

Whole School RSHE Programme

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Religious Understanding	<ul style="list-style-type: none"> •Handmade with Love •Role Model •God is Love •Loving God, Loving Others 	<ul style="list-style-type: none"> •God Loves You 	<ul style="list-style-type: none"> •Let the Children Come •Three In One •Who is My Neighbour 	<ul style="list-style-type: none"> •Get Up •The Sacraments •Jesus, My Friend 	<ul style="list-style-type: none"> •A Community of Love •What is the Church? 	<ul style="list-style-type: none"> •Is God Calling You? •Trinity House •Catholic Social Teaching 	Calming the Storm
Personal Relationships	<ul style="list-style-type: none"> •Who's Got Who? •You've Got a Friend in Me •Forever Friends 	<ul style="list-style-type: none"> •Special People •Treat Others Well •Say Sorry 		<ul style="list-style-type: none"> •Friends, Family and Others •When Things Feel Bad 		<ul style="list-style-type: none"> •Under Pressure •Do You Want a Piece of Cake? •Self-Talk 	
Keeping Safe	<ul style="list-style-type: none"> •Safe Inside and Out •My Body, My Rules •Feeling Poorly •People Who Help Us 	<ul style="list-style-type: none"> •Being Safe •Good Secrets and Bad Secrets •Physical Conduct •Harmful Substances •Can You Help Me? 		<ul style="list-style-type: none"> •Sharing Online •Chatting Online •Safe in My Body •Drugs, Alcohol and Tobacco •First Aid Heroes 		<ul style="list-style-type: none"> •Sharing Isn't Always Caring •Cyberbullying •Types of Abuse •Impacted Lifestyles •Making Good Choices •Giving Assistance 	
Living in the Wider World	<ul style="list-style-type: none"> •Me, You, Us 	<ul style="list-style-type: none"> •The Communities We Live In 			<ul style="list-style-type: none"> •How Do I Love Others? 	<ul style="list-style-type: none"> •Reaching Out 	
Me, My Body, My Health	<ul style="list-style-type: none"> •I Am Me •Heads' Shoulder, Knees, Toes •Ready Teddy? 		<ul style="list-style-type: none"> •I am Unique •Girls and Boys •Clean and Healthy 		<ul style="list-style-type: none"> •We Don't Have to be the Same •Respecting our Bodies •What is puberty? •Changing Bodies •Boy/Girl Discussion Groups 		<ul style="list-style-type: none"> •Gifts and Talents •Girls' Bodies •Boys' Bodies •Spots and Sleep
Emotional Wellbeing	<ul style="list-style-type: none"> •I Like, You Like, We all Like! •Good Feelings, Bad Feelings •Let's Get Real 		<ul style="list-style-type: none"> •Feelings, Likes and Dislikes •Feelings Inside Out •Super Suzie Gets Angry 		<ul style="list-style-type: none"> •What am I Feeling? •What am I Looking at? •I am Thankful 		<ul style="list-style-type: none"> •Body Image •Funny Feelings •Emotional Changes •Seeing Stuff Online
Life Cycles	<ul style="list-style-type: none"> •Growing Up 		<ul style="list-style-type: none"> •The Cycle of Life 		<ul style="list-style-type: none"> •Life Cycles 		<ul style="list-style-type: none"> •Making babies Part 1 •Making Babies Part 2 •Menstruation