 5d, 5e, 5f, 6b, 6f, 6i)</b> To know they are entitled to bodily privacy 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 <a href="#">Privacy &amp; Security Lesson 2 (YR)</a> <a href="#">Health, Well-Being &amp; Lifestyle Lesson 2 (YR)</a></p> <p><b>2.4.3 - Feeling Poorly (11a)</b> 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 us.</p> <p><b>2.4.4 - People Who Help Us (12a)</b> 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</p>	<p><b>3.1.1 - God is Love (3a)</b> That God is love: Father, Son and Holy Spirit That being made in His image means being called to be loved and to love others</p> <p><b>3.1.2 - Loving God, Loving Others (2b, 3a)</b> 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.</p> <p><b>3.2.1 - Me, You, Us (2b, 3a, 3c, 3e)</b> That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. That we have a duty of care for others and for the world we live in (charity work, recycling, etc.) About what harms and what improves the world in which they live</p> <p><b>3.2.2 - When I Grow Up...</b> About some different types of jobs That having a job can help us to look after each other and the world That God has given us all strengths, gifts and talents to do His work About strengths and interests needed to do different jobs</p> <p><b>3.2.3 - Money Doesn't Grow On Trees</b> That money helps us buy things. That wants and needs are different. That God's love and the love we share with others is freely given and our most important need.</p>

[ProjectEVOLVE resources to support statements from UK Council for Internet Safety's \(UKCIS\) framework "Education for a Connected World"](#)

[Learn Sheffield Anti-Discrimination Resources](#)

[Hallam Teaching School Alliance Anti-Racism Resources](#)

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KS1	<p>Anti-discrimination</p> <p>Year 1:</p> <p><a href="#">KS1 Introduction to anti-discrimination</a></p> <p>Anti-Racism lessons 1 - 4</p> <p><a href="#">1. Talking about race and racism</a></p> <p><a href="#">2. Defining anti-racism</a></p> <p><a href="#">3. Redefining racism</a></p> <p><a href="#">4. Understanding racial socialisation and stereotypes</a></p> <p>Year 2:</p> <p><a href="#">KS1 Introduction to anti-discrimination</a></p> <p>Anti-Racism lessons 5 - 8</p> <p><a href="#">5. Unconscious bias</a></p> <p><a href="#">6. Being anti-racist in our actions</a></p> <p><a href="#">7. Representation matters</a></p> <p><a href="#">8. Myth busting</a></p>	<p>Module 1 Units 1 &amp; 2 - Me, My Body, My Health</p> <p><b>1.1.1 - Let the Children Come (5c)</b> We are created individually by God; God wants us to talk to Him often through the day and treat Him as our best friend; God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness; We are created as a unity of body, mind and spirit: who we are matters and what we do matters; We can give thanks to God in different ways.</p> <p><b>1.2.1 - I am Unique (Me) (3a, 3e)</b> To learn that we are unique, with individual gifts, talents and skills.</p> <p><b>1.2.2 - Girls &amp; Boys (My Body) (3a, 5a, 5c) KD1 – V2</b> Our bodies are good; The names of the parts of our bodies (please refer to the Module Overview for important guidance on discussing genitalia); Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.</p> <p><b>1.2.3 - Clean and Healthy (My Health) (5c, 8a, 9a, 9b, 9c, 11c, 11d, 11e)</b> Our bodies are good and we need to look after them; What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; The importance of sleep, rest and recreation for our health; How to maintain personal hygiene.</p>	<p>Module 1 Units 3 &amp; 4 - Emotional Wellbeing &amp; Life Cycles</p> <p><b>1.3.1 - Feelings, Likes and Dislikes (3a)</b> That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings</p> <p><b>1.3.2 - Feeling Inside Out (6b, 6c)</b> 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.</p> <p><b>1.3.3 - Super Susie Gets Angry (5a, 2e, 6d, 2d)</b> Simple strategies for managing feelings and for good behaviour;</p> <p>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.</p> <p><b>1.4.1 The Cycle of Life (2c, 2d)</b> Children will know and appreciate that there are natural life stages from birth to death, and what these are.</p> <p><b>1.4.2 - Beginnings and Endings</b> What 'death' means 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</p> <p><b>1.4.3 - Change is All Around!</b> Change is a part of life. Managing our feelings about change helps to prepare us for future changes. God is with us as we change and grow.