

Primary Curriculum Framework for Relationships Education, Relationships and Sex Education and Health Education



DRAFT (Revised September 2019)

Primary Curriculum Framework for Relationships Education, Relationships and Sex Education and Health Education

In March 2017 the Catholic Bishops' Conference of England and Wales published *Learning to Love: An Introduction to Catholic Relationship and Sex Education (RSE) for Catholic Educators*. This framework has been informed by *Learning to Love*. In a Catholic school all teaching about love and sexual relationships and the Catholic Church's teaching about what it is to be truly human in Christ and what it means to live well in relationship with others must be rooted in Gospel values (from which British values are derived). This curriculum framework is being offered to help schools deliver quality Relationships Education, Relationships and Sex Education and Health Education adhering to guidance from the Department for Education which states:

'To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships... High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.'
(Relationships Education, Relationships and Sex Education and Health Education DfE February 2019)

Structure

This Relationships Education, Relationships and Sex Education and Health Education curriculum framework, is offered as guidance, to be adapted by schools as required. It covers EYFS, KS1, lower KS2 and upper KS2 and it is based on five core themes within which there will be some overlap. It is adaptable to the age and ability of the pupils. The five themes are:

Moral (this explores the individual)

Children will learn: about the Christian belief to love self, made in the image and likeness of God, and an understanding of the importance of respecting, valuing and understanding themselves as the basis for personal relationships.

Spiritual (this explore the individual's approach to the world and relationships through their relationship with God)

Children will learn: about the Christian belief in a personal relationship with God which will guide their relationships with others.

Physical (this explores the individual's response to the world as they change and develop physically)

Children will learn: about how they change and grow, the changes that will take place in their body and rooted in the command to love, the basis of all Christian life.

*They will learn the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation

Emotional (this explores the individual's relationships through their emotional responses and how to deal with them)

Children will learn: about the changes which happen in life, how to manage their feelings and behaviour rooted in Gospel values.

Social (this explores the individual's relationships with others in the local community and the wider world)

Children will learn: how human beings live in the wider community, including how to keep safe in situations with others and how to spread the Gospel for the good of individuals and the wider world.

This curriculum framework refers to resources being used across our Diocesan schools including *Come and See* and *Journey in Love*. It shows how and where the learning takes place using these resources. In addition, it shows where issues concerning safety and behaviour for example cyber bullying are covered in the curriculum. There are some other suggested resources on the back page of this document.

***parents have the right to withdraw their child from this aspect**

Progress in Relationships Education, Relationships
and Sex Education and Health Education
Early Years to Key Stage Two

	EYFS	KS1	LKS2	UKS2
Moral	I can: Say 'please' and 'thankyou'	I can: Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting	I can: Be courteous, showing good manners at home and in school	I can: Be courteous in my dealings with friends and strangers
	Say 'sorry'	Be forgiving, able to say sorry to mend relationships	Be forgiving, able to say sorry and not hold grudges against those who have hurt me	Be forgiving, developing the skills to allow reconciliation in relationships
	Talk about the good things in my life	Give thanks for the good things in my life	Be grateful to others for the good things in my life	Demonstrate my gratitude to others for the good things in my life through words and actions
		Look after myself and show respect to others	Be respectful of myself and others, recognising differences	Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)
		Be honest, able to tell the truth about my actions	Be honest, able to be truthful in my relationships with others	Be honest, striving to live truthfully and with integrity, using good judgement
	Be patient when I do not always get what I want straight away	Accept that I do not always get what I want	Accept that I do not always get what I want and show an awareness of why this is	Be self-disciplined and able to delay or even deny myself
	Show care for others	Be caring, aware of the needs of others	Be caring, aware of the needs of others and responding to those needs	Be compassionate, able to empathise with the suffering of others and displaying the generosity to help

	EYFS	KS1	LKS2	UKS2
Spiritual	I know: That I am made by God	I know: That I am special because I am made and loved by God	I know: That life is precious and given by God	I know: That we are all children of God and made in God's image and likeness
	That God loves me and I can talk to God through prayer	That prayer is listening to God as well as talking to Him	That I can spend time with God in prayer by myself and with others which helps me in life	That prayer and worship nourish my relationship with God and support my relationships with others
	That Jesus cares for me and I am part of God's family	That Catholics belong to the Church family and that Jesus cares for all	That belonging to the Church family means that I should love other people in the same way as Jesus does	That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)
	That Jesus tells us to love one another	That Jesus tells us to forgive one another	That following Jesus' teaching on forgiveness can help me in my relationships my friends	The importance of forgiveness and reconciliation in relationships and the challenges involved in following Jesus' teaching on forgiveness
	What I am good at	That I have individual gifts, talents and abilities, given by God	That God wants me to use my individual gifts, talents and abilities	That each person has a purpose in the world and that God has created me for a particular purpose which involves commitment and self-giving (vocation)

