



**St Walburga's Catholic Primary School**  
**Whole School PHRE Scheme of Work**



**EYFS**

**Early Learning Goal / EYFS Ages and Stages:**

The most relevant early years outcomes for RSE are taken from the following areas of learning:

- Personal, Social and Emotional Development
- Physical Development
- Understanding the World

In the Early Years Foundation Stage, PSHE education is about making connections; it's strongly linked to child-led activities, including play. PSHE is taught through activities that are part of topics, as well as on an individual basis to develop personal skills such as dressing, feeding and toileting. Positive experiences are built through daily opportunities, to share and enjoy a range of different activities. Children are given the opportunity to engage in social activities, as members of a small group or occasionally during whole-school activities.

**Ten:Ten** lessons and resources will be used alongside SCARF objectives to bring them in line with Catholic values and Religious context/understanding.

	<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>Topic</b>	Starting school / People who help us/ Seasons/ Santa's Little Helpers	Chinese New Year / Terrific Transport	Traditional tales / Julia Donaldson Stories
<b>Addressing Stereotypes</b>	<i>Female Firefighters, Male nurses, Helen Sharman – female astronaut</i>	<i>Visit from Mrs Erboz – female bus driver</i>	<i>Include some traditional tale with atypical characters/endings Frozen – non-traditional 'man saves the day'</i>
<b>AUTUMN 1: Me and My Relationships</b>	<p align="center"><b>Me and My Relationships</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Talk about similarities and differences.</li> <li>• Name special people in their lives.</li> <li>• Describe different feelings.</li> <li>• Identify who can help if they are sad, worried or scared.</li> <li>• Identify ways to help others or themselves if they are sad or worried.</li> </ul>	<p align="center"><b>Keeping Myself Safe</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Talk about how to keep their bodies healthy and safe.</li> <li>• Name ways to stay safe around medicines.</li> <li>• Know how to stay safe in their home, classroom and outside.</li> <li>• Know age-appropriate ways to stay safe online.</li> <li>• Name adults in their lives and those in their community who keep them safe.</li> </ul>	<p align="center"><b>Being My Best</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Feel resilient and confident in their learning.</li> <li>• Name and discuss different types of feelings and emotions.</li> <li>• Learn and use strategies or skills in approaching challenges.</li> <li>• Understand that they can make healthy choices.</li> <li>• Name and recognise how healthy choices can keep us well.</li> </ul>
<b>SPRING 1: Keeping Myself Safe</b>			
<b>SUMMER 1: Being My Best</b>			

<b>AUTUMN 2: Valuing Difference</b>	<p style="text-align: center;"><b>Valuing Difference</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Be sensitive towards others and celebrate what makes each person unique.</li> <li>• Recognise that we can have things in common with others.</li> <li>• Use speaking and listening skills to learn about the lives of their peers.</li> <li>• Know the importance of showing care and kindness towards others.</li> <li>• Demonstrate skills in building friendships and cooperation.</li> </ul>	<p style="text-align: center;"><b>Rights and Responsibilities</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Understand that they can make a difference.</li> <li>• Identify how they can care for their home, school and special people.</li> <li>• Talk about how they can make an impact on the natural world.</li> <li>• Talk about similarities and differences between themselves.</li> <li>• Demonstrate building relationships with friends.</li> </ul>	<p style="text-align: center;"><b>Growing and Changing</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Understand that there are changes in nature and humans.</li> <li>• Name the different stages in childhood and growing up.</li> <li>• Understand that babies are made by a man and a woman.</li> <li>• Use the correct vocabulary when naming the different parts of the body.</li> <li>• Know how to keep themselves safe.</li> </ul>
<b>SPRING 2: Rights and Responsibilities</b>			
<b>SUMMER 2: Growing and Changing</b>			
<b>Religious Understanding and Context Provided by Ten:Ten Resources</b>	<p><b>Module 1, Unit 1: Story sessions: Handmade with love</b> 5-day short sequence of resources based on the Story of creation. Introducing Ten:Ten programme to pupils.</p> <p><b>Module 1, Unit 2: I am Me</b> Resources based on children learning we are all uniquely created by God.</p> <p><b>Module 2, Unit 1: Who's who?</b> Children learn about special people who they can trust.</p> <p><b>Module 2, Unit 2: You've got a friend in me</b> Children learn about what makes a good friend and how Jesus is a role model for being a good friend.</p>	<p><b>Module 2, Unit 3: My Body, My Rules</b> Children learn about bodily privacy including NSPCC 'PANTS' message linked to how God created us and wants to keep us safe.</p> <p><b>Module 2, Unit 3: Feeling Poorly</b> Children will learn about medicines and how our bodies are a gift from God.</p> <p><b>Module 3, Unit 2: Me, You, Us</b> Children understand responsibilities they have to people, places and the planet as they get older.</p>	<p><b>Module 3, Unit 1: Loving God, Loving Others</b> Children learn how we are made to love others just like God loves us. Links to wider communities.</p> <p><b>Module 1, Unit 3: Good feelings, Bad feelings</b> Children learn about different feelings.</p> <p><b>Module 1, Unit 4: Let's Get Ready</b> Children learn about behaviour and consequences exploring God's forgiveness.</p>
<b>CARITAS Links</b>	<b>Dignity of the Human Person Family and Community</b>	<b>Solidarity and the Common Good Rights and Responsibilities</b>	<b>Option for the Poor and Vulnerable The Dignity of Work Stewardship</b>
<b>Subject specific vocabulary</b>	<i>Kind/unkind, safe/unsafe, different/same, change, grow, healthy/unhealthy</i>		

## YEAR 1

### Subject content KS1

During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Our PHRE curriculum will follow the SCARF Life Education scheme of work to cover both PSHE objectives and statutory requirement RSE objectives. The academic year is divided into one PHRE topic per half term.

**Me and My Relationships** - Includes feelings/emotions/conflict resolution/friendships

**Valuing Difference** - Includes British Values focus

**Keeping Myself Safe** - Includes aspects of Relationships Education

**Rights and Responsibilities** - Includes money/living in the wider world/environment

**Being My Best** - Includes keeping healthy/Growth Mindset/goal setting/achievement

**Growing and Changing** - Includes RSE-related issues

**Ten:Ten** lessons and resources will be used alongside SCARF objectives to bring them in line with Catholic values and Religious context/understanding.

	AUTUMN	SPRING	SUMMER
<b>Topic</b>	Toys Winter Wonderland	Happily, Ever After [Castles and Fairy Tales]	Explorers The Great Outdoors
<b>Addressing stereotypes</b>	<i>Lonnie Johnson – inventor of the ‘super soaker’ water gun</i> <i>‘Abominable’ film – Asian cast and themes celebrating differences</i>	<i>Example of female rulers – Boudicca/ Mary Tudor.</i> <i>Mary Bankes who defended Corfe Castle</i>	<i>Amelia Earhart</i> <i>Jane Goodall – looking after the environment</i>
<b>AUTUMN 1: Me and My Relationships</b>	<b>Me and My Relationships</b>	<b>Keeping Myself Safe</b>	<b>Being My Best</b>
<b>SPRING 1: Keeping Myself Safe</b>	Children will be able to: <ul style="list-style-type: none"> <li>Understand that classroom rules help everyone to learn and be safe;</li> <li>Explain their classroom rules and be able to contribute to making these.</li> <li>Recognise how others might be feeling by reading body language/facial expressions;</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Understand that the body gets energy from food, water and air (oxygen);</li> <li>Recognise that exercise and sleep are important parts of a healthy lifestyle.</li> <li>Recognise the importance of sleep in maintaining a healthy, balanced lifestyle;</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>Recognise the importance of fruit and vegetables in their daily diet;</li> <li>Know that eating at least five portions of vegetables and fruit a day helps to maintain health.</li> <li>Recognise that they may have different tastes in food to others;</li> </ul>
<b>SUMMER 1:</b>			

