

Yearly Overview of KS2 RSE



	Year Three	Year Four	Year Five	Year Six
Autumn Term	<p><u>Get Up!</u> 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</p> <p><u>The Sacraments</u> 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). It is important to make a nightly examination of conscience.</p> <p><u>Jesus, My friend</u> That God loves, embraces, guides, forgives and reconciles us with him and one another.</p>	<p><u>Get Up!</u> 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</p>	<p><u>Calming the Storm</u> 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><u>Is God calling you?</u> 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><u>Calming the Storm</u> 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>The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness.</p> <p>That relationships take time and effort to sustain.</p> <p>We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.</p>			
<p>Spring Term</p>	<p><u>Friends, Family and others</u> 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><u>When things feel bad</u> Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p>	<p><u>We don't have to be the same</u> 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><u>Respecting our bodies</u> 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><u>What is puberty?</u> 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><u>Changing Bodies</u> Learn correct naming of genitalia;</p>	<p><u>Under Pressure</u> Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.</p> <p><u>Do you want a piece of cake?</u> Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.</p> <p><u>Self Talk</u> 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><u>Sharing isn't always caring</u> 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.</p>	<p><u>Gifts and Talents</u> 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><u>Girls' Bodies and Boys' Bodies</u> That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls and boys will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.</p> <p><u>Spots and Sleep</u> 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><u>Body image</u></p>

Sharing online

Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying;

Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.

Chatting online

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.

Safe in my body

To judge well what kind of physical contact is acceptable or unacceptable and how to respond;

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

Drugs, Alcohol and tobacco

Medicines are drugs, but not all drugs are good for us.

Alcohol and tobacco are harmful substances.

Our bodies are created by God, so we should take care of

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

What am I feeling?

That emotions change as they grow up (including hormonal effects);

To deepen their understanding of the range and intensity of their 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 (e.g. parents/carer/teacher/parish priest).

What am I looking at?

To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.

I am thankful!

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.

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

Cyberbullying

What the term cyberbullying means and examples of it;

What cyberbullying feels like for the victim

How to get help if they experience cyberbullying.

Types of abuse

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.

Impacted Lifestyles

Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.

Learn how to make good choices about substances that will have a positive impact on their health.

Know that our bodies are created by God, so we should take care of them and be careful about what we consume.

Making Good Choices

Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco

Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies

Giving Assistance

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

Funny Feelings

To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky.

Emotional Changes

Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.

Seeing Stuff Online

The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images.

Making babies

How a baby grows and develops in its mother's womb.

Basic scientific facts about sexual intercourse between a man and woman;

	<p>them and be careful about what we consume.</p> <p><u>First Aid Heroes</u> 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><u>Virtues to be developed</u> Appreciative Respectful Discerning</p>		<p>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>The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage.</p> <p><u>Menstruation</u> 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>Summer Term</p>	<p><u>A community of love</u> Pupils will know that: 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><u>What is the church?</u> The human family can reflect the Holy Trinity in charity and generosity. The Church family comprises of home, school and parish (which is part of the diocese).</p> <p><u>How do I love others?</u> 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><u>Life Cycles</u> 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;</p> <p><u>A community of love</u> 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><u>What is the Church?</u> The human family can reflect the Holy Trinity in charity and generosity.</p>	<p><u>The Trinity</u> To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. To know that the Holy Spirit works through us to bring God's love and goodness to others.</p> <p><u>Catholic social Teaching</u> The principles of Catholic Social Teaching. That God formed them out of love, to know and share His love with others.</p> <p><u>Reaching Out</u> Learn to apply the principles of Catholic Social Teaching to current issues. Find ways in which they can spread God's love in their community.</p>	<p><u>The Trinity</u> To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. To know that the Holy Spirit works through us to bring God's love and goodness to others.</p> <p><u>Catholic Social Teaching</u> The principles of Catholic Social Teaching. That God formed them out of love, to know and share His love with others.</p> <p><u>Reaching Out</u> Learn to apply the principles of Catholic Social Teaching to current issues. Find ways in which they can spread God's love in their community.</p>

		<p>The Church family comprises of home, school and parish (which is part of the diocese)</p> <p><u>How do I love others ?</u></p> <p>To know that God wants His Church to love and care for others.</p> <p>To devise practical ways of loving and caring for others.</p> <p>Virtues to be developed</p> <p>Love</p> <p>Service</p> <p>Responsibility</p>		
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