

RSHE Curriculum - Autumn Term

<u>Year Group</u>	<u>Unit/Session</u>	<u>Overview</u>
F1 and F2	Story Sessions: Handmade with Love	Children will be told the story of creation, engaging with it creatively through sound, movement and discussion. This session aims to provide children at the outset of the programme with the language and understanding of the fundamental principle that we were created by God out of love and for love.
F1 and F2	I Am Me	This session helps children learn that they are uniquely created by God and special because they are made and loved by Him. As children explore in more detail their uniqueness and what that means in real terms, this session aims to celebrate difference as well as individual gifts, talents and abilities.
F1 and F2	Heads, Shoulders, Knees and Toes	The first part of this session involves children moving around and exploring the movements their bodies can make by taking part in a story about Freddy Teddy and Mollie the Cat, who take a morning walk. The rest of the session helps children realise how wonderful their unique, God-given bodies are. The session also briefly discusses, in an age-appropriate way, that privates are private.
F1 and F2	Ready Teddy?	With the ultimate aim of looking after our God-given bodies, this interactive session involves children helping Freddy Teddy to make good, healthy lifestyle decisions, including about exercise, diet, sleep and personal hygiene. Note that this session is not exhaustive and these topics will need to be revisited multiple times for children to really grasp them; rather, this session offers spiritual reasoning for why we should look after our bodies, and consolidates on the good practice being taught in schools and at home.
Year 1 and 2	Let the Children Come	Children will hear and experience the Gospel story of Jesus welcoming little children to Him in spite of others telling them to stay away. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God out of love and for love.
Year 1 and 2	I Am Unique (Me)	This session builds on the Unit 1 Gospel reflections on Jesus welcoming little children to Him, helping pupils to remember that they're all special because they are made and loved by God. Children will be encouraged to notice similarities and celebrate differences between fictional people and each other as things that make us unique and special.
Year 1 and 2	Girls and Boys (My Body)	This session is all about celebrating our God-given bodies and the things they enable us to do! In an age-appropriate way, children will be encouraged to notice similarities and celebrate differences between girls and boys on physical, emotional and spiritual levels.  Note-Children will be taught the names of external body parts (genitalia). If further information is required please feel free to contact the school.
Year 1 and 2	Clean and Healthy (My Health) – 2 sessions	Building from the last session where we learned that our bodies are good, this session teaches children how to take care of their bodies. Children will meet Super Susie and help teach her how to take care of herself. They will finish

		learning <b>'God Made Me, God Made You'</b> and remember that their bodies are a special gift from God that they need to look after!
Year 3 and 4	Get Up	Children will hear and experience the Gospel story of Jesus healing Jairus' daughter. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God out of love and for love: they were designed for this purpose, which should inform how they live.
Year 3 and 4	The Sacraments	Building from the reflective sessions on the account of the raising of Jairus' daughter, this session unpacks the Sacraments of Baptism and Reconciliation. Children will understand that through prayer, the Sacraments and our friendships and relationships with others, we can have a foretaste of heaven.
Year 3 and 4	We Don't Have To Be The Same	This session introduces the animated characters of AJ, who will reappear throughout the Lower Key Stage Two scheme of work. Children in class will also role-play the characters of Sophie and Aidan who have questions and dilemmas for AJ. In this session, children help Sophie and Aidan learn that similarities and differences can be celebrated and can benefit a community through working together. Pupils will also be given an opportunity to reflect on God's love as the foundation of our self-confidence.
Year 3 and 4	Respecting Our Bodies	In this session, we explore the importance of respecting our bodies as a gift from God in very practical ways, such as clothing, food and physical exercise. Returning to the character of AJ (on screen) and Sophie and Aidan (played by pupils), we explore problems and solutions through roleplay and discussion. Children will reflect on their individual bodies as a gift from God that He wants us to look after and respect.
Year 5 and 6	Calming the Storm	Children will hear and experience the Gospel story of Jesus calming the storm. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God who cares for us and wants us to put our faith in Him.
Year 5 and 6	What is Puberty? (Moved to Year 5)	In this session, children will 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. Through the role-play drama and presenter-led video, children should come out of this session knowing that puberty is part of God's plan for our bodies and that they can embrace the changes with confidence.
Year 5 and 6	Changing Bodies (Moved to Year 5)	In the previous session, pupils looked at the word 'puberty' and learnt how puberty is part of God's plan to help us love others more. In this session, pupils will use the correct terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.
	Boy/Girl Discussion Groups (Moved to Year 5)	Opportunity for children to discuss anything they might want to ask, arising from the previous 2 sessions.

Year 5 and 6	Gifts and Talents	<p>This session helps children to understand and appreciate differences and similarities between people. Children should develop a deeper awareness that our value and sense of esteem arises from being loved by God.</p> <p>In the first episode of the series <b>Paradise Street</b>, we are introduced to the four main characters and see their similarities and differences. There is friction over competition and rivalry, with the characters learning that difference – whether physical or skills based – should be celebrated as enriching to a community. One of the characters, Finn, discusses his feelings of insecurity with his Mum and she teaches him that his self-confidence should come from being loved by God.</p>
Year 5 and 6	Girls' Bodies	<p>This episode of <b>Paradise Street</b> starts with a lesson in class talking about the physical changes that boys and girls experience in puberty and the children respond with different levels of embarrassment and confusion. The film then focuses on the girls' perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty.</p>
Year 5 and 6	Boys' Bodies	<p>This episode of <b>Paradise Street</b> starts with a lesson in class talking about the physical changes in puberty, and the children respond with different levels of embarrassment and confusion. The film then focuses on the boys' perspective through the characters of Finn and Marcus. Through the drama, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for boys during puberty.</p>
Year 5 and 6	Spots and Sleep	<p>This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.</p>