<p><b>Being My Best</b></p>	<ul style="list-style-type: none"> <li>• Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.)</li> <li>• Identify a range of feelings;</li> <li>• Identify how feelings might make us behave:</li> <li>• Suggest strategies for someone experiencing 'not so good' feelings to manage these.</li> <li>• Recognise that people's bodies and feelings can be hurt;</li> <li>• Suggest ways of dealing with different kinds of hurt.</li> <li>• Recognise that they belong to various groups and communities such as their family;</li> <li>• Explain how these people help us and we can also help them to help us.</li> <li>• Identify simple qualities of friendship;</li> <li>• Suggest simple strategies for making up.</li> <li>• Demonstrate attentive listening skills;</li> <li>• Suggest simple strategies for resolving conflict situations;</li> <li>• Give and receive positive feedback, and experience how this makes them feel.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify simple bedtime routines that promote healthy sleep.</li> <li>• Recognise emotions and physical feelings associated with feeling unsafe;</li> <li>• Identify people who can help them when they feel unsafe.</li> <li>• Recognise the range of feelings that are associated with loss.</li> <li>• Understand that medicines can sometimes make people feel better when they're ill;</li> <li>• Explain simple issues of safety and responsibility about medicines and their use.</li> <li>• Understand and learn the PANTS rules;</li> <li>• Name and know which parts should be private;</li> <li>• Explain the difference between appropriate and inappropriate touch;</li> <li>• Understand that they have the right to say "no" to unwanted touch;</li> <li>• Start thinking about who they trust and who they can ask for help.</li> </ul>	<ul style="list-style-type: none"> <li>• Select foods from the Eatwell Guide (formerly Eatwell Plate) in order to make a healthy lunch;</li> <li>• Recognise which foods we need to eat more of and which we need to eat less of to be healthy.</li> <li>• Understand how diseases can spread;</li> <li>• Recognise and use simple strategies for preventing the spread of diseases.</li> <li>• Recognise that learning a new skill requires practice and the opportunity to fail, safely;</li> <li>• Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges.</li> <li>• Demonstrate attentive listening skills;</li> <li>• Suggest simple strategies for resolving conflict situations;</li> <li>• Give and receive positive feedback, and experience how this makes them feel.</li> <li>• Recognise how a person's behaviour (including their own) can affect other people.</li> </ul>
<p><b>AUTUMN 2:</b></p>	<p><b>Valuing Difference</b></p>	<p><b>Rights and Responsibilities</b></p> <p>Children will be able to:</p>	<p><b>Growing and Changing</b></p> <p>Children will be able to:</p>

<b>Valuing Difference</b>	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Identify the differences and similarities between people;</li> <li>Empathise with those who are different from them;</li> <li>Begin to appreciate the positive aspects of these differences.</li> </ul> <ul style="list-style-type: none"> <li>Explain the difference between unkindness, teasing and bullying;</li> <li>Understand that bullying is usually quite rare.</li> </ul> <ul style="list-style-type: none"> <li>Explain some of their school rules and how those rules help to keep everybody safe.</li> </ul> <ul style="list-style-type: none"> <li>Identify some of the people who are special to them;</li> <li>Recognise and name some of the qualities that make a person special to them.</li> </ul> <ul style="list-style-type: none"> <li>Recognise and explain what is fair and unfair, kind and unkind;</li> <li>Suggest ways they can show kindness to others.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise the importance of regular hygiene routines;</li> <li>Sequence personal hygiene routines into a logical order.</li> </ul> <ul style="list-style-type: none"> <li>Identify what they like about the school environment;</li> <li>Recognise who cares for and looks after the school environment.</li> </ul> <ul style="list-style-type: none"> <li>Demonstrate responsibility in looking after something (eg. a class pet or plant);</li> <li>Explain the importance of looking after things that belong to themselves or to others.</li> </ul> <ul style="list-style-type: none"> <li>Explain where people get money from;</li> <li>List some of the things that money may be spent on in a family home.</li> </ul> <ul style="list-style-type: none"> <li>Recognise that different notes and coins have different monetary value;</li> <li>Explain the importance of keeping money safe;</li> <li>Identify safe places to keep money;</li> <li>Understand the concept of 'saving money' (ie. by keeping it in a safe placed and adding to it).</li> </ul>	<ul style="list-style-type: none"> <li>Name major internal body parts (heart, lungs, blood, stomach, intestines, brain);</li> <li>Understand and explain the simple bodily processes associated with them.</li> <li>Understand some of the tasks required to look after a baby;</li> <li>Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.</li> </ul> <ul style="list-style-type: none"> <li>Identify things they could do as a baby, a toddler and can do now;</li> <li>Identify the people who help/helped them at those different stages.</li> </ul> <ul style="list-style-type: none"> <li>Explain the difference between teasing and bullying;</li> <li>Give examples of what they can do if they experience or witness bullying;</li> <li>Say who they could get help from in a bullying situation.</li> </ul> <ul style="list-style-type: none"> <li>Explain the difference between a secret and a nice surprise;</li> <li>Identify situations as being secrets or surprises;</li> <li>Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.</li> <li>Identify parts of the body that are private;</li> <li>Describe ways in which private parts can be kept private;</li> <li>Identify people they can talk to about their private parts.</li> </ul>
<b>SPRING 2: Rights and Responsibilities</b>			
<b>SUMMER 2: Growing and Changing</b>			
<b>Religious Understanding and Context</b>	<b>Module 1, Unit 1: Story Sessions: Let the Children Come</b>	<b>Module 1, Unit 3: Feelings, Likes and Dislikes</b> Children learn about feelings and how they have different feelings from others.	<b>Module 1, Unit 4: The Cycle of Life</b>

<p><b>Provided by Ten:Ten Resources</b></p>	<p>Children will follow on from EYFS first module – learning about how they are created by God out of love and for love through Gospel.</p> <p><b>Module 1, Unit 2: I am Unique</b> Children will learn about similarities and differences between people and how everyone is special because they are made by God.</p> <p><b>Module 2, Unit 1: God Loves You</b> Children learn about the Prodigal Son and God’s forgiveness as an example for how we should be to others.</p>	<p><b>Module 2, Unit 3: Being Safe</b> Children learn to recognise safe and unsafe situations in real life and online.</p> <p><b>Module 2, Unit 2: Special People</b> Children learn about their special people and how God is one of the most special. They learn that it is important to share troubles with special people.</p>	<p>Children learn how we are created to grow, change and learn about the love of God at every stage.</p> <p><b>Module 2, Unit 3: Physical Contact</b> Children learn the NSPCC ‘PANTS’ and how privates are private and our bodies are a gift from God that deserve to be respected.</p> <p><b>Module 1, Unit 2: Clean and Healthy (My Health)</b> Children learn how to take care of their bodies because we are a special gift from God.</p>
<p><b>CARITAS Links</b></p>	<p>Dignity of the Human Person Family and Community</p>	<p>Solidarity and the Common Good Rights and Responsibilities</p>	<p>Option for the Poor and Vulnerable The Dignity of Work Stewardship</p>

<p><b>Subject specific vocabulary – Key Words</b></p>	<p><i>Safety, relationship, change, grow, kind, unkind, friendship, healthy, unhealthy, comfortable, Kind, Unkind, Feelings, Friendship, Illness, Safe, Unsafe, Secret, Surprise, Grow, Healthy, Medicine, Change</i></p>
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**YEAR 2**

### Subject content KS1

During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

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**Valuing Difference** - Includes British Values focus

**Keeping Myself Safe** - Includes aspects of Relationships Education

**Rights and Responsibilities** - Includes money/living in the wider world/environment

**Being My Best** - Includes keeping healthy/Growth Mindset/goal setting/achievement

**Growing and Changing** - Includes RSE-related issues

**Ten:**Ten lessons and resources will be used alongside SCARF objectives to bring them in line with Catholic values and Religious context/understanding.

	<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>Topic</b>	Paddington Bear/ Coming Home/ Santa's Workshop	Antarctica/Lost and Found/ Great Fire of London	Pirates / Local Geography
<b>Addressing stereotypes</b>	<i>Leigh-Anne Pinnoch – Little Mix singer The history of 'Barbie' and how this is changing</i>	<i>Ingrid Christensen Felicity Aston – female explorer</i>	<i>Female Pirates – Anne Bonney and Mary Reed Black Pirate – Black Caesar</i>
<b>AUTUMN 1: Me and My Relationships</b>	<p style="text-align: center;"><b>Me and My Relationships</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Suggest actions that will contribute positively to the life of the classroom;</li> <li>Make and undertake pledges based on those actions.</li> <li>Take part in creating and agreeing classroom rules.</li> <li>Use a range of words to describe feelings;</li> <li>Recognise that people have different ways of expressing their feelings;</li> <li>Identify helpful ways of responding to other's feelings.</li> </ul>	<b>Keeping Myself Safe</b>	<b>Being My Best</b>
<b>SPRING 1: Keeping Myself Safe</b>		<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Understand that medicines can sometimes make people feel better when they're ill;</li> <li>Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell;</li> <li>Explain simple issues of safety and responsibility about medicines and their use.</li> <li>Identify situations in which they would feel safe or unsafe;</li> <li>Suggest actions for dealing with unsafe situations including who they could ask for help.</li> </ul>	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Explain the stages of the learning line showing an understanding of the learning process;</li> <li>Help themselves and others develop a positive attitude that support their wellbeing;</li> <li>Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning.</li> <li>Understand and give examples of things they can choose themselves and things that others choose for them;</li> </ul>
<b>SUMMER 1: Being My Best</b>			