</p>	<p>Module 2 Units 1, 2 &amp; 3 - Personal Relationships &amp; Life Online</p> <p><b>2.1.1 - God Loves You (2d, 3c)</b> We are part of God's family; Saying sorry is important and can mend friendships; Jesus cared for others and has expectations of them and how they should act; We should love other people in the same way God loves us.</p> <p><b>2.2.1 - Special People (1a, 1b, 1c, 1d, 5h)</b> To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special; The importance of nuclear and wider family; The importance of being close to and trusting special people and telling them if something is troubling them. <a href="#">Self-Image &amp; Identity Lesson 2 (Y1)</a> <a href="#">Self-Image &amp; Identity Lesson 2 (Y2)</a></p> <p><b>2.2.2 - Treat Others Well... (2a, 2b, 3c, 3f, 6h)</b> How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative relationships; Different types of teasing and that all bullying is wrong and unacceptable. <a href="#">Online Relationships Lessons 3 &amp; 4 (Y1)</a> <a href="#">Online Bullying Lesson 1 (Y1)</a> <a href="#">Online Relationships Lesson 6 (Y2)</a></p> <p><b>2.2.3 - ... and Say Sorry (2d, 3b)</b> 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. <a href="#">Online Bullying Lessons 1-3 (Y2)</a></p> <p><b>2.3.1 - Real Life Online (5e, 5f, 7a, 7e)</b> That the internet connects us to others and helps us in lots of ways. Our feelings matter – both online and offline. That Jesus cares about our feelings and gives us peace. <a href="#">Self-Image &amp; Identity Lesson 1 (Y1)</a> <a href="#">Online Relationships Lesson 2 (Y1)</a> <a href="#">Online Reputation Lesson 1 (Y1)</a> <a href="#">Self-Image &amp; Identity Lesson 1 (Y2)</a> <a href="#">Online Relationships Lesson 1 (Y2)</a> <a href="#">Online Reputation Lessons 1 &amp; 2 (Y2)</a></p> <p><b>2.3.2 - Rules to Help us (4c, 5e, 5f, 7a, 7c, 7e, 7g)</b> To understand safe and unsafe situations, including online. Ask for adult help with anything that worries them or makes them feel unsafe <a href="#">Online Relationships Lesson 1 (Y1)</a> <a href="#">Health, Well-Being &amp; Lifestyle Lesson 1 (Y1)</a> <a href="#">Online Reputation Lesson 2 (Y1)</a> <a href="#">Online Relationships Lessons 1 &amp; 2 (Y2)</a> <a href="#">Online Relationships Lesson 7 (Y2)</a> <a href="#">Online Reputation Lesson 3 (Y2)</a> <a href="#">Health, Well-Being &amp; Lifestyle Lessons 1-2 (Y2)</a></p>	<p>Module 2 Unit 4 – Keeping Safe</p> <p><b>2.4.1 - Good Secrets and Bad Secrets (1f, 5a, 5b, 5e)</b> The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; How to resist pressure when feeling unsafe. <a href="#">Privacy &amp; Security Lessons 1-3 (Y1)</a> <a href="#">Privacy &amp; Security Lessons 1-4 (Y2)</a></p> <p><b>2.4.2 - Physical Contact (h, 5a, 5b, 5c, 5e, 5g) KD6</b> To know that they are entitled to bodily privacy; That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest. <a href="#">Online Relationships Lessons 3-5 (Y2)</a></p> <p><b>2.4.3 Harmful Substances (10a, 9c)</b> 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.</p> <p><b>2.4.4 - Can You Help Me? Part 1 (8d, 12a)</b> 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.</p> <p><b>2.4.4 - Can You Help Me? Part 2 (11f, 12b)</b> Some basic principles of First Aid If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999.</p>	<p>Module 3 Units 1 &amp; 2 – Living in the Wider World</p> <p><b>3.1.1 - Three in One (3e)</b> That God is love: Father, Son and Holy Spirit That being made in his image means being called to be loved and to love others</p> <p><b>3.1.2 - Who is my Neighbour? (3e, 3a)</b> To know what a community is, and that God calls us to live in community with one another; A scripture illustrating the importance of living in community as a consequence of this; Jesus' teaching on who is my neighbour.</p> <p><b>3.2.1 - The Communities We Live In (3e, 3a)</b> That they belong to various communities such as home, school, parish, the wider local community, nation and global community; That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; That we have a duty of care for others and for the world we live in (charity work, recycling etc.); About what harms and what improves the world in which we live.</p> <p><b>3.2.2 - Who Will I Be?</b> About some different types of jobs in the community About some of the gifts, skills and strengths needed to do different jobs and that all jobs are open to boys and girls Work is a part of our purpose (vocation) God has given us all strengths, gifts and talents to do His work</p> <p><b>3.2.3 - Needs and Wants</b> That money is valuable and is used as an exchange for needs and wants. That wants and needs are different. About spending and saving choices. That God's love and the love we share with others is more valuable than anything.</p>

