

RSE Long term plan

Year	Topic	Objectives	Content
Rec	The wonder of being special and unique	<p>To recognise the joy of being a special person in my family</p> <p>To recognise that we are all different and unique</p> <p>The joy of being a special person in God’s family</p>	<p>Reasons why I’m special and how I can identify my uniqueness</p> <p>What makes my family special</p> <p>Who I can ask, when I need help</p> <p>The ways in which I am physically the same as my friends.</p> <p>The ways in which I am physically different to my friends</p> <p>God loves my family</p> <p>Family celebrations e.g. birthdays Christmas, achievements etc.</p> <p>Church celebrations – e.g. Christmas, Christenings</p> <p>The link between family and church celebrations</p> <p>Celebrations are special times to look forward to and remember</p>
Year One	We Meet God’s love in our Family	<p>To recognise signs that I am loved by my family</p> <p>To recognise how I am cared for and kept safe in my family</p> <p>To celebrate ways that God loves and cares for us.</p>	<p>Families are important for children for love, security and stability</p> <p>Other families may look different to my own</p> <p>All babies are different and change and grow</p> <p>The importance of telling someone who can be trusted, if I am are worried about a family issue</p> <p>The role families play in children’s lives</p> <p>How to recognise if family relationships are making me feel unhappy or unsafe</p> <p>God loves and cares for us in a number of ways, giving us our families</p>
Year Two	We Meet God’s love in the community	<p>To recognise the joy and friendship of belonging to a diverse community.</p> <p>To describe ways of being safe in communities.</p>	<p>Identify which communities I belong to and why they are important</p> <p>Understand the respect needed for the differences within a community</p> <p>What individuals can bring to a community and what they receive in return</p>

		To celebrate ways of meeting God in our communities.	<p>The different ways of keeping safe, including online An exploration of what to do if I or someone is feeling unsafe, including with other adults in our community.</p> <p>Understand how the Holy Family school Mission Statement helps us celebrate the community</p> <p>To know we reach out to everyone in our community and how we do this.</p>
Year Three	How We Live in Love	<p>To describe and give reasons how friendships make us feel happy and safe</p> <p>To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p> <p>To celebrate the joy and happiness of living in friendship with God and others.</p>	<p>The features of positive healthy friendships</p> <p>Strategies to build positive friendships</p> <p>How to communicate respectfully with friends including when using digital devices</p> <p>To know that friendships can have ups and downs, but the problems can often be worked through</p> <p>How to seek support with relationships, if they feel lonely or excluded</p> <p>How to solve issues within friendships</p> <p>The Sacrament of Reconciliation</p>
Year Four	God Loves us in our Differences	<p>To describe how we all should be accepted and respected</p> <p>To describe how we should treat others making links with the diverse modern society we live in.</p> <p>To celebrate the uniqueness and innate beauty of each of us.</p>	<p>Recognise differences between people such as gender, race, and faith</p> <p>Recognise what people have in common with others e.g. shared values</p> <p>Recognise the differences between ourselves and others and the appropriate and sensitive vocabulary that should be used to describe those differences</p> <p>An exploration of courtesy and manners</p> <p>An exploration of stereotypes and how they are unfair, negative or destructive</p> <p>Ways to challenge stereotypes</p> <p>The importance of self-respect</p> <p>A recognition and celebration of God-given gifts and how to use them for the Common Good.</p> <p>How to support each other's mental health by expressing feelings.</p>
Year Five	God loves us in our changing bodies and development	To show knowledge and understanding of emotional relationship changes as we grow and develop	<p>A study of the basic stages of emotional childhood development</p> <p>How to help a friend who is struggling with self-confidence</p>

		<p>To show knowledge and understanding of the physical changes in puberty</p> <p>To celebrate the joy of growing physically and spiritually</p>	<p>How to seek advice for yourself or a friend if concerned about mental wellbeing, or being unsafe</p> <p>The physical and emotional changes that occur to both boys and girls during puberty.</p> <p>To know how to grow healthily and happily during these times of change, with God</p> <p>How to respect your own body</p> <p>A recognition of the different types of love</p>
Year Six	The Wonder of God's Love in Creating New Life	<p>To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p> <p>Explain how human life is conceived</p> <p>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.</p>	<p>* Marriage; a union between two people that is a formal, legally-recognised commitment and intended to be lifelong.</p> <p>*how a baby is conceived</p> <p>* how a child grows within the mother's womb</p> <p>*the boundaries that should exist within all relationships, including in a digital context</p> <p>* how, when and where to seek help if a relationship of any sort is making us feel uncomfortable</p> <p>*discover the presence of God in our family and friends.</p> <p>*how St Paul's teaching on love is experienced in families, extended families, school or communities.</p>