	<ul style="list-style-type: none"> <li>Define what is meant by the terms 'bullying' and 'teasing' showing an understanding of the difference between the two;</li> <li>Identify situations as to whether they are incidents of teasing or bullying.</li> <li>Understand and describe strategies for dealing with bullying:</li> <li>Rehearse and demonstrate some of these strategies.</li> <li>Explain the difference between bullying and isolated unkind behaviour;</li> <li>Recognise that there are different types of bullying and unkind behaviour;</li> <li>Understand that bullying and unkind behaviour are both unacceptable ways of behaving.</li> <li>Recognise that friendship is a special kind of relationship;</li> <li>Identify some of the ways that good friends care for each other.</li> <li>Recognise, name and understand how to deal with feelings (eg. anger, loneliness);</li> <li>Explain where someone could get help if they were being upset by someone else's behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.</li> <li>Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation;</li> <li>Identify the types of touch they like and do not like;</li> <li>Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.</li> <li>Recognise that some touches are not fun and can hurt or be upsetting;</li> <li>Know that they can ask someone to stop touching them;</li> <li>Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.</li> <li>Identify safe secrets (including surprises) and unsafe secrets;</li> <li>Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.</li> <li>Identify how inappropriate touch can make someone feel;</li> <li>Understand that there are unsafe secrets and secrets that are nice surprises;</li> <li>Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.</li> </ul>	<ul style="list-style-type: none"> <li>Explain things that they like and dislike, and understand that they have choices about these things;</li> <li>Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.</li> <li>Explain how germs can be spread;</li> <li>Describe simple hygiene routines such as hand washing;</li> <li>Understand that vaccinations can help to prevent certain illnesses.</li> <li>Explain the importance of good dental hygiene;</li> <li>Describe simple dental hygiene routines.</li> <li>Understand that the body gets energy from food, water and oxygen;</li> <li>Recognise that exercise and sleep are important to health</li> <li>Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain);</li> <li>Describe how food, water and air get into the body and blood.</li> </ul>
<b>AUTUMN 2:</b> <b>Valuing Difference</b>	<b>Valuing Difference</b> Children will be able to:	<b>Rights and Responsibilities</b> Children will be able to:	<b>Growing and Changing</b> Children will be able to:



<p><b>SPRING 2: Rights and Responsibilities</b></p> <p><b>SUMMER 2: Growing and Changing</b></p>	<ul style="list-style-type: none"> <li>Identify some of the physical and non-physical differences and similarities between people;</li> <li>Know and use words and phrases that show respect for other people.</li> <li>Identify people who are special to them;</li> <li>Explain some of the ways those people are special to them.</li> <li>Recognise and explain how a person's behaviour can affect other people.</li> <li>Explain how it feels to be part of a group;</li> <li>Explain how it feels to be left out from a group;</li> <li>Identify groups they are part of;</li> <li>Suggest and use strategies for helping someone who is feeling left out.</li> <li>Recognise and describe acts of kindness and unkindness;</li> <li>Explain how these impact on other people's feelings;</li> <li>Suggest kind words and actions they can show to others;</li> <li>Show acts of kindness to others in school.</li> <li>Suggest strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships.</li> </ul>	<ul style="list-style-type: none"> <li>Describe and record strategies for getting on with others in the classroom.</li> <li>Explain, and be able to use, strategies for dealing with impulsive behaviour.</li> <li>Identify special people in the school and community who can help to keep them safe;</li> <li>Know how to ask for help.</li> <li>Identify what they like about the school environment;</li> <li>Identify any problems with the school environment (eg. things needing repair);</li> <li>Make suggestions for improving the school environment;</li> <li>Recognise that they all have a responsibility for helping to look after the school environment.</li> <li>Understand that people have choices about what they do with their money;</li> <li>Know that money can be saved for a use at a future time;</li> <li>Explain how they might feel when they spend money on different things.</li> <li>Recognise that money can be spent on items which are essential or non-essential;</li> <li>Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate simple ways of giving positive feedback to others.</li> <li>Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.</li> <li>Identify different stages of growth (e.g. baby, toddler, child, teenager, adult);</li> <li>Understand and describe some of the things that people are capable of at these different stages.</li> <li>Identify which parts of the human body are private;</li> <li>Understand that humans mostly have the same body parts but that they can look different from person to person.</li> <li>Explain what privacy means;</li> <li>Know that you are not allowed to touch someone's private belongings without their permission;</li> <li>Give examples of different types of private information.</li> </ul>
<p><b>Religious Understanding and Context</b></p>	<p><b>Module 1, Unit 2: Girls and Boys</b> Children learn about our bodies being God-given and age-appropriate differences and similarities. <u>NB: Non-Genitalia vocabulary version to be used.</u></p>	<p><b>Module 1, Unit 3: Feeling Inside Out</b> Children learn how we have different feelings from others and to understand their own.</p> <p><b>Module 2, Unit 2: Treat Others Well</b></p>	<p><b>Module 3, Unit 1: Three in One</b> Children learn the concept of the Trinity that will be taught in complexity in later years. They learn that we are made in His image and called to be loved and love others.</p>

<b>Provided by Ten:Ten Resources</b>	<p><b>Module 3, Unit 1: Who is My Neighbour?</b> Children learn who their neighbour is through story of Good Samaritan.</p> <p><b>Module 3, Unit 2: The Communities We Live In</b> Children learn about the different communities we live in, locally and globally and rights/responsibilities that come with it.</p>	<p>Children learn how their behaviour can impact others – appropriate and inappropriate behaviour.</p> <p><b>Module 2, Unit 2: And say sorry...</b> Children learn how their behaviour can impact others and upset God, too.</p>	<p><b>Module 2, Unit 3: Good Secrets and Bad Secrets</b> Children learn the difference between good secrets that are safe to keep and bad secrets that are unsafe to keep.</p>
<b>CARITAS Links</b>	<p><b>Dignity of the Human Person</b> <b>Family and Community</b></p>	<p><b>Solidarity and the Common Good</b> <b>Rights and Responsibilities</b></p>	<p><b>Option for the Poor and Vulnerable</b> <b>The Dignity of Work</b> <b>Stewardship</b></p>

<b>Subject specific vocabulary – Key Words</b>	<p><i>Safety, relationship, change, grow, kind, unkind, friendship, healthy, unhealthy, comfortable, Loneliness, Environment, Private, Safe, Unsafe, Secret, Surprise, Grow, Healthy, Medicine, Change</i></p>
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**YEAR 3**

**Subject content KS2**

During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils’ increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships,

assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Our PHRE curriculum will follow the SCARF Life Education scheme of work to cover both PSHE objectives and statutory requirement RSE objectives. The academic year is divided into one PHRE topic per half term.

**Me and My Relationships** - Includes feelings/emotions/conflict resolution/friendships

**Valuing Difference** - Includes British Values focus

**Keeping Myself Safe** - Includes aspects of Relationships Education

**Rights and Responsibilities** - Includes money/living in the wider world/environment

**Being My Best** - Includes keeping healthy/Growth Mindset/goal setting/achievement

**Growing and Changing** - Includes RSE-related issues

**Ten:**Ten lessons and resources will be used alongside SCARF objectives to bring them in line with Catholic values and Religious context/understanding.

	<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>Topic</b>	Stone Age/ Bronze Age/ Iron Age	World Geography – focus on Italy	Victorians/ Forces and Magnets
<b>Addressing stereotypes</b>	<i>Satoshi Kitamura (author of Stone Age Boy)</i> <i>Cath Kitson, Gisela Graham</i> <i>Nelson Mandela</i>	<i>Amy Johnson</i> <i>Jacinda Arden – NZ Prime minister</i> <i>Female chef eg: Camille Rodriguez, Nadiya Hussain</i> <i>Dame Zada Hadid (architect)</i>	<i>Female scientists and physicist</i> <i>Grayson Perry tapestries</i> <i>Marcus Rashford</i>
<b>AUTUMN 1: Me and My Relationships</b>	<p><b>Me and My Relationships</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Explain why we have rules;</li> <li>• Explore why rules are different for different age groups, in particular for internet-based activities;</li> <li>• Suggest appropriate rules for a range of settings;</li> <li>• Consider the possible consequences of breaking the rules.</li> <li>• Explain some of the feelings someone might have when they lose something important to them;</li> <li>• Understand that these feelings are normal and a way of dealing with the situation.</li> </ul>	<p><b>Keeping Myself Safe</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Identify situations which are safe or unsafe;</li> <li>• Identify people who can help if a situation is unsafe;</li> <li>• Suggest strategies for keeping safe.</li> <li>• Define the words danger and risk and explain the difference between the two;</li> <li>• Demonstrate strategies for dealing with a risky situation.</li> <li>• Identify some key risks from and effects of cigarettes and alcohol;</li> <li>• Know that most people choose not to smoke cigarettes; (Social Norms message)</li> <li>• Define the word 'drug' and understand that nicotine and alcohol are both drugs.</li> </ul>	<p><b>Being My Best</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Explain how each of the food groups on the Eatwell Guide (formerly Eatwell Plate) benefits the body;</li> <li>• Explain what is meant by the term 'balanced diet';</li> <li>• Give examples what foods might make up a healthy balanced meal.</li> <li>• Explain how some infectious illnesses are spread from one person to another;</li> <li>• Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses;</li> <li>• Suggest medical and non-medical ways of treating an illness.</li> </ul>
<b>SPRING 1: Keeping Myself Safe</b>			
<b>SUMMER 1: Being My Best</b>			

