

St Mary’s Catholic

Primary School

Relationships and Health Education

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|  | Created and loved by God | | Created to love others | | Created to live in community | |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | * The wonder of being special and unique * No Outsiders: So much good in the world – ‘blakesfriends’ P22 | * The joy of being a special person in my family | * We are all different and unique * Mental Wellbeing * No Outsiders: So much good in the world - Friendship P23 | * Celebrate the joy of being a special person in God’s family * No Outsiders: So much good in the world – Jack and Rani P25 | * Healthy eating * Change4life Really Big Summer Adventure Map | * Health and prevention * Basic first aid * No Outsiders: So much good in the world – We dine together P26 |
| Year 1 | * Focus on families and specially growing up in a loving, secure and stable home. * Purple Mash Unit 1:1 Online safety and exploring Purple Mash | * Recognise the signs that I am loved in my family | * Recognise how I am cared for and kept safe in my family * Purple Mash Unit 1:9 Technology outside school | * To celebrate ways God loves and cares for us | * Healthy eating * Change4life Really Big Summer Adventure Map * No Outsiders: So much good in the world – Food diversity P30 | * Health and prevention * Basic first aid * No Outsiders: So much good in the world – Olympic Ski Story P 36 |
| Year 2 | * How we are growing and developing in diverse communities * Purple Mash Unit 2.2 Online safety | * Recognise the joy and friendship of belonging to a diverse community * No Outsiders: So much good in the world – Viking warrior P 24 | * Being safe in communities * Purple Mash Unit 2.5 Effective searching | * Celebrate ways of meeting God in our communities | * Healthy eating * Change4life Family Snack Challenge * No Outsiders: So much good in the world – Finish Line P27 | * Health and prevention * Basic first aid * No Outsiders: So much good in the world – P29 Boys shall go to the ball |
| Year 3 | * Describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe. * Purple Mash Unit 3.2 Online safety | * Healthy friendships are positive and welcoming * Purple Mash Unit 3.5 Email (including email safety) | * Describe and give reasons why friendships can break down, how they can be repaired and strengthened. | * Celebrate the joy and happiness in living in friendship with God and others. | * Healthy eating * Change4life Really Big Adventure * No Outsiders: So much good in the world – Autism poem P 34 | * Health and prevention * Basic first aid * No Outsiders: So much good in the world – Archery and difference |
| Year 4 | * To make links and connections to show that we are all different * Purple Mash Unit 4.2 Online safety | * To describe how we should all be accepted and respected | * To describe how we should treat others making links with the diverse modern society we live in. | * To celebrate the uniqueness and innate beauty of each of us. * No Outsiders: So much good in the world – Dialogue breaking down prejudice P28 | * Healthy eating * Change4life Healthier Snacking Show | * Health and prevention * Basic first aid |
| Year 5 | * Show knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom, etc. and grow further in recognising God’s presence in our daily lives. * Purple Mash Unit 5.2 Online safety | * To show knowledge and understanding of emotional relationship changes as we grow and develop. * People can change P 32 | * To show knowledge and understanding of the physical changes in puberty. | * To celebrate the joy of growing physically and spiritually | * Healthy eating * Change4life USK2 Healthier Snacking Show * No Outsiders: So much good in the world – North Pole P38 | * Health and prevention * Basic first aid * NSPCC - How to recognise risky or negative relationships including all forms of bullying and abuse |
| Year 6 | * To develop a secure understanding of what stable caring relationships are and the different kinds there may be. * Purple Mash Unit 6.2 Online safety | * Focusing on Catholic teaching, children will know and understand about the conception of a child within marriage | * How human life is conceived | * Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships * No Outsiders: So much good in the world – Racist graffiti P42 | * Healthy eating * No Outsiders: So much good in the world – Men holding hands P31 | * Health and prevention * Basic first aid * Change4life Rise Above/Positive relationships * NSPCC – How to respond to risky or negative relationships and ask for help |
| **Picture News Coverage for all year groups** | Should everyone using our roads learn the Highway Code? | How can we show our thanks to those who help us? | Is there a place for sensory toys in the classroom? | Should everyone learn sign language? | Do we need to experience danger to learn how to be safe? | What life skills should we learn at school? |
| **British Values –** these are covered throughout the year through the Picture News materials and link in with citizenship and PHSE | **Rule of Law** - The Highway Code is a set of rules and advice for people using roads to follow. They are in place to help keep everyone safe. | **Mutual Respect and Tolerance** - Every individual has their own idea about how to say thank you to others. I respect the fact that their ideas may not be the same as mine. | **Mutual Respect and Tolerance** - Everyone’s sensory needs are different. Some people may need sensory toys to help them when they are anxious, but other people may not. Every person needs to be treated as an individual. | **Democracy** - We all have a voice and can share our opinions. Sometimes raising awareness of an issue, such as British Sign Language having no legal status in the UK, can make an impact. | **Individual Liberty** - Individual Liberty - As well as being fun, playgrounds can be a great place for us to learn. We can learn to manage risks and take responsibility for our actions. | **Individual Liberty -** Learning new life skills helps us to make better choices about how we live our lives and how we manage risk. |
| UN Article |  |  |  |  |  |  |

RHE, PHSE and British values educational materials all contribute to pupils’ spiritual, moral, social and cultural development. This interleaved and inter-related approach helps pupils acquire the knowledge, understanding and skills they need to manage their lives now and in the future.