	EYFS	KS1	LKS2	UKS2
Physical	I know: That I am living and growing	I know: That babies change and grow and that there are life stages from conception to death	I know: That my body is changing as I grow and some of the changes that occur throughout life	I know: The changes that occur at each stage of a human being's life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty
	That a baby grows inside its mother's womb before birth	That a baby moves as it grows in its mother's womb	How a baby grows and develops in its mother's womb	About the week by week development of the baby in its mother's womb
	I can: Identify living things	I can: Identify the needs of people and other living things	I can: Describe the needs of people and other living things, including the need to reproduce	How human life is conceived in the womb, including the language of sperm and ova and about the nature and role of menstruation in the fertility cycle
	Name similarities and differences between myself and others	Describe the similarities and differences between different people (general)	Describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions	About the differences between boys and girls with regard to puberty and reproduction
	Keep clean by washing and drying my hands	Say what I should do to keep my body healthy, (exercise, food, teeth, sleep, keeping clean)	Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene	About the impact that poor lifestyle choices can have on my health including physical activity, dental health, healthy eating, sleep, hygiene, drugs and alcohol. The facts and science relating immunisation and vaccination
		Describe how to keep safe in the sun	Describe how and why to keep safe in the sun	About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage

	EYFS	KS1	LKS2	UKS2
Emotional	I know: What I like and dislike	I know: That we all have different likes and dislikes	I can: Confidently say what I like and dislike	I can: Be confident in my relationships with my peers in various situations, including online
		That how I act can have consequences	I know: That some behaviour is unacceptable	I know: That some behaviour is unacceptable, unhealthy or risky
	I can: Say how I feel at different times	I can: Name happy and sad times in my life	I can: Describe the wider range of my feelings	I can: Describe how my emotions may change and intensify as I grow and move through puberty
			Describe changes that happen in life e.g. loss, separation, divorce and bereavement	Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement
		Manage my feelings and behaviour	Cope with natural negative emotions and show resilience following setbacks	Show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges
		Talk about my mood and know that how I am feeling is a normal part of daily life	Describe some ways to maintain good mental health (exercise, diet, sleep, company)	Describe the impact that poor lifestyle choices can have on mental health and how exercise, fresh air, company (including helping others), hobbies, good diet and sleep can support mental well-being.

	EYFS	KS1	LKS2	UKS2
Social	I know: Who can help me in school	I know: Who to go to if I am worried or need help	I know: That I can go to a number of different people for help in different situations.	I know: That there are a number of different people and organisations I can go to for help in different situations and how to contact them
	That I belong to a family and can name my family members	That healthy families love, care and protect one another and that there are different family structures and these should be respected.	That there are different types of relationships including those between acquaintances, friends, relatives and family	About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond , respecting diversity
	When people are being unkind to me and others and how to respond	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond	What bullying is (including cyber-bullying) and how to respond	How to report and get help if I encounter inappropriate materials or messages
		How my behaviour affects other people and that there are appropriate and inappropriate behaviours	That not all images, language and behaviour are appropriate	How to use technology safely
		Recognise the characteristics of positive and negative relationships	The difference between good and bad secrets	How to make informed choices in relationships
		How to use simple rules for resisting pressure when I feel unsafe or uncomfortable	How to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online	That my increasing independence brings increased responsibility to keep myself and others safe

	EYFS	KS1	LKS2	UKS2
	I can: Identify special people (family, carers, friends) in my life	I can: Recognise what makes people special	I can: Show care and concern for the special people in my life	I can: Show care and concern for the special people in my life and put their needs before my own
	Show friendly behaviour towards others	Be friendly and can make friends	Be friendly, able to make and keep friends.	Be loyal, able to develop and sustain friendships
		Recognise that I belong to a variety of communities locally, nationally and globally	Show concern for the communities to which I belong , aware that my behaviour has an impact upon them	Be just and fair, acting with integrity to show understanding of the impact of my actions locally, nationally and globally
	Ask questions about the wider world	Show awareness of differences between my life and others in the wider world	Identify injustices in the wider world	Speak out about injustice in the wider world and what I can do to help
		Get adult help if someone is hurt	Make a clear and efficient call to emergency services if necessary	Describe some basic first-aid, dealing with common injuries