	<ul style="list-style-type: none"> <li>• Define and demonstrate cooperation and collaboration;</li> <li>• Identify the different skills that people can bring to a group task;</li> <li>• Demonstrate how working together in a collaborative manner can help everyone to achieve success.</li> <li>• Identify people who they have a special relationship with;</li> <li>• Suggest strategies for maintaining a positive relationship with their special people.</li> <li>• Rehearse and demonstrate simple strategies for resolving given conflict situations.</li> <li>• Explain what a dare is;</li> <li>• Understand that no-one has the right to force them to do a dare;</li> <li>• Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.</li> <li>• Express opinions and listen to those of others;</li> <li>• Consider others' points of view;</li> <li>• Practise explaining the thinking behind their ideas and opinions.</li> <li>• Identify qualities of friendship;</li> <li>• Suggest reasons why friends sometimes fall out;</li> <li>• Rehearse and use, now or in the future, skills for making up again.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify risk factors in given situations;</li> <li>• Suggest ways of reducing or managing those risks.</li> <li>• Evaluate the validity of statements relating to online safety;</li> <li>• Recognise potential risks associated with browsing online;</li> <li>• Give examples of strategies for safe browsing online.</li> <li>• Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;</li> <li>• Recognise and describe appropriate behaviour online as well as offline;</li> <li>• Identify what constitutes personal information and when it is not appropriate or safe to share this;</li> <li>• Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.</li> <li>• Demonstrate strategies for assessing risks;</li> <li>• Understand and explain decision-making skills;</li> <li>• Understand where to get help from when making decisions.</li> <li>• Understand that medicines are drugs and suggest ways that they can be helpful or harmful.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop skills in discussion and debating an issue;</li> <li>• Demonstrate their understanding of health and wellbeing issues that are relevant to them;</li> <li>• Empathise with different viewpoints;</li> <li>• Make recommendations, based on their research.</li> <li>• Identify their achievements and areas of development;</li> <li>• Recognise that people may say kind things to help us feel good about ourselves;</li> <li>• Explain why some groups of people are not represented as much on television/in the media.</li> <li>• Demonstrate how working together in a collaborative manner can help everyone to achieve success;</li> <li>• Understand and explain how the brain sends and receives messages through the nerves.</li> <li>• Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain);</li> <li>• Describe how food, water and air get into the body and blood.</li> <li>• Explain some of the different talents and skills that people have and how skills are developed;</li> <li>• Recognise their own skills and those of other children in the class.</li> </ul>
<b>AUTUMN 2: Valuing Difference</b>	<b>Valuing Difference</b>  Children will be able to:	<b>Rights and Responsibilities</b>  Children will be able to: <ul style="list-style-type: none"> <li>• Define what a volunteer is;</li> </ul>	<b>Growing and Changing</b>  Children will be able to:

<p><b>SPRING 2: Rights and Responsibilities</b></p>	<ul style="list-style-type: none"> <li>• Recognise that there are many different types of family;</li> <li>• Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'</li> <li>• Define the term 'community';</li> <li>• Identify the different communities that they belong to;</li> <li>• Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.</li> <li>• Reflect on listening skills;</li> <li>• Give examples of respectful language;</li> <li>• Give examples of how to challenge another's viewpoint, respectfully.</li> <li>• Explain that people living in the UK have different origins;</li> <li>• Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds;</li> <li>• Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together.</li> <li>• Recognise the factors that make people similar to and different from each other;</li> <li>• Recognise that repeated name calling is a form of bullying;</li> <li>• Suggest strategies for dealing with name calling (including talking to a trusted adult).</li> </ul>	<ul style="list-style-type: none"> <li>• Identify people who are volunteers in the school community;</li> <li>• Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer.</li> <li>• Identify key people who are responsible for them to stay safe and healthy;</li> <li>• Suggest ways they can help these people.</li> <li>• Understand the difference between 'fact' and 'opinion';</li> <li>• Understand how an event can be perceived from different viewpoints;</li> <li>• Plan, draft and publish a recount using the appropriate language.</li> <li>• Define what is meant by the environment;</li> <li>• Evaluate and explain different methods of looking after the school environment;</li> <li>• Devise methods of promoting their priority method.</li> <li>• Understand the terms 'income', 'saving' and 'spending';</li> <li>• Recognise that there are times we can buy items we want and times when we need to save for items;</li> <li>• Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)</li> <li>• Explain that people earn their income through their jobs;</li> <li>• Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Identify different types of relationships;</li> <li>• Recognise who they have positive healthy relationships with.</li> <li>• Understand what is meant by the term body space (or personal space);</li> <li>• Identify when it is appropriate or inappropriate to allow someone into their body space;</li> <li>• Rehearse strategies for when someone is inappropriately in their body space.</li> <li>• Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li> <li>• Recognise how different surprises and secrets might make them feel;</li> <li>• Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</li> <li>• Explain whose responsibility it is to look after the local environment;</li> <li>• Plan and carry out an event which will benefit the local environment.</li> </ul>
<p><b>SUMMER 2: Growing and Changing</b></p>			

	<ul style="list-style-type: none"> <li>Understand and explain some of the reasons why different people are bullied;</li> <li>Explore why people have prejudiced views and understand what this is.</li> </ul>		
<b>Religious Understanding and Context Provided by Ten:Ten Resources</b>	<p><b>Module 1, Unit 1: Get Up!</b> Children learn how we are created individually but in God’s own likeness, who is love. Gospel of Jesus healing Jairus’ daughter.</p> <p><b>Module 1, Unit 2: We don’t have to be the same</b> Children learn about similarities and differences between people as they grow and how self confidence comes from being loved by God and not status.</p> <p><b>Module 2, Unit 1: Jesus, My Friend</b> Children learn the importance of forgiveness, how relationships take time and effort to sustain and how we reflect God in our relationships.</p>	<p><b>Module 1, Unit 3: What am I looking at?</b> Children learn about how images in the media do not always reflect reality and that God made us perfect just as we are.</p> <p><b>Module 2, Unit 3: Sharing Online</b> Integrating NSPCC share aware scheme – children will learn about information that they should not share and how God wants us to be safe.</p> <p><b>Module 2, Unit 3: Chatting Online</b> Continuing with NSPCC share aware scheme – children will learn about communication online. How to use the internet safely and what to do when it isn’t safe and how God wants us to be safe.</p>	<p><b>Module 1, Unit 2: Respecting our Bodies</b> Children learn 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>Module 2, Unit 3: First Aid Heroes</b> Children will learn how first aid, quick reactions and staying calm can make the difference between life and death. The children will have prayer and reflection based on safety and support from God.</p>
<b>CARITAS Links</b>	<b>Dignity of the Human Person Family and Community</b>	<b>Solidarity and the Common Good Rights and Responsibilities</b>	<b>Option for the Poor and Vulnerable The Dignity of Work Stewardship</b>

<b>Subject specific vocabulary – Key Words</b>	<i>Safety, relationship, change, grow, kind, unkind, friendship, healthy, unhealthy, comfortable, Kind, Unkind, Feelings, Friendship, Illness, Safe, Unsafe, Secret, Surprise, Grow, Healthy, Medicine, Change, Saving, Spending</i>
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**YEAR 4**

**Subject content KS2**

During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Our PHRE curriculum will follow the SCARF Life Education scheme of work to cover both PSHE objectives and statutory requirement RSE objectives. The academic year is divided into one PHRE topic per half term.

**Me and My Relationships** - Includes feelings/emotions/conflict resolution/friendships

**Valuing Difference** - Includes British Values focus

**Keeping Myself Safe** - Includes aspects of Relationships Education

**Rights and Responsibilities** - Includes money/living in the wider world/environment

**Being My Best** - Includes keeping healthy/Growth Mindset/goal setting/achievement

**Growing and Changing** - Includes RSE-related issues including puberty

**Ten:**Ten lessons and resources will be used alongside SCARF objectives to bring them in line with Catholic values and Religious context/understanding.

