

Whole School RSHE Programme

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Religious Understanding	•Handmade with Love •Role Model •God is Love •Loving God, Loving Others	•God Loves You	•Let the Children Come •Three In One •Who is My Neighbour	•Get Up •The Sacraments •Jesus, My Friend	•A Community of Love •What is the Church?	•Is God Calling You? •Trinity House •Catholic Social Teaching	Calming the Storm
Personal Relationships	•Who's Got Who? •You've Got a Friend in Me •Forever Friends	•Special People •Treat Others Well •Say Sorry		•Friends, Family and Others •When Things Feel Bad		•Under Pressure •Do You Want a Piece of Cake? •Self-Talk	
Keeping Safe	•Safe Inside and Out •My Body, My Rules •Feeling Poorly •People Who Help Us	•Being Safe •Good Secrets and Bad Secrets •Physical Conduct •Harmful •Substances •Can You Help Me?		•Sharing Online •Chatting Online •Safe in My Body •Drugs, Alcohol and Tobacco •First Aid Heroes		•Sharing Isn't Always Caring •Cyberbullying •Types of Abuse •Impacted Lifestyles •Making Good Choices •Giving Assistance	
Living in the Wider World	•Me, You, Us	•The Communities We Live In			•How Do I Love Others?	•Reaching Out	
Me, My Body, My Health	•I Am Me •Heads' Shoulder, Knees, Toes •Ready Teddy?		•I am Unique •Girls and Boys •Clean and Healthy		•We Don't Have to be the Same •Respecting our Bodies •What is puberty? •Changing Bodies •Boy/Girl Discussion Groups		•Gifts and Talents •Girls' Bodies •Boys' Bodies •Spots and Sleep
Emotional Wellbeing	•I Like, You Like, We all Like! •Good Feelings, Bad Feelings •Let's Get Real		•Feelings, Likes and Dislikes •Feelings Inside Out •Super Suzie Gets Angry		•What am I Feeling? •What am I Looking at? •I am Thankful		•Body Image •Funny Feelings •Emotional Changes •Seeing Stuff Online
Life Cycles	•Growing Up		•The Cycle of Life		•Life Cycles		•Making babies Part 1 •Making Babies Part 2 •Menstruation