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<b>LKS2</b>	<p>Year 3:</p> <p><a href="#">LKS2 Introduction to anti-discrimination</a></p> <p>Anti-racism lessons 1 – 4</p> <p><a href="#">1. Talking about race and racism</a></p> <p><a href="#">2. Defining anti-racism</a></p> <p><a href="#">3. Redefining racism</a></p> <p><a href="#">4. Understanding racial socialisation and stereotypes</a></p> <p>Year 4:</p> <p><a href="#">LKS2 Introduction to anti-discrimination</a></p> <p>Anti-racism lessons 5 – 8</p> <p><a href="#">5. Unconscious bias</a></p> <p><a href="#">6. Being anti-racist in our actions</a></p> <p><a href="#">7. Representation matters</a></p> <p><a href="#">8. Myth busting</a></p>	<p><b>1.1.1 - "Get Up!"</b> We are created individually by God who is Love, designed in His own image and likeness; God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation); Every human life is precious from the beginning of life (conception) to natural death; Personal and communal prayer and worship are necessary ways of growing in our relationship with God; In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue); It is important to make a nightly examination of conscience.</p> <p><b>1.1.2 - The Sacraments</b> That in Baptism God makes us His adopted children and 'receivers' of His love. That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).</p> <p><b>1.2.1 - We Don't Have To Be The Same (3d, 3a, 3e)</b> Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).</p> <p><b>1.2.2 - Respecting Our Bodies (5c, 11c, 11b, 11d, 11e, 9a, 9b, 9c, 8a, 8b, 8c, 8d, 7b)</b> About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do</p> <p><b>1.2.3 - What is Puberty? (13a, 13b) KD2 Y4</b> Learn what the term puberty means; Learn when they can expect puberty to take place; Understand that puberty is part of God's plan for our bodies.</p> <p><b>1.2.4 - Changing Bodies (13a, 13b) KD2 Y4</b> Learn correct naming of genitalia; Learn what changes will happen to boys during puberty; Learn what changes will happen to girls during puberty.</p> <p><b>1.2.5 - Discussion Groups (13a, 13b) KD2 Y4</b></p>	<p><b>1.3.1 - What Am I Feeling? (6a, 6b, 6c, 6e, 6f, 6g, 6i, 6j)</b> That emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).</p> <p><b>1.3.2 - What Am I Looking At? (7f, 3g)</b> To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</p> <p><b>1.3.3 - I Am Thankful! (3b, 3c, 6d, 6f)</b> Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</p> <p><b>1.4.1 - Life Cycles – KD3 (Y4)</b> That they were handmade by God with the help of their parents; How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How conception and life in the womb fits into the cycle of life; That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.</p> <p><b>1.4.2 - A Time for Everything</b> What 'death' means About some feelings often connected with grief What the Christian faith says about death and eternal life</p> <p>Some ways to support themselves and others when they are grieving</p> <p><b>1.4.3 - Big Changes, Little Changes</b> Understand that change is a part of life and that there are different kinds of change.</p> <p>Learn about some feelings often associated with change.</p> <p>Know that God is always with us as we change and grow.</p> <p>Learn coping strategies to support themselves and others.</p>	<p><b>2.1.1 - Jesus, My Friend (2d)</b> That Jesus loves, embraces, guides, forgives and reconciles us with him and one another; The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness; 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.</p> <p><b>2.2.1 - Friends, Family and Others... (1a, 1b, 1c, 1d, 2a, 2b, 2c)</b> Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; That there are different types of relationships including those between acquaintances, friends, relatives and family; That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; The difference between a group of friends and a 'clique'.</p> <p><a href="#">Online Relationships Lessons 1-3 (Y3)</a> <a href="#">Online relationships Lessons 1 &amp; 2 (Y4)</a></p> <p><b>2.2.2 - When Things Feel Bad (3f, 2e, 1f, 6h, 5h)</b> Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, &amp; how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p> <p><a href="#">Online Relationships 4-6 (Y3)</a> <a href="#">Online Bullying Lessons 1 &amp; 2 (Y3)</a> <a href="#">Online Relationships Lesson 3 (Y4)</a> <a href="#">Online Bullying Lessons 1-3 (Y4)</a></p> <p><b>2.3.1 - Sharing Online (4b, 4c, 4e, 7a, 7c, 7e)</b> 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.