	<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>Topic</b>	Ancient Civilisations/ The Egyptians	South America/The Romans	Electricity/World War 2 / Roman Settlements
<b>Addressing stereotypes</b>	<i>Cleopatra and other Egyptian queens</i>	<i>Boudicca</i> <i>Ruth Bader Ginsburg – democracy</i>	<i>Edith Clarke – Electrical engineer</i> <i>Role of Women in WW2 – Anne Frank</i> <i>Emily Warren Roebling – Brooklyn bridge engineer</i> <i>Greta Thunberg – young environment activist</i>
<b>AUTUMN 1: Me and My Relationships</b>	<p><b>Me and My Relationships</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;</li> <li>Explain how different words can express the intensity of feelings.</li> <li>Explain what we mean by a 'positive, healthy relationship';</li> <li>Describe some of the qualities that they admire in others.</li> </ul>	<p><b>Keeping Myself Safe</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;</li> <li>Identify situations which are either dangerous, risky or hazardous;</li> <li>Suggest simple strategies for managing risk.</li> <li>Identify images that are safe/unsafe to share online;</li> <li>Know and explain strategies for safe online sharing;</li> </ul>	<p><b>Being My Best</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Identify ways in which everyone is unique;</li> <li>Appreciate their own uniqueness;</li> <li>Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</li> <li>Give examples of choices they make for themselves and choices others make for them;</li> <li>Recognise that there are times when they will make the same choices as their</li> </ul>
<b>SPRING 1: Keeping Myself Safe</b>			
<b>SUMMER 1: Being My Best</b>			

	<ul style="list-style-type: none"> <li>Recognise that there are times when they might need to say 'no' to a friend;</li> <li>Describe appropriate assertive strategies for saying 'no' to a friend.</li> <li>Demonstrate strategies for working on a collaborative task;</li> <li>Define successful qualities of teamwork and collaboration.</li> <li>Identify a wide range of feelings;</li> <li>Recognise that different people can have different feelings in the same situation;</li> <li>Explain how feelings can be linked to physical state.</li> <li>Demonstrate a range of feelings through their facial expressions and body language;</li> <li>Recognise that their feelings might change towards someone or something once they have further information.</li> <li>Give examples of strategies to respond to being bullied, including what people can do and say;</li> <li>Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.</li> </ul>	<ul style="list-style-type: none"> <li>Understand and explain the implications of sharing images online without consent.</li> <li>Define what is meant by the word 'dare';</li> <li>Identify from given scenarios which are dares and which are not;</li> <li>Suggest strategies for managing dares.</li> <li>Understand that medicines are drugs;</li> <li>Explain safety issues for medicine use;</li> <li>Suggest alternatives to taking a medicine when unwell;</li> <li>Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).</li> <li>Understand some of the key risks and effects of smoking and drinking alcohol;</li> <li>Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).</li> <li>Describe stages of identifying and managing risk;</li> <li>Suggest people they can ask for help in managing risk.</li> <li>Understand that we can be influenced both positively and negatively;</li> <li>Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.</li> </ul>	<p>friends and times when they will choose differently.</p> <ul style="list-style-type: none"> <li>Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;</li> <li>Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide (formerly Eatwell Plate).</li> <li>Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);</li> <li>Suggest ways the Seven Rs recycling methods can be applied to different scenarios.</li> <li>Define what is meant by the word 'community';</li> <li>Suggest ways in which different people support the school community;</li> <li>Identify qualities and attributes of people who support the school community.</li> </ul>
<b>AUTUMN 2:</b> <b>Valuing Difference</b>	<b>Valuing Difference</b> Children will be able to:	<b>Rights and Responsibilities</b> Children will be able to:	<b>Growing and Changing</b> Children will be able to:



<p><b>SPRING 2: Rights and Responsibilities</b></p>	<ul style="list-style-type: none"> <li>Define the terms 'negotiation' and 'compromise';</li> <li>Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.</li> <li>Understand that they have the right to protect their personal body space;</li> <li>Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;</li> <li>Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.</li> <li>Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);</li> <li>Give examples of features of these different types of relationships, including how they influence what is shared.</li> <li>List some of the ways that people are different to each other (including differences of race, gender, religion);</li> <li>Recognise potential consequences of aggressive behaviour;</li> <li>Suggest strategies for dealing with someone who is behaving aggressively.</li> <li>List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);</li> </ul>	<ul style="list-style-type: none"> <li>Explain how different people in the school and local community help them stay healthy and safe;</li> <li>Define what is meant by 'being responsible';</li> <li>Describe the various responsibilities of those who help them stay healthy and safe;</li> <li>Suggest ways they can help the people who keep them healthy and safe.</li> <li>Understand that humans have rights and also responsibilities;</li> <li>Identify some rights and also responsibilities that come with these.</li> <li>Understand the reason we have rules;</li> <li>Suggest and engage with ways that they can contribute to the decision-making process in school (e.g. through pupil voice/school council);</li> <li>Recognise that everyone can make a difference within a democratic process.</li> <li>Define the word influence;</li> <li>Recognise that reports in the media can influence the way they think about a topic;</li> <li>Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.</li> <li>Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;</li> </ul>	<ul style="list-style-type: none"> <li>Describe some of the changes that happen to people during their lives;</li> <li>Explain how the Learning Line can be used as a tool to help them manage change more easily;</li> <li>Suggest people who may be able to help them deal with change.</li> <li>Name some positive and negative feelings;</li> <li>Understand how the onset of puberty can have emotional as well as physical impact.</li> <li>Suggest reasons why young people sometimes fall out with their parents;</li> <li>Take part in a role play practising how to compromise.</li> <li><u>Identify parts of the body that males and females have in common and those that are different;</u></li> <li><u>Know the correct terminology for their genitalia;</u></li> <li><u>Understand and explain why puberty happens.</u></li> <li>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li> <li>Recognise how different surprises and secrets might make them feel;</li> <li>Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</li> <li>Understand that marriage is a commitment to be entered into freely and not against someone's will;</li> <li>Recognise that marriage includes same sex and opposite sex partners;</li> </ul>
<p><b>SUMMER 2: Growing and Changing</b></p>			

	<ul style="list-style-type: none"> <li>Define the word respect and demonstrate ways of showing respect to others' differences.</li> <li>Understand and identify stereotypes, including those promoted in the media.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise that they can play a role in influencing outcomes of situations by their actions.</li> <li>Understand some of the ways that various national and international environmental organisations work to help take care of the environment;</li> <li>Understand and explain the value of this work.</li> <li>Define the terms 'income' and 'expenditure';</li> <li>List some of the items and services of expenditure in the school and in the home;</li> <li>Prioritise items of expenditure in the home from most essential to least essential.</li> <li>Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';</li> <li>Understand how a payslip is laid out showing both pay and deductions;</li> <li>Prioritise public services from most essential to least essential.</li> </ul>	<ul style="list-style-type: none"> <li>Know the legal age for marriage in England or Scotland;</li> <li>Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.</li> </ul>
<b>Religious Understanding and Context Provided by Ten:Ten Resources</b>	<p><b>Module 2, Unit 2: Friends, Family and Others</b> Children will learn how to identify more complex relationships in their lives and how to maintain and develop positive relationships, with God's guidance. Children will learn that there are different types of relationships including those between acquaintances, friends, relatives and family.</p> <p><b>Module 3, Unit 1: Trinity House/A Community of Love</b></p>	<p><b>Module 2, Unit 2: When Things Feel Bad</b> Children will learn to develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond. They will learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p> <p><b>Module 2, Unit 3: Drugs, alcohol and tobacco</b> Children will learn some key information and facts about drugs, alcohol and tobacco. The teaching is</p>	<p><b>Module 1, Unit 2: What is Puberty?</b> Children will learn and develop a base-level understanding of what puberty is and get a grasp on some of the terminology related to puberty, such as genitalia. This session is a precursor to the session which will follow called "Changing Bodies" which will look specifically at some of the changes that boys and girls will face when they enter puberty. Children will understand that puberty is part of God's plan for our bodies.</p> <p><u>NB: The optional Ten:Ten sessions on life cycles/conception will not be taught in Year 4.</u></p>

	<p>Children will learn that God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’</p> <p>NB: Sensitive if children are adopted or parents unmarried.</p>	<p>underpinned with the religious understanding that consuming these substances is harmful to our bodies, and therefore God’s creation.</p>	<p><b>Module 1, Unit 2: Changing Bodies</b> Children will learn the correct naming of genitalia; what changes will happen to boys during puberty and what changes will happen to girls during puberty. They will learn how puberty is part of God’s plan to help us love others more.</p> <p><b>Module 1, Unit 2: Boy/girl discussion groups</b> An informal meeting with children in single-sex groups to allow for any discussions or questions that may have arisen through the previous sessions on puberty.</p> <p><b>Module 2, Unit 3: Physical contact/Safe in My Body</b> <u>NB: Physical and emotional abuse will be discussed in this session and abuse of private parts.</u> Children will learn to judge well what kind of physical contact is acceptable or unacceptable and how to respond. They will learn 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>CARITAS Links</b></p>	<p><b>Dignity of the Human Person Family and Community</b></p>	<p><b>Solidarity and the Common Good Rights and Responsibilities</b></p>	<p><b>Option for the Poor and Vulnerable The Dignity of Work Stewardship</b></p>