Curriculum Overview

EYFS

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Moral	I can: Say 'please' and 'thankyou'				19. I try to use words that make the world a better place	Managing feelings and behaviour (40-60+mths)	Picture my World resource	
	Say 'sorry'	Friends (Reconciliation-Summer term)			31. I know how to show I am sorry	Managing feelings and behaviour (40-60+mths)		International Day of Peace 21 September
	Talk about the good things in my life	Myself (Domestic Church Autumn term) Celebrating (Local Church-Spring term)					Picture My World resource	World Environment Day 5 June
	Be patient when I do not get what I want straight away					Managing feelings and behaviour (30-50mths)		
	Show care for others	Family (Domestic Church Autumn term) Friends (Reconciliation-Summer term)	God loves each of us in our uniqueness Reception p.14		27. I know how to help others when they are in trouble	Making relationships (22-36mths)		Fair Trade Fortnight February Refugee Week June

EYFS

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Spiritual	I know: That I am made by God	Myself (Domestic Church- Autumn term)	Wonder at God's love Nursery p.7		1. We are all special		Picture my World resource	
	That God loves me and I can talk to God through prayer	All Topics	Wonder at God's love Nursery p.10 God loves each of us in our uniqueness Reception p.14					
	That Jesus cares for me and I am part of God's family	Myself (Domestic Church- Autumn term)						Universal children's day 20 November
	That Jesus tells us to love one another	Friends (Reconciliation- Summer term)						
	What I am good at		God loves each of us in our uniqueness Reception p.12		2. I can say one good thing about myself	Self-confidence and self-awareness (40- 60+mths)	Picture My World	

EYFS

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Physical	I know: That I am living and growing	Growing (Lent/Easter Spring term)				The world (30 – 50mths)	Harvest Resources	
	That a baby grows inside its mother’s womb before birth		God loves each of us in our uniqueness Reception p.14					International Women’s Day
	I can: Identify living things					Understanding the world (30 – 50mths)		World Wildlife day 3 March
	Name similarities and differences between myself and others		Wonder at God’s love Nursery p.8 God loves each of us in our uniqueness Reception p.11		35. I notice we are the same and we are different	The world (40-60+mths)		World Day for Cultural Diversity 21 June
	Keep clean by washing and drying my hands					Health and self – care (30-50mths)		World Health Day 7 April

EYFS

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Emotional								World water day 22 March
	I know : What I like and dislike		Wonder at God's love Nursery p.9			Self-confidence and self-awareness (40-60+mths)	Picture my world	
	Say how I feel at different times		Wonder at God's love Nursery p.9					

EYFS

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Social	I know: Who can help me in school				25. I know when to ask for help and who to ask for help from	Self-confidence and self-awareness (30-50mths)		
	That I belong to a family and can name my family members	Myself (Domestic Church Autumn term)	God loves each of us in our uniqueness Reception p.11			Understanding the world People and communities(22-36mths)		International Day of Families 15 May
	When people are being unkind to me or others and how to respond				5. I know what to do if I see anyone being hurt	Making relationships (30-50mths)		
	I can: Identify special people (family, carers, friends) in my life		God loves each of us in our uniqueness Reception p.12			Making relationships (30-50mths)		
	Show friendly behaviour towards others		God loves each of us in our uniqueness Reception p.13			Making relationships (30-50mths)		Fair Trade Fortnight February
	Ask questions about the wider world	Our World (Universal Church Summer term)				Understanding the world –the world (40-60+mths)	God’s Wonderful World linked to (Come and See Universal Church)	World Environment Day 5 June

Key Stage One

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Science Curriculum	Links to CAFOD	Links to Global Calendar
	Accept that I do not always get what I want	Change Y1 Opportunities Y2 (Lent/ Easter Spring term)		Citizenship 3, 4, 5 (Y1/2)	23. I try to keep going when things get difficult and not give up hope			
	Be caring, aware of the needs of others	Holidays and Holydays Y1 Spread the Word Y2 (Pentecost Summer term)		Citizenship 3, 4, 5 (Y1/2)	13. I try to love others as I love myself		Picture My World resource A Day with Musa resource	Refugee Week June International Day of Families 15 May

