

RSHE Curriculum- Spring 1

<u>Year Group</u>	<u>Unit/Session</u>	<u>Overview</u>
F1 and F2	I Like, You Like, We All Like!	This session builds on themes of similarities and differences from Unit 2 by helping children consider what likes and dislikes they have in common. Children will also participate in a story in which Mollie the Cat feels bad because she doesn't like catching mice, but comes to a place of self-acceptance with the help of her friends.
F1 and F2	Good Feelings, Bad Feelings	Using pictures and short stories of Freddy Teddy and his friends experiencing different feelings, children will discuss how they are feeling, what feelings can look like and why they might be feeling them. They will also work on empathy and understanding of others, and how to help.
F1 and F2	Let's Get Real	This session moves away from Freddy Teddy and friends and looks at a real life example of a challenging situation like pupils may face. Children will engage creatively with this story, learning that actions have consequences; that when we make mistakes, we should say sorry and ask for forgiveness. This will lead into a basic exploration of of Jesus' forgiveness for us.
F1 and F2	Growing Up	This session helps children explore the natural human cycle of life, focusing on what children can remember about their development so far and what they know will happen as they get older. This is underpinned by the religious understanding that growing up is part of God's plan for our lives, and that we are loved by Him at every life stage.
Year 1 and 2	Feelings, Likes and Dislikes	In this session, children will watch a video where our two film presenters, Zoe and Joey, are trying to understand the feelings inside their heads. Children will realise that we all have different feelings at different times, and different likes and dislikes too. Children will take part in activities to help them understand and articulate their own feelings and how other people's feelings might differ from theirs.
Year 1 and 2	Feeling Inside Out	In this session, our film presenters Zoe and Joey continue to try to understand the feelings inside their heads. Children will realise that we all have different feelings at different times, and different likes and dislikes too. Children will take part in activities to help them understand and articulate their own feelings and how other people's feelings might differ from theirs.
Year 1 and 2	Super Susie Gets Angry	Using the knowledge they gained over previous sessions, children will have to take up the mantle of the expert and help Super Susie through experiencing strong feelings for the first time. Children will reinforce previous learning by helping Susie through discussion

		and/or role-play (depending on teacher preference and age/stage of children). They will learn more about consequences of choices and what to do when it all goes wrong.
Year 1 and 2	The Cycle of Life	This session can be split into two if preferred. It starts by referring back to the account of Jesus welcoming the little children used in Unit 1 of this Module, to show that God created us to follow the cycle of life and He loves us at every stage. We are created to grow, change and learn, not least about the love of God and how we can share it with others. There can be joy in every stage of life!
Year 3 and 4	What Am I Feeling?	This session introduces feelings and emotions as complex and changeable things that we sometimes can't quite understand or explain, especially when hormones are involved. Children will learn to examine their feelings, to try to understand them and what causes them. They will be given some techniques to scrutinise their feelings and determine whether they are a good or bad guide for taking action. Children will also spend time reflecting on their emotional well-being, and what they can do to help themselves stay emotionally healthy.
Year 3 and 4	What Am I Looking At?	Through activities and creative role play, this session encourages children to see through the fake reality that is presented to them on television, in magazines and on adverts: they will compare these representations and stereotypes to their own life experiences. This session can be particularly useful in revealing and discussing biased gender stereotypes and how children feel about them. Children will also consider how the polished 'reality' of the media can affect how people feel about themselves.
Year 3 and 4	I Am Thankful!	In this session, children will identify behaviour that is wrong, unacceptable, unhealthy or risky, and they will be reminded that feelings and actions are different things. They will learn that particular feelings and pressures may lead us to act inappropriately, and so they will learn how to build resilience against those feelings by practising thankfulness. Children will be given an opportunity to be thankful for people and experiences in their lives.
Year 4	Life Cycles	In this session, pupils will explore the miraculous nature of human conception and birth. With the underpinning knowledge that we were handmade by God with our parents' help, children will go on a journey to discover how life is created in the womb. It is worth noting that sexual intercourse is not discussed

		in this session. The session will end with a thanksgiving meditation.
Year 5 and 6	Body Image	This film investigates some of the pressures pubescent young people can face from others, their own expectations and the media. Leyla feels pressure to look grown up after her Mum shares a photo of her on social media with a caption 'My Baby', and Finn feels weak and inadequate and so tries to build muscle too quickly. Through exploring these and other pressures that they may experience, children will develop ideas on how to build resilience through thankfulness.
Year 5 and 6	Funny Feelings	In this session, pupils will observe and discuss how people behave and react to their feelings and emotions, and how these feelings can change quickly. Marcus imitates inappropriate behaviours that he sees at home from his Mum's boyfriend. He learns that some behaviours are always wrong, no matter what feelings accompany them, and learns that he has to take responsibility for his actions. Siobhan and Leyla fall victim to miscommunication which ruptures their friendship.
Year 5 and 6	Emotional Changes	In this episode of Paradise Street, Leyla has a crush on an older boy and gets a bit carried away. Meanwhile, following recent events in Marcus' personal life, Miss Nichols gives him a creative outlet to soothe the powerful emotions he has been experiencing. This session provides plenty of opportunity for discussion and reflection, including how to deal with feelings that can feel uncontrollable. Pupils will develop a greater understanding of things that help their emotional well-being. At the end of this session, pupils should be given information about pastoral facilities within the school that they can use if they are not feeling emotionally well.
Year 5 and 6	Making Babies (Part 1)	This session explores how a baby grows in the womb, building and developing the teaching at Lower Key Stage Two. In the episode of "Paradise Street", Finn learns that his Mum is going to have a baby. He discusses it with his friends, who don't know much about where babies come from. Finn learns from his Mum how about the miraculous process of human life is conceived and developed in the womb. Finn also has his worries alleviated about being 'replaced' or not loved so much when the new baby comes along.
Year 5 and 6	Menstruation	In this session, we see that Siobhan gets her first period and doesn't know quite what to do. She is sad that her Mum, who died a number of years ago, isn't there to show her the ropes, but she is helped by her teacher and her Dad to become confident going

		forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. 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.