<p><b>Subject specific vocabulary – Key Words</b></p>	<p><i>Safety, relationship, change, grow, kind, unkind, friendship, healthy, unhealthy, comfortable, mental health, wellbeing, bystander, Care, Anger, Loneliness, Medicine, Illness, Safe, Unsafe, Secret, Surprise, Environment, Dare, Income, Expenditure, Change, Grow, Healthy, Private, Marriage, Milestones, Puberty, Change, Penis, Testicles, Vulva, Vagina, Breasts, Pubic Hair,</i></p>
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<p><b>YEAR 5</b></p>	
<p><b>Subject content KS2</b></p>	
<p>During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils’ increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships,</p>	

assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Our PHRE curriculum will follow the SCARF Life Education scheme of work to cover both PSHE objectives and statutory requirement RSE objectives. The academic year is divided into one PHRE topic per half term.

**Me and My Relationships** - Includes feelings/emotions/conflict resolution/friendships

**Valuing Difference** - Includes British Values focus

**Keeping Myself Safe** - Includes aspects of Relationships Education

**Rights and Responsibilities** - Includes money/living in the wider world/environment

**Being My Best** - Includes keeping healthy/Growth Mindset/goal setting/achievement

**Growing and Changing** - Includes RSE-related issues including puberty and menstruation

**Ten:**Ten lessons and resources will be used alongside SCARF objectives to bring them in line with Catholic values and Religious context/understanding.

	<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>Topic</b>	Earth and Space / Anglo Saxons/ The UK	China/ Ancient Greece	Rivers/The Tudors/ Scientists and Inventors
<b>Addressing stereotypes</b>	<i>Ismael Al-Jazari (12<sup>th</sup> century engineer)</i>	<i>Helen Sharman Mae C Jemison First black female NASA engineers: Mary Jackson,</i>	<i>Katherine Johnson, Dorothy Vaughan Stephen Hawking</i>
<b>AUTUMN 1: Me and My Relationships</b>	<p><b>Me and My Relationships</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Explain what collaboration means;</li> <li>• Give examples of how they have worked collaboratively;</li> <li>• Describe the attributes needed to work collaboratively.</li> </ul> <ul style="list-style-type: none"> <li>• Explain what is meant by the terms 'negotiation and compromise';</li> <li>• Describe strategies for resolving difficult issues or situations.</li> </ul> <ul style="list-style-type: none"> <li>• Demonstrate how to respond to a wide range of feelings in others;</li> <li>• Give examples of some key qualities of friendship;</li> <li>• Reflect on their own friendship qualities.</li> </ul>	<p><b>Keeping Myself Safe</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Explain what a habit is, giving examples;</li> <li>• Describe why and how a habit can be hard to change.</li> </ul> <ul style="list-style-type: none"> <li>• Recognise that there are positive and negative risks;</li> <li>• Explain how to weigh up risk factors when making a decision;</li> <li>• Describe some of the possible outcomes of taking a risk.</li> <li>• Demonstrate strategies to deal with both face-to-face and online bullying;</li> <li>• Demonstrate strategies and skills for supporting others who are bullied;</li> <li>• Recognise and describe the difference between online and face-to-face bullying.</li> <li>• Define what is meant by a dare;</li> </ul>	<p><b>Being My Best</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Know two harmful effects each of smoking/drinking alcohol.</li> <li>• Explain the importance of food, water and oxygen, sleep and exercise for the human body and its health.</li> <li>• Understand the actual norms around smoking and the reasons for common misperceptions of these.</li> </ul> <ul style="list-style-type: none"> <li>• Know the basic functions of the four systems covered and know they are inter-related.</li> <li>• Explain the function of at least one internal organ.</li> <li>• Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health.</li> </ul>
<b>SPRING 1: Keeping Myself Safe</b>			
<b>SUMMER 1: Being My Best</b>			

	<ul style="list-style-type: none"> <li>• Identify what things make a relationship unhealthy;</li> <li>• Identify who they could talk to if they needed help.</li> <li>• Identify characteristics of passive, aggressive and assertive behaviours;</li> <li>• Understand and rehearse assertiveness skills.</li> <li>• Recognise basic emotional needs, understand that they change according to circumstance;</li> <li>• Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.</li> <li>• Understand that online communication can be misinterpreted;</li> <li>• Accept that responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain why someone might give a dare;</li> <li>• Suggest ways of standing up to someone who gives a dare.</li> <li>• Recognise which situations are risky;</li> <li>• Explore and share their views about decision making when faced with a risky situation;</li> <li>• Suggest what someone should do when faced with a risky situation.</li> <li>• Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private;</li> <li>• Recognise that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face;</li> <li>• Know how to protect personal information online;</li> <li>• Recognise disrespectful behaviour online and know how to respond to it.</li> <li>• Understand some of the complexities of categorising drugs;</li> <li>• Know that all medicines are drugs but not all drugs are medicines;</li> <li>• Understand ways in which medicines can be helpful or harmful and used safely or unsafely.</li> <li>• Understand the actual norms around smoking and the reasons for common misperceptions of these.</li> <li>• Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks;</li> <li>• Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify their own strengths and talents;</li> <li>• Identify areas that need improvement and describe strategies for achieving those improvements.</li> <li>• State what is meant by community;</li> <li>• Explain what being part of a school community means to them;</li> <li>• Suggest ways of improving the school community.</li> <li>• Identify people who are responsible for helping them stay healthy and safe;</li> <li>• Identify ways that they can help these people.</li> <li>• Describe 'star' qualities of celebrities as portrayed by the media;</li> <li>• Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life;</li> <li>• Describe 'star' qualities that 'ordinary' people have.</li> </ul>
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<b>AUTUMN 2: Valuing Difference</b>	<p style="text-align: center;"><b>Valuing Difference</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Define some key qualities of friendship;</li> <li>Describe ways of making a friendship last;</li> <li>Explain why friendships sometimes end.</li> </ul> <ul style="list-style-type: none"> <li>Rehearse active listening skills;</li> <li>Demonstrate respectfulness in responding to others;</li> <li>Respond appropriately to others.</li> </ul> <ul style="list-style-type: none"> <li>Develop an understanding of discrimination and its injustice, and describe this using examples;</li> <li>Empathise with people who have been, and currently are, subjected to injustice, including through racism;</li> <li>Consider how discriminatory behaviour can be challenged.</li> </ul> <ul style="list-style-type: none"> <li>Identify and describe the different groups that make up their school/wider community/other parts of the UK;</li> <li>Describe the benefits of living in a diverse society;</li> <li>Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.</li> </ul> <ul style="list-style-type: none"> <li>Understand that the information we see online, either text or images, is not always true or accurate;</li> <li>Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them;</li> </ul>	<p style="text-align: center;"><b>Rights and Responsibilities</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Identify, write and discuss issues currently in the media concerning health and wellbeing;</li> <li>Express their opinions on an issue concerning health and wellbeing;</li> <li>Make recommendations on an issue concerning health and wellbeing.</li> </ul> <ul style="list-style-type: none"> <li>Understand the difference between a fact and an opinion;</li> <li>Understand what biased reporting is and the need to think critically about things we read.</li> </ul> <ul style="list-style-type: none"> <li>Define the differences between responsibilities, rights and duties;</li> <li>Discuss what can make them difficult to follow;</li> <li>Identify the impact on individuals and the wider community if responsibilities are not carried out.</li> </ul> <ul style="list-style-type: none"> <li>Explain what we mean by the terms voluntary, community and pressure (action) group;</li> <li>Give examples of voluntary groups, the kind of work they do and its value.</li> </ul> <ul style="list-style-type: none"> <li>State the costs involved in producing and selling an item;</li> <li>Suggest questions a consumer should ask before buying a product.</li> </ul> <ul style="list-style-type: none"> <li>Define the terms loan, credit, debt and interest;</li> </ul>	<p style="text-align: center;"><b>Growing and Changing</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>Use a range of words and phrases to describe the intensity of different feelings</li> <li>Distinguish between good and not so good feelings, using appropriate vocabulary to describe these;</li> <li>Explain strategies they can use to build resilience.</li> <li>Identify people who can be trusted;</li> <li>Understand what kinds of touch are acceptable or unacceptable;</li> <li>Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.</li> <li>Explain how someone might feel when they are separated from someone or something they like;</li> <li>Suggest ways to help someone who is separated from someone or something they like.</li> </ul> <ul style="list-style-type: none"> <li><u>Recognise that babies come from the joining of an egg and sperm;</u></li> <li><u>Explain what happens when an egg doesn't meet a sperm;</u></li> <li><u>Understand that for girls, periods are a normal part of puberty.</u></li> <li><u>Know the key facts of the menstrual cycle;</u></li> <li><u>Understand that periods are a normal part of puberty for girls;</u></li> <li><u>Identify some of the ways to cope better with periods.</u></li> <li><u>Know the correct words for the external sexual organs;</u></li> </ul>
<b>SPRING 2: Rights and Responsibilities</b>			
<b>SUMMER 2: Growing and Changing</b>			