Key Stage One

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Science Curriculum	Links to CAFOD	Links to Global Calendar
Spiritual	I know: That I am special because I am made and loved by God	Belonging Y1 Signs and Symbols Y2 (Baptism- Autumn term)	We meet God's love in our family Y1 p.18	Citizenship 4 Diversity and Community.	1. We are all special			Universal Children's Day 20 November
	That prayer is listening to God as well as talking to Him	All Topics	We meet God's love in our family Y1 p.15-18 We meet God's love in the community Y2 p.19- 22					
	That Catholics belong to the Church family and that Jesus cares for all	Special People Y1 (Local church- Spring term) Neighbours Y1 (Universal Church- Summer term)	We meet God's love in the community Y2 p.19	Citizenship 4 Diversity and Community.	15. I know I belong to a community that includes my school		Refugees resource Universal Church topics	World Refugee Day 20 June
	That Jesus tells us to forgive one another	Being Sorry Y1 Rules Y2 (Reconciliation- Summer term)		Myself and my relationships 4&5 (Y1) Beginning and Belonging. Myself and my relationships 6 &7 (Y2)	31. I know how to show I am sorry			International Day of Peace 21 September
	That I have individual gifts, talents and abilities, given by God	Beginnings Y2 (Domestic Church- Autumn term)		Myself and my relationships 4&5 (Y1) Beginning and Belonging. Myself and my relationships 6 &7 (Y2)	2. I can say one good thing about myself			

Key Stage One

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Science Curriculum	Links to CAFOD	Links to Global Calendar
Physical	I know: That babies change and grow and that there are life stages from conception to death	Change Y1 (Lent/Easter Spring term)	We meet God's love in our family Y1 p.15	Healthy and Safer Lifestyles. Sex and Relationships Education 10		Living things and their habitats Y2 Sc2/2.1b Animals including humans Y2 Sc2/2.3b		
	That a baby moves as it grows in its mother's womb	Waiting Y1 (Advent Autumn term)		Healthy and Safer Lifestyles. Sex and Relationships Education 10				International Women's Day 8 March
	I can: Identify the needs of people and other living things.			Citizenship 4 Diversity and Communities		Animals including humans Y2 Sc2/2.3c		Human Rights Day 10 December
	Describe the similarities and differences between people (general)			Citizenship 4 Diversity and Communities	35. I notice that we are the same and we are different		A Day with Musa resource	World Day for Cultural Diversity 21 June
	Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean)			Healthy and Safer Lifestyles 5, 6&7	9. I can tell you how I look after myself 10. I think before I make choices that affect my health (circle time)	Animals including humans Y2 Sc2/2.3c	Health resource Water resource	World Health Day 7 April World Water Day 22 March
	Describe how to keep safe in the sun			Healthy and Safer Lifestyles 4/5	9. I can tell you how I look after myself 10. I think before I make choices that affect my health (circle time)		Health resource	World Health Day 7 April

Key Stage One

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Science Curriculum	Links to CAFOD	Links to Global Calendar
Emotional	I know: That we all have different likes and dislikes			Myself and my relationships 6 & 7 (Y2)			A Day with Musa resource One Day One World resource	
	That how I act can have consequences	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)		Citizenship 5 Myself and my relationships 5,6 & 7				
	I can: Name happy and sad times in my life	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	We meet God's love in our family Y1 p.15 We meet God's love in the community Y2 p.19	Myself and my relationships 5	3. I can say how I feel (circle time)			International Day of Families 15 May
	Manage my feelings and behaviour	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)		Myself and my relationships 5	3. I can say how I feel (circle time)			
	Talk about my mood and know that how I am feeling is a normal part of daily life			Myself and my relationships 5	3. I can say how I feel (circle time)			

Key Stage One

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Science Curriculum	Links to CAFOD	Links to Global Calendar
	How to use simple rules for resisting pressure when I feel unsafe or uncomfortable			Myself and my relationships 7: Antibullying. Healthy and Safer Lifestyles 4: Managing risk	26. I can recognise comfortable and uncomfortable feelings (circle time)			Anti-Bullying Week November Internet Safety Week February
	I can: Recognise what makes people special.			Myself and my relationships: Beginning and Belonging Myself and my relationships 8: Managing Change	1. We are all special		KS1 Bangladesh resource	International Day for Children 12 April
	Be friendly and can make friends			Myself and my relationships: Beginning and Belonging	18. I cooperate with others in work and play. (circle time)			
	Recognise that I can belong to a variety of communities locally, nationally and globally	Special People Y1 Books Y2 (Local church Spring term) Neighbours Y1 (Universal Church-Summer term)		Citizenship 4: Diversity and Communities	15. I know I belong to a community that includes my school		KS1 Bangladesh resource Laudato Si Care for our Common Home	Fair Trade Fortnight February
	Show awareness of differences between my life and others in the wider world	Neighbours Y1 (Universal Church-Summer term)	We meet God's love in the community Y2 p.19	Citizenship 4: Diversity and Communities			Fair Trade Resource Laudato Si Care for our Common Home	Fair Trade Fortnight February