</p> <p><a href="#">Self-Image &amp; Identity Lessons 1-3 (Y3)</a> <a href="#">Online Reputation Lessons 1-3 (Y3)</a> <a href="#">Health, Well-Being &amp; Lifestyle Lessons 1 &amp; 2 (Y3)</a> <a href="#">Self-Image &amp; Identity Lessons 1-3 (Y4)</a> <a href="#">Online Reputation Lessons 1 &amp; 2 (Y4)</a> <a href="#">Health, Well-Being &amp; Lifestyle Lessons 1 &amp; 2 (Y4)</a></p> <p><b>2.3.2 - Chatting Online (4a, 4c, 4d, 5a, 5f, 7e, 7g)</b> How to use technology safely; That bad language and bad behaviour are inappropriate; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.</p> <p><a href="#">Privacy &amp; Security Lessons 1-3 (Y3)</a> <a href="#">Privacy &amp; Security Lessons 1-4 (Y4)</a></p>	<p><b>2.4.1 - Safe in My Body (5b, 5d, 2e, 5e, 5g, 7g) KD6</b> 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.</p> <p><b>2.4.2 - Drugs, Alcohol and Tobacco (10a, 11f)</b> 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.</p> <p><b>2.4.3 - First Aid Heroes (12a, 12b)</b> 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.</p> <p><b>2.4.4 - Rights and Responsibilities</b> It is our responsibility to follow the rules at home, school and in our country. Some of our rules and laws are based on our rights. Rights protect us and ensure everyone is treated equally. Rules and rights are based on our values as a community. Our Christian/Gospel values promote the dignity and equality of all because we are all loved children of God.</p>	<p><b>3.1.1 - A Community of Love</b> God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'; The human family is to reflect the Holy Trinity in mutual charity and generosity.</p> <p><b>3.1.2 - What is the Church? (6e)</b> That the human family is to reflect the Holy Trinity in mutual charity and generosity; The Church family comprises of home, school and parish (which is part of the diocese).</p> <p><b>3.2.1 - How Do I Love Others? (3e)</b> To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.</p> <p><b>3.2.2 - Working Together</b> Know that there are many different jobs and types of work. Understand some of the factors that influence people's choice of work. Explore their own interests, skills and gifts in relation to their job aspirations. Know that God calls us to work together to share His love and care for each other and the world.</p> <p><b>3.2.3 - Money Matters</b> All forms of money have advantages and disadvantages. Our attitude to money and choices about spending, saving and giving impacts on ourselves and others. Budgeting helps to keep track of spending and saving. Our faith guides our values and reminds us of the importance of love for God and others.</p>

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<b>(DfE refs.)</b>	Anti-discrimination	Module 1 Units 1 & 2 - Me, My Body, My Health	Module 1 Units 3 & 4 - Emotional Wellbeing & Life Cycles	Module 2 Units 1, 2 & 3 - Personal Relationships & Life Online	Module 2 Unit 4 – Keeping Safe	Module 3 Units 1 & 2 – Living in the Wider World
<b>UKS2</b>	<p>Year 5:</p> <p><a href="#">UKS2 introduction to anti-discrimination</a> <a href="#">UKS2 anti-sexism lessons</a></p> <p>Anti-racism lessons 1 – 4 <a href="#">1. Talking about race and racism</a> <a href="#">2. Defining anti-racism</a> <a href="#">3. Redefining racism</a> <a href="#">4. Understanding racial socialisation and stereotypes</a></p> <p>Year 6:</p> <p><a href="#">UKS2 introduction to anti-discrimination</a> <a href="#">UKS2 ableism – how can I be a great citizen?</a></p> <p>Anti-racism lessons 5 – 8 <a href="#">5. Unconscious bias</a> <a href="#">6. Being anti-racist in our actions</a> <a href="#">7. Representation matters</a> <a href="#">8. Myth busting</a></p>	<p><b>1.1.1 - Calming the Storm (3e, 13a)</b> 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!</p> <p><b>1.2.1 - Gifts and Talents (2b, 2c, 3a, 3d)</b> 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).</p> <p><b>1.2.2 - Girls' Bodies (6c, 13a)</b> That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls will experience during puberty;</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</p> <p><b>1.2.3 - Boys' Bodies (6c, 13a, 1d)</b> 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;</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</p> <p>The need for modesty and appropriate boundaries.</p> <p><b>1.2.4 - Spots &amp; Sleep (7b, 11c, 8a, 8c, 8d, 9a, 9b, 9c, 11b, 11d, 11e)</b> 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.</p>	<p><b>1.3.1 - Body Image (2e, 3d, 3g, 8b, 6c)</b> 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</p> <p><b>1.3.2 - Peculiar Feelings (2d, 3b, 3c, 6a, 6b, 6c, 6d)</b> To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky.</p> <p><b>1.3.3 - Emotional Changes (1f, 2a, 6a, 6b, 6g, 6i, 6j)</b> 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.</p> <p><b>1.3.4 - Seeing Stuff Online (1a, 7f, 7g) KD4</b> 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</p> <p><b>1.4.1 - Making Babies (Part One) (1b)</b> How a baby grows and develops in its mother's womb.</p> <p><b>1.4.2 - Making Babies (Part Two) (1e) KDS Y6</b> Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage.</p> <p><b>1.4.3 – Menstruation (13b)</b> About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; Some practical help on how to manage the onset of menstruation.</p> <p><b>1.4.4 - Hope in Death</b> What 'death' means 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</p> <p><b>1.4.5 - Coping with Change</b> That there are many emotions and feelings connected with change. That gratitude and positivity help build resilience. Coping strategies to manage changes. That God is always with them.</p>	<p><b>2.1.1 - Is God Calling You? (3e)</b> To know that God calls us to love others. To know ways in which we can participate in God's call to us.</p> <p><b>2.2.1 - Under Pressure (3e, 6e, 6f)</b> Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure. <a href="#">Health, Well-Being &amp; Lifestyle Lessons 1-4 (Y6)</a></p> <p><b>2.2.2 - Do You Want a Piece of Cake? (3e, 3h)</b> Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.</p> <p><b>2.2.3 - Self-Talk (6f, 2a, 3e, 6i, 6j)</b> 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</p> <p><b>2.2.4 - Build Others Up KD7 (Y6)</b> About prejudice, bullying and discrimination: what they mean and how to challenge them. About protected characteristics from the Equality Act 2010 such as race, age and disability. That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.</p> <p><b>2.3.1 - Sharing Isn't Always Caring (4c, 4e, 7a, 7c, 7f)</b> To recognise that their increasing independence brings increased responsibility to keep themselves 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. <a href="#">Self-Image &amp; Identity Lesson 1 &amp; 2 (Y5)</a> <a href="#">Online Relationships Lessons 1-5 (Y5)</a> <a href="#">Online Reputation Lesson 1 &amp; 2 (Y5)</a> <a href="#">Health, well-Being &amp; Lifestyle Lesson 1-4 (Y5)</a> <a href="#">Privacy &amp; Security Lessons 1-3 (Y5)</a> <a href="#">Self-Image &amp; Identity Lessons 1-3 (Y6)</a> <a href="#">Online Relationships Lessons 1-4 (Y6)</a> <a href="#">Online Reputation Lesson 1 &amp; 2 (Y6)</a> <a href="#">Privacy &amp; Security Lessons 1-6 (Y6)</a></p> <p><b>2.3.2 – Cyberbullying (3f, 4a, 4b, 4d, 5a, 5d, 6h, 7e)</b> What the term cyberbullying means and examples of it; What cyberbullying feels like for the victim; How to get help if they experience cyberbullying. <a href="#">Online Bullying Lesson 1-6 (Y5)</a> <a href="#">Online Bullying Lesson 1 &amp; 2 (Y6)</a></p>	<p><b>2.4.1 - Types of Abuse (5a-h) KD6</b> To judge well what kind of physical contact is acceptable or unacceptable and how to respond. That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.</p> <p><b>2.4.2 - Impacted Lifestyles (8a, 9c, 10a, 11f, 11e)</b> Understand the effect that a range of substances including drugs, tobacco &amp; 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.</p> <p><b>2.4.3 - Making Good Choices (3h, 5c, 10a)</b> 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</p> <p><b>2.4.4 - Giving Assistance (3a, 12a, 12b)</b> 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.</p>	<p><b>3.1.1 - The Trinity</b> Children will know that God is Trinity - a community of persons; Children will know that the Church is the Body of Christ.</p> <p><b>3.1.2 - Catholic Social Teaching (3e)</b> 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</p> <p><b>3.2.1 - Reaching Out (3e)</b> 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.</p> <p><b>3.2.2 -The World of Work</b> Learn about the process of getting a job and consider factors that influence job choices. Understand how stereotyping can affect work aspirations and learn to challenge such attitudes. Consider jobs in different sectors, learning pathways to work and their own job aspirations.</p> <p><b>3.2.3 Money and Me</b> There are a wide variety of payment options. The importance of budgeting and tracking spending and saving. About the hierarchy of needs and other influences on spending choices. Some people have more money than others. God asks us to be good stewards of our money and resources.</p>



St. Mary's  
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School

# RSHE Curriculum Overview