	<ul style="list-style-type: none"> <li>• Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.</li> <li>• Identify the consequences of positive and negative behaviour on themselves and others;</li> <li>• Give examples of how individual/group actions can impact on others in a positive or negative way.</li> </ul>	<ul style="list-style-type: none"> <li>• Suggest advice for a range of situations involving personal finance.</li> <li>• Explain some of the areas that local councils have responsibility for;</li> <li>• Understand that local councillors are elected to represent their local community.</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Discuss some of the myths associated with puberty.</u></li> <li>• <u>Identify some products that they may need during puberty and why;</u></li> <li>• <u>Know what menstruation is and why it happens.</u></li> <li>• Recognise how our body feels when we're relaxed;</li> <li>• List some of the ways our body feels when it is nervous or sad;</li> <li>• Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.</li> <li>• Identify the consequences of positive and negative behaviour on themselves and others;</li> <li>• Give examples of how individual/group actions can impact on others in a positive or negative way.</li> <li>• Explain the difference between a safe and an unsafe secret;</li> <li>• Identify situations where someone might need to break a confidence in order to keep someone safe.</li> <li>• Recognise that some people can get bullied because of the way they express their gender;</li> <li>• Give examples of how bullying behaviours can be stopped.</li> </ul>
<b>Religious Understanding and Context</b>	<b>Module 1, Unit 1: Calming the Storm</b> Children will learn that 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.	<b>Module 1, Unit 3: Body Image</b> Children will learn to recognise that images in the media do not always reflect reality and can affect how people feel about themselves and that thankfulness builds resilience against feelings of	<b>Module 1, Unit 2: Girls' Bodies</b> Children will learn 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. About the need to respect their bodies

<p><b>Provided by</b> <b>Ten:Ten</b> <b>Resources</b></p> <p><b>YEAR 5 &amp; 6</b> <b>RESOURCE FOR</b> <b>TEN:TEN –</b> <b>Paradise Street</b> <b>Workbook</b></p>	<p>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>Module 1, Unit 2: Gifts and Talents</b> Children will learn that similarities and differences between people arise as they grow and mature, and that by living and working together (‘teamwork’) we create community and that self-confidence arises from being loved by God (not status, etc).</p> <p><b>Module 2, Unit 3: Cyberbullying</b> Children will learn what the term cyberbullying means and examples of it. What cyberbullying feels like for the victim; How to get help if they experience cyberbullying.</p>	<p>envy, inadequacy, etc. and against pressure from peers or media.</p> <p><b>Module 2, Unit 2: Do You Want a Piece of Cake?</b> Children will learn to understand what consent and bodily autonomy means. They will discuss and reflect on different scenarios in which it is right to say ‘no’. <u>NB: This lesson is lead up to lesson that discusses abuse.</u></p> <p><b>Module 2, Unit 3: Types of Abuse</b> Children will learn 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. <u>NB: Children will be introduced to the term ‘abuse’ and discuss the different kinds of abuse, including sexual.</u></p>	<p>as a gift from God to be looked after well, and treated appropriately and the need for modesty and appropriate boundaries. <u>NB: Genital mentioned but not identified or named. Menstruation touched upon but not explained in detail until Module 1, Unit 4: Menstruation.</u></p> <p><b>Module 1, Unit 2: Boys’ Bodies</b> Children will learn 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. About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately and the need for modesty and appropriate boundaries. <u>NB: Genitals are also mentioned here, but not identified and named.</u></p> <p><b>Module 1, Unit 4: Menstruation</b> Children will learn about the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life. Children will have some practical help on how to manage the onset of menstruation. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God’s plan for creation.</p>
<p><b>CARITAS Links</b></p>	<p><b>Dignity of the Human Person</b> <b>Family and Community</b></p>	<p><b>Solidarity and the Common Good</b> <b>Rights and Responsibilities</b></p>	<p><b>Option for the Poor and Vulnerable</b> <b>The Dignity of Work / Stewardship</b></p>
<p><b>Subject specific vocabulary – Key Words</b></p>	<p><i>Safety, relationship, change, grow, kind, unkind, friendship, healthy, unhealthy, comfortable, mental health, wellbeing, bystander, Care, Anger, Loneliness, Medicine, Illness, Safe, Unsafe, Secret, Surprise, Environment, Dare, Income, Expenditure, Change, Grow, Healthy, Private, Marriage, Milestones, Puberty, Change, Penis, Testicles, Vulva, Vagina, Breasts, Pubic Hair, Menstruation, Periods, Sanitary Items</i></p>		
<p><b>YEAR 6</b></p>			
<p><b>Subject content KS2</b></p> <p>During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils’ increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships,</p>			



assume greater personal responsibility and manage personal safety, including online. PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Our PHRE curriculum will follow the SCARF Life Education scheme of work to cover both PSHE objectives and statutory requirement RSE objectives. The academic year is divided into one PHRE topic per half term.

**Me and My Relationships** - Includes feelings/emotions/conflict resolution/friendships

**Valuing Difference** - Includes British Values focus

**Keeping Myself Safe** - Includes aspects of Relationships Education

**Rights and Responsibilities** - Includes money/living in the wider world/environment

**Being My Best** - Includes keeping healthy/Growth Mindset/goal setting/achievement

**Growing and Changing** - Includes RSE-related issues including puberty, menstruation and conception

**Ten:**Ten lessons and resources will be used alongside SCARF objectives to bring them in line with Catholic values and Religious context/understanding.

	<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>Topic</b>	Saxons and Vikings/ Natural Disasters	Golden Age of Baghdad/ Electricity	World War 1/Mission Mysterious/ Benin Crime and Punishment/ Celebrating difference
<b>Addressing stereotypes</b>	<i>Malala Yousafzai – female activist for education and rights of women.</i>	<i>Michelle Obama – female author, lawyer and previous first lady – actively pushes for gender equality.</i>	<i>Cressida Dick, Nowell Roberts, Rosa Parks, Maya Angelou</i>
<b>AUTUMN 1: Me and My Relationships</b>	<p><b>Me and My Relationships</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate a collaborative approach to a task;</li> <li>• Describe and implement the skills needed to do this.</li> <li>• Explain what is meant by the terms 'negotiation' and 'compromise';</li> <li>• Suggest positive strategies for negotiating and compromising within a collaborative task;</li> <li>• Demonstrate positive strategies for negotiating and compromising within a collaborative task.</li> </ul>	<p><b>Keeping Myself Safe</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face;</li> <li>• Understand and describe the ease with which something posted online can spread.</li> <li>• Identify strategies for keeping personal information safe online;</li> <li>• Describe safe behaviours when using communication technology.</li> <li>• Know that it is illegal to create and share sexual images of children under 18 years old;</li> </ul>	<p><b>Being My Best</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Identify aspirational goals;</li> <li>• Describe the actions needed to set and achieve these.</li> <li>• Explain what the five ways to wellbeing are;</li> <li>• Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.</li> <li>• Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues.</li> </ul>
<b>SPRING 1: Keeping Myself Safe</b>			
<b>SUMMER 1: Being My Best</b>			