Key Stage One

		Come and See	Journey in Love	Cambridgeshire PSHCE	Catholic Virtues	Science Curriculum	Links to CAFOD	Links to Global Calendar
	Get adult help if someone is hurt		27. I know how to help others when they are in trouble	Healthy and Safer Lifestyles 4, 5 &9 Personal Safety Managing risk Safety Contexts				Emergency Services Day

Lower Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Be caring, aware of the needs of others and responding to those needs	Energy Y3 New Life Y4 (Pentecost-Summer term)		Myself and my relationships 10 – My emotions Myself and my relationships 11 – My emotions Myself and my relationships 10 – Family and Friends	27. I know how to help others when they are in trouble 34. I stand up for people who are being treated unfairly		All CAFOD resources	Refugee Week June Fair Trade Fortnight 26 February

Lower Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Spiritual	I know: That life is precious and given by God	Homes Y3 People Y4 (Domestic Church-Autumn term) Other Faiths weeks	God loves us in all our differences Y4 p. 28 -32		35. I notice that we are the same and we are different 36. I try to be accepting of others		One Day One World	Universal Children's Day 20 November International Day for Tolerance 16 November
	That I can spend time with God in prayer by myself and with others which helps me in life	All Topics	How we live in love Y3 p.23 God loves us in all our differences Y4 p.28-32					
	That belonging to the Church family means that I should love other people in the same way as Jesus does	Journeys Y3 Community Y4 (Local Church-Spring term) Called Y4 Baptism/Confirmation-Autumn term		Myself and my relationships 9 – Beginning and belonging	15. I know I belong to a community that includes my school		Refugees resource Universal Church topics	Refugee Week June International Day of Families 15 May
	That following Jesus' teaching on forgiveness can help me in my relationships my friends	Choices Y3 Building Bridges Y4 (Reconciliation-Summer term)	God loves us in all our differences Y4 p.30	Myself and my relationships 11 – Family and friends Myself and my relationships 10 – My emotions	33. I try to accept forgiveness from others			
	That God wants me to use my individual gifts, talents and abilities		God loves us in all our differences Y4 p.30	Citizenship 6 – working together	2. I can say one good thing about myself			

Lower Key Stage Two

		Come and See / Sacramental Preparation Education programme	Journey in Love	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Physical	I know: That my body is changing as I grow and some of the changes that occur throughout life.		God loves us in all our differences Y4 p.28-32	Myself and my relationships 13 – Managing change Healthy and Safer Lifestyles -17 Sex, Relationships Education				Universal Children’s Day 20 November International Day for Older Persons 1 October
	How a baby grows and develops in its mother’s womb	Visitors Y3 (Advent-Autumn term)	God loves us in all our differences Y4 p.28-32	Healthy and Safer Lifestyles -17 Sex, Relationships Education				International Women’s Day 8 March
	I can: Describe the needs of people and other living things, including the need to reproduce		God loves us in all our differences Y4 p.28-32	Healthy and Safer Lifestyles -17 Sex, Relationships Education Healthy and Safer Lifestyles -14 Healthy lifestyles				
	Describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions		God loves us in all our differences Y4 p.28-32	Healthy and Safer Lifestyles -13 Sex, Relationships Education	35. I notice that we are the same and we are different		One Day One World resource	Universal Children’s Day 20 November
	Describe a healthy life- style, including physical activity, dental health, healthy eating, sleep and hygiene			Healthy and Safer Lifestyles -14 Healthy lifestyles	9. I can tell you how I look after myself 10. I think before I make choices that affect my health	Animals including humans Y3 Sc3/2.2		World Health Day 7 April World Toilet Day 19 November

Lower Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Describe how and why to keep safe in the sun			Healthy and Safer Lifestyles -14 Safety Contexts	9. I can tell you how I look after myself 10. I think before I make choices that affect my health			World Health Day 7 April

Lower Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Social	I know: That I can go to a number of different people for help in different situations.		How we live in love Y3 p.23	Healthy and Safer Lifestyles 16 – Personal Safety Healthy and Safer Lifestyles 11 – Managing Risk	25. I know when to ask for help and who to ask for help from			
	That there are different types of relationships including those between acquaintances, friends, relatives and family	People Y4 (Domestic Church-Autumn term)		Myself and my relationships 11 - Family and friends Citizenship 7 – Diversity and communities	35. I notice that we are the same and we are different			
	What bullying is (including cyber-bullying) and how to respond			Myself and my relationships 12 - Anti bullying Healthy and Safer Lifestyles 11 – Managing Risk				Anti-Bullying Week November
	That not all images, language and behaviour are appropriate			Healthy and Safer Lifestyles 11 – Managing Risk Healthy and Safer Lifestyles 12 – Safety Contexts	26. I can recognise comfortable and uncomfortable feelings (circle time)			Internet Safety Week February

