



PROGRESSION IN RELATIONSHIPS AND HEATH EDUCATION (RHE)

	RECEPTION	Areas of Study	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
		<p>Within Religious Understanding, pupils will encounter the same/similar objectives over 2 years but activities will be progressive – helping to develop understanding. This is set out in line with diocesan recommendations and Ten Ten planning.</p>						
RHE	<p>Personal, social, emotional development</p> <p>ELG: Self-Regulation</p> <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others, and begin to regulate behaviour accordingly Set and work towards simple goals, Being able to wait for what they want and control their immediate impulses where appropriate Give focussed attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions <p>ELG: Managing Self</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reason for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, 	Religious Understanding	<ul style="list-style-type: none"> We are created individually by God God wants us to talk to Him often and treat Him as our best friend We can give thanks to God in different ways We are part of God’s family Saying sorry is important and can mend friendships Jesus cared for others and had expectations of them and how they should act We should love other people in the same way God loves us That God is love: Father, Son and Holy Spirit That being made in His image means being called to be loved and to love others What a community is, and that God calls us to live in community with one another Jesus’ teaching on who is my neighbour 	<ul style="list-style-type: none"> We are created individually by God God wants us to talk to Him often and treat Him as our best friend We can give thanks to God in different ways That God is love: Father, Son and Holy Spirit That being made in His image means being called to be loved and to love others What a community is, and that God calls us to live in community with one another Jesus’ teaching on who is my neighbour 	<ul style="list-style-type: none"> We are created individually by God God made us with the desire to be loved and to love Every human life is precious from the beginning of life (conception) to natural death Personal and communal prayer and worship are necessary ways of growing in our relationship with God In Baptism God makes us His adopted children and ‘receivers’ of His love By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). It is important to make a nightly examination of conscience That God loves, embraces, guides, forgives and reconciles us with him and one another The importance of forgiveness and reconciliation in relationships Jesus’ teaching on forgiveness that relationships take time and effort That we reflect God’s image in our 	<ul style="list-style-type: none"> We are created individually by God God made us with the desire to be loved and to love Every human life is precious from the beginning of life (conception) to natural death Personal and communal prayer and worship are necessary ways of growing in our relationship with God In Baptism God makes us His adopted children and ‘receivers’ of His love By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). It is important to make a nightly examination of conscience God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’ The human family can reflect the Holy Trinity in charity and generosity The Church family comprises home, school and parish (which is part of the diocese) 	<ul style="list-style-type: none"> We were created individually by God who cares for us and wants us to put our faith in Him Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God’s great plan and the results will be worth it! That God calls us to love others That God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity That the Holy Spirit works through us to bring God’s love and goodness to others The principles of Catholic Social Teaching That God formed them out of love, to