	<ul style="list-style-type: none"> <li>• Recognise some of the challenges that arise from friendships;</li> <li>• Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach.</li> <li>• List some assertive behaviours;</li> <li>• Recognise peer influence and pressure;</li> <li>• Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.</li> <li>• Recognise and empathise with patterns of behaviour in peer-group dynamics;</li> <li>• Recognise basic emotional needs and understand that they change according to circumstance;</li> <li>• Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about.</li> <li>• Describe the consequences of reacting to others in a positive or negative way;</li> <li>• Suggest ways that people can respond more positively to others.</li> <li>• Describe ways in which people show their commitment to each other;</li> <li>• Know the ages at which a person can marry, depending on whether their parents agree;</li> <li>• Understand that everyone has the right to be free to choose who and whether to marry.</li> <li>• Recognise that some types of physical contact can produce strong negative feelings;</li> </ul>	<ul style="list-style-type: none"> <li>• Explore the risks of sharing photos and films of themselves with other people directly or online;</li> <li>• Know how to keep their information private online.</li> <li>• Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour;</li> <li>• Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.</li> <li>• Explain how drugs can be categorised into different groups depending on their medical and legal context;</li> <li>• Demonstrate an understanding that drugs can have both medical and non-medical uses;</li> <li>• Explain in simple terms some of the laws that control drugs in this country.</li> <li>• Understand some of the basic laws in relation to drugs;</li> <li>• Explain why there are laws relating to drugs in this country.</li> <li>• Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these;</li> <li>• Describe some of the effects and risks of drinking alcohol.</li> <li>• Understand that all humans have basic emotional needs and explain some of the ways these needs can be met;</li> <li>• Explain how these emotional needs impact on people's behaviour;</li> <li>• Suggest positive ways that people can get their emotional need met.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify risk factors in a given situation;</li> <li>• Understand and explain the outcomes of risk-taking in a given situation, including emotional risks.</li> <li>• Recognise what risk is;</li> <li>• Explain how a risk can be reduced;</li> <li>• Understand risks related to growing up and explain the need to be aware of these;</li> <li>• Assess a risk to help keep themselves safe.</li> </ul> <p><u>First Aid</u> Children will learn:</p> <ul style="list-style-type: none"> <li>• How to make a clear and efficient call to emergency services if necessary.</li> <li>• Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li> </ul>
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	<ul style="list-style-type: none"> <li>• Know that some inappropriate touch is also illegal.</li> <li>• Identify strategies for keeping personal information safe online;</li> <li>• Describe safe and respectful behaviours when using communication technology.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and give examples of conflicting emotions;</li> <li>• Understand and reflect on how independence and responsibility go together.</li> </ul>	
<b>AUTUMN 2: Valuing Difference</b>	<p style="text-align: center;"><b>Valuing Difference</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences;</li> <li>• Suggest strategies for dealing with bullying, as a bystander;</li> <li>• Describe positive attributes of their peers.</li> <li>• Know that all people are unique but that we have far more in common with each other than what is different about us;</li> <li>• Consider how a bystander can respond to someone being rude, offensive or bullying someone else;</li> <li>• Demonstrate ways of offering support to someone who has been bullied.</li> <li>• Demonstrate ways of showing respect to others, using verbal and non-verbal communication.</li> <li>• Understand and explain the term prejudice;</li> <li>• Identify and describe the different groups that make up their school/wider community/other parts of the UK;</li> </ul>	<p style="text-align: center;"><b>Rights and Responsibilities</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them;</li> <li>• Describe the language and techniques that make up a biased report;</li> <li>• Analyse a report also extract the facts from it.</li> <li>• Know the legal age (and reason behind these) for having a social media account;</li> <li>• Understand why people don't tell the truth and often post only the good bits about themselves, online;</li> <li>• Recognise that people's lives are much more balanced in real life, with positives and negatives.</li> <li>• Explain some benefits of saving money;</li> <li>• Describe the different ways money can be saved, outlining the pros and cons of each method;</li> <li>• Describe the costs that go into producing an item;</li> <li>• Suggest sale prices for a variety of items, taking into account a range of factors;</li> <li>• Explain what is meant by the term interest.</li> <li>• Recognise and explain that different jobs have different levels of pay and the factors that influence this;</li> </ul>	<p style="text-align: center;"><b>Growing and Changing</b></p> <p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Recognise some of the changes they have experienced and their emotional responses to those changes;</li> <li>• Suggest positive strategies for dealing with change;</li> <li>• Identify people who can support someone who is dealing with a challenging time of change.</li> <li>• Understand that fame can be short-lived;</li> <li>• Recognise that photos can be changed to match society's view of perfect;</li> <li>• Identify qualities that people have, as well as their looks.</li> <li>• Define what is meant by the term stereotype;</li> <li>• Recognise how the media can sometimes reinforce gender stereotypes;</li> <li>• Recognise that people fall into a wide range of what is seen as normal;</li> <li>• Challenge stereotypical gender portrayals of people.</li> </ul>
<b>SPRING 2: Rights and Responsibilities</b>			
<b>SUMMER 2: Growing and Changing</b>			

	<ul style="list-style-type: none"> <li>Describe the benefits of living in a diverse society;</li> <li>Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.</li> <li>Explain the difference between a friend and an acquaintance;</li> <li>Describe qualities of a strong, positive friendship;</li> <li>Describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative).</li> <li>Define what is meant by the term stereotype;</li> <li>Recognise how the media can sometimes reinforce gender stereotypes;</li> <li>Recognise that people fall into a wide range of what is seen as normal;</li> <li>Challenge stereotypical gender portrayals of people.</li> </ul>	<ul style="list-style-type: none"> <li>Explain the different types of tax (income tax and VAT) which help to fund public services;</li> <li>Evaluate the different public services and compare their value.</li> <li>Explain what we mean by the terms voluntary, community and pressure (action) group;</li> <li>Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group.</li> <li>Explain what is meant by living in an environmentally sustainable way;</li> <li>Suggest actions that could be taken to live in a more environmentally sustainable way.</li> </ul>	<ul style="list-style-type: none"> <li>Understand the risks of sharing images online and how these are hard to control, once shared;</li> <li>Understand that people can feel pressured to behave in a certain way because of the influence of the peer group;</li> <li>Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.</li> <li>Know where someone could get support if they were concerned about their own or another person's safety.</li> <li>Explain the difference between a safe and an unsafe secret;</li> <li>Identify situations where someone might need to break a confidence in order to keep someone safe.</li> <li><u>Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;</u></li> <li><u>Suggest strategies that would help someone who felt challenged by the changes in puberty;</u></li> <li><u>Identify the changes that happen through puberty to allow sexual reproduction to occur;</u></li> </ul>
<b>Religious Understanding and Context</b>	<b>Module 1, Unit 3: Emotional Changes</b> Children will learn that emotions change as they grow up (including hormonal effects). They will learn to deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. About emotional well-	<b>Module 2, Unit 3: Making Good Choices</b> Children will learn to 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. The teaching is underpinned	<b>Module 1, Unit 3: Making Babies</b> <u>NB: Part one taught ONLY – Part two omitted.</u> Children will learn how a baby grows in the womb, building and developing the teaching at Lower Key Stage Two. Children will learn about

<p><b>Provided by Ten:Ten Resources</b></p>	<p>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>Module 2, Unit 1: Under Pressure</b> Children will learn that pressure comes in different forms, and what those different forms are. That there are strategies that they can adopt to resist pressure.</p> <p><b>Module 2, Unit 2: Self-Talk</b> Children will learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions and how to apply this approach to personal friendships and relationships.</p>	<p>with the religious understanding that consuming harmful substances is harmful to our bodies, and therefore God’s creation.</p> <p><b>Module 2, Unit 3: Impacted Lifestyles</b> Children will learn to 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.</p> <p><b>Module 2, Unit 3: Sharing Isn’t Always Caring</b> Children will learn 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>the miraculous process of human life is conceived and developed in the womb.</p> <p><b>Module 1, Unit 4: Life Cycles</b> Children learn that they were handmade by God, with the help of their parents. They will learn how a baby grows and develops in its mother’s womb including, scientifically, the uniqueness of the moment of conception; and how conception and life in the womb fits into the cycle of life. <u>NB: Sexual intercourse not discussed.</u></p> <p><b>Module 1, Unit 3 Seeing stuff online</b> Children will learn the difference between harmful and harmless videos and images. The impact that harmful videos and images can have on young minds and ways to combat and deal with viewing harmful videos and images. <u>NB: Pornography discussed.</u></p>
<p><b>CARITAS Links</b></p>	<p><b>Dignity of the Human Person Family and Community</b></p>	<p><b>Solidarity and the Common Good Rights and Responsibilities</b></p>	<p><b>Option for the Poor and Vulnerable The Dignity of Work Stewardship</b></p>

<p><b>Subject specific vocabulary – Key Words</b></p>	<p><i>Safety, relationship, change, grow, kind, unkind, friendship, healthy, unhealthy, comfortable, mental health, wellbeing, bystander, Care, Anger, Loneliness, Medicine, Illness, Safe, Unsafe, Secret, Surprise, Environment, Dare, Income, Expenditure, Change, Grow, Healthy, Private, Marriage, Milestones, Puberty, Change, Penis, Testicles, Vulva, Vagina, Breasts, Pubic Hair, Menstruation, Periods, Sanitary Items, Womb, Conception, Develop, Sperm and Egg, Fallopian Tubes, Implantation, Uterus, Umbilical Cord, Placenta, Embryo, Foetus, Marriage, Commitment, Pregnancy</i></p>
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