Lower Key Stage Two

	The difference between good and bad secrets			Healthy and Safer Lifestyles 11 – Managing Risk Healthy and Safer Lifestyles 16 – Personal Safety	15. I know I belong to a community that includes my school			
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		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	How to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online			Healthy and Safer Lifestyles 11 – Managing Risk Healthy and Safer Lifestyles 12 – Safety Contexts				Internet Safety Week February
	I can: Show care and concern for the special people in my life	Giving and Receiving Y4 (Eucharist-Spring term)	How we live in love Y3 p.23	Myself and my relationships 10 – My emotions Myself and my relationships 11 - Friends and family	18. I cooperate with others in work and play (circle time)			
	Be friendly, able to make and keep friends	Choices Y3 Building bridges Y4 (Reconciliation-Summer term)	How we live in love Y3 p.24	Myself and my relationships 11 - Friends and family Myself and my relationships 9 – Beginning and belonging	18. I cooperate with others in work and play (circle time)			
	Show concern for the communities to which I belong, aware that my behaviour has an impact upon them	Choices Y3 Building bridges Y4 (Reconciliation-Summer term) Other Faiths weeks	How we live in love Y3 p.23	Citizenship 6 – working together Citizenship 8, Rights, rules and responsibilities	18. I cooperate with others in work and play (circle time)		Climate and Environment Resource Fair Trade Resource	Fairtrade Fortnight February World Health Day 7 April

Lower Key Stage Two

								Laudato Si Care for our Common Home	World Environment Day 5 June
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		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Identify injustices in the wider world	Special Places Y3 God's People Y4 (Universal Church- Summer term)		Citizenship 7 – Diversity and Communities			Climate and Environment Resource Fair Trade Resource Laudato Si	Fairtrade Fortnight February World Health Day 7 April World Environment Day 5 June
	Make a clear and efficient call to emergency services if necessary			Healthy and Safer Lifestyles 11 – Managing Risk	27. I know how to help others when they are in trouble			Emergency services day

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Moral	I can: Be courteous in my dealings with friends and strangers			Myself and my relationships 14 Beginning and belonging Citizenship 6 Working together	19. I try to use words that make the world a better place			
	Be forgiving, developing the skills to allow reconciliation in relationships	Freedom and Responsibility Y5 (Reconciliation-Summer term)		Myself and my relationships 15 My emotions Citizenship 6 Working together	29. I try to forgive people when they hurt me			International day of Peace 21 September
	Demonstrate my gratitude to others for the good things in my life through words and actions	Ourselves Y5 Loving Y6 (Domestic Church-Autumn term)		Myself and my relationships 14 Beginning and belonging	20. I try to appreciate the beauty and the wonder in the world around me		One Day One World resource	World Environment Day 5 June
	Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)	Ourselves Y5 (Domestic Church-Autumn term) Other Faiths weeks	God loves me in my changing and development Y5 p.33-36	Citizenship 10 Diversity and communities Myself and my relationships 16	36. I try to be accepting of others		One Day One World resource	One World Week October World Faith Week November
	Be honest, striving to live truthfully and with integrity, using good judgement			Myself and my relationships 14, 15,16	8. I try to be just and fair			

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Be self-disciplined and able to delay or even deny myself	Sacrifice Y5 Death and New Life Y6 (Lent/Easter-Spring term)		Citizenship 9 Working Together Myself and my relationships 14, 15,16			Advent and Lent Resources	
	Be compassionate, able to empathise with the suffering of others and displaying the generosity to help	Sacrifice Y5 Death and New Life Y6 (Lent/Easter-Spring term)		Myself and my relationships 14, 15,16	27. I know how to help others when they are in trouble 34. I stand up for people who are being treated unfairly		All CAFOD resources	Refugee week June Fair Trade Fortnight February

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Spiritual	I know: That we are all children of God and made in God's image and likeness	Ourselves Y5 (Domestic Church-Autumn term)	God loves me in my changing and development Y5 p.33-36	Citizenship 10 Diversity and Communities Myself and my relationships 14, 15,16	1. We are all special		One Day One world resource	World Day for Cultural Diversity 21 June International Day for Tolerance 16 November
	That prayer and worship nourish my relationship with God and support my relationships with others	All topics	God loves me in my changing and development Y5 p.36 The wonder of God's love in creating new life Y6 p.44				CAFOD Assembly resources	
	That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (Catholic Social Teaching)	Common Good Y6 (Universal Church-Summer term) Mission Y5 (Local Church-Spring term) Unity Y6 (Eucharist-Spring term)			15. I know I belong to a community that includes my school		Universal Church Topic Year 6	Fair Trade Fortnight February Refugee week June

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	The importance of forgiveness and reconciliation in relationships and the challenges involved in following Jesus' teaching on forgiveness	Freedom and Responsibility Y5 Healing Y6 (Reconciliation-Summer term)		Citizenship 9 Working Together Myself and my relationships 14, 15,16	29. I try to forgive people when they hurt me 33. I try to accept forgiveness from others		Advent and Lent resources	International Day of Peace 21 September
	That each person has a purpose in the world and that God has created me for a particular purpose (vocation)	Life Choices Y5 Vocation and Commitment Y6 (Baptism/Belonging-Autumn term)		Citizenship 9 Working Together			Oscar Romero resource	

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Physical	I know: The changes that occur at each stage of a human being's life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty		God loves me in my changing and development Y5 p.33-34	Myself and my relationships 18 – Managing change Healthy and Safer Lifestyles – 20 & 24 Sex, Relationships Education		Animals including humans Sc5/2.2a		International Youth Day 12 August International Day for Older Persons 1 October
	About the week by week development of the baby in its mother's womb		The wonder of God's love in creating new life Y6 p.40-41	Healthy and Safer Lifestyles -20&24 Sex, Relationships Education				International Women's Day 8 March
	How human life is conceived in the womb, including the language of sperm and ova and about the nature and role of menstruation in the fertility cycle		Y5 p.34 God loves me in my changing and development The wonder of God's love in creating new life Y6 p.40-41	Healthy and Safer Lifestyles -20&24 Sex, Relationships Education				

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	About the differences between boys and girls with regard to puberty and reproduction		Y5 p.33-36 God loves me in my changing and development The wonder of God's love in creating new life Y6 p.37-39	Healthy and Safer Lifestyles -20 Sex, Relationships Education				
	About the impact that poor lifestyle choices can have on my health including lack of physical activity, poor dental health, sleep, hygiene, drugs and alcohol. The facts and science relating to immunisation and vaccination			Healthy and Safer Lifestyles -21 Healthy Lifestyles Healthy and Safer Lifestyles -22 Drug Education	9. I can tell you how I look after myself 10. I think before I make choices that affect my health	Animals including humans SC6/2.2b		World Health Day 7 April World Toilet Day 19 November
	About the impact of unsafe exposure to the sun and how to reduce the risk of sun damage			Healthy and Safer Lifestyles -19 Safety Contexts	9. I can tell you how I look after myself 10. I think before I make choices that affect my health			World Health Day 7 April

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
Emotional	I can: Be confident in my relationships with my peers in various situations, including online			Myself and my relationships 15 & 16 Citizenship 6 - Working together Healthy and safer Lifestyles 23 – Personal safety				Internet Safety Week February
	I know: That some behaviour is unacceptable, unhealthy or risky			Myself and my relationships 17 – Anti bullying Healthy and safer Lifestyles 18 – Managing Risk	6. I understand that rights match responsibility			Internet Safety Week February
	I can: Describe how my emotions may change and intensify as I grow and move through puberty		God loves me in my changing and development Y5 p.35 The wonder of God's love in creating new life Y6 p.42-43	Myself and my relationships 18- managing Change Healthy and safer Lifestyles 20, Sex and Relationship Education	3. I can say how I feel			
	Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement	Death and New Life Y6 (Lent/Easter-Spring term)		Myself and my relationships 18 – managing change				

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	Show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges		God loves me in my changing and development Y5 p.35	Myself and my relationships 15 - My emotions Citizenship 9 – Working together	9. I can tell you how I look after myself			Internet Safety Week February
	Describe the impact that poor lifestyle choices can have on mental health and the need for exercise, fresh air, company, good diet and sufficient good quality sleep to support mental well-being.			Healthy and Safer Lifestyles 18 – managing Risk Healthy and Safer Lifestyles 21- Healthy Lifestyles	9. I can tell you how I look after myself 10. I think before I make choices that affect my health			Mental Health Awareness day/week

		Come and See	Journey in Love	Life to the Full	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
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Upper Key Stage Two

Social	I know: That there are a number of different people and organisations I can go to for help in different situations and how to contact them			Healthy and Safer Lifestyles 23 – personal safety Healthy and Safer Lifestyles 18 – Managing Risk Myself and My relationships 14 ,15 & 16	25. I know when to ask for help and who to ask for help from		
	About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond, respecting difference	Other Faiths weeks		Citizenship 10 – diversity and communities	36. I try to be accepting of others		Global Neighbours resource World Day for Cultural Diversity 21 May
	How to report and get help if I encounter inappropriate materials or messages			Healthy and Safer Lifestyles 23 – personal safety Healthy and Safer Lifestyles 18 – Managing Risk	25. I know when to ask for help and who to ask for help from		Internet Safety Week February
	How to use technology safely			Healthy and Safer Lifestyles 23 – personal safety Healthy and Safer Lifestyles 18 – Managing Risk			Internet Safety Week February

Upper Key Stage Two

		Come and See	Journey in Love	Cambridgeshire PSHE	Statements to Live By	Science	Links to CAFOD	Links to Global Calendar
	How to make informed choices in relationships		God loves me in my changing and development Y5 p.35 The wonder of God's love in creating new life Y6 p.42	Myself and My relationships16 - Family and Friends				
	That my increasing independence brings increased responsibility to keep myself and others safe			Citizenship 11- Rights, Rules and responsibilities	6. I understand that rights match responsibility			Internet Safety Week February
	I can: Show care and concern for the special people in my life and put their needs before my own	Sacrifice Y5 Death and New Life Y6(Lent/Easter-Spring term)		Myself and My relationships 14 – Beginning and belonging Citizenship 9- Working together				
	Be loyal, able to develop and sustain friendships			Myself and My relationships 14 – Beginning and belonging Citizenship 9- Working together				
	Be just and fair, acting with integrity, understanding the impact of my actions locally, nationally and globally	Stewardship Y5 Common good Y6 (Universal Church-Summer term)		Citizenship 9, 10,11			Climate and Environment Resource Laudato Si Care for our Common Home	Fairtrade Fortnight February World Health Day 7 April World Environment Day 5th June

Upper Key Stage Two

	<p>Speak out about injustice in the wider world and what I can do to help.</p>	<p>Stewardship Y5 Common good Y6 (Universal Church-Summer term)</p>		<p>Citizenship 9, 10,11 Myself and My relationships 17 Anti-bullying</p>			<p>Fair Trade Resource Laudato Si Care for our Common Home</p>	<p>Fairtrade Fortnight February World Health Day 7 April World Environment Day 5 June</p>
	<p>About some basic first-aid, dealing with common injuries</p>			<p>Healthy and Safer lifestyles 18 – Managing Risk</p>	<p>27. I know how to help others when they are in trouble</p>			<p>Emergency services Day</p>

Resources referenced in this document:

Come and See – Sr Victoria Hummel – Matthew James Publishing Co Ltd <http://www.comeandseere.co.uk/>

Early Learning Goals from Statutory Framework for Early Years/Foundation Stage

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/596629/EYFS_STATUTORY_FRAMEWORK_2017.pdf

Science Curriculum 2014 <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study>

A Journey in Love – Sr Jude Groden RSM McCrimmon Publishing Co Ltd <http://www.mccrimmons.com/shop/relationships/>

Life to the Full – Ten: Ten Resources (including EYFS resources September 2010) www.tentenresources.co.uk/relationship-education

CAFOD – Catholic Agency for Overseas Development <http://cafod.org.uk/Education/Primary-schools>

Statements to Live By – Nurturing Human Wholeness Through the Distinctive Catholic Tradition – Frank McDermott and Theresa Laverick

<http://www.anamcara.org.uk/Nurturing%20Human%20Whole.html>

[Global Calendar](#)

<https://globaldimension.org.uk/calendar/>

Suggested additional Resources

All That I Am - Relationships and Sex education for Upper KS2 published by the Archdiocese of Birmingham

<http://all-that-i-am.co.uk/>

Social and Emotional Aspects of Learning (SEAL) published by Department for Education - National Strategies

<http://webarchive.nationalarchives.gov.uk/20110809101133/nsonline.org.uk/node/87009>

PSHE guidance from PSHE Association <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>

<https://www.pshe-association.org.uk/>

It is recommend that schools include in their annual curriculum planning some focused lessons about internet safety and all forms of bullying e.g. Internet safety week and anti – bullying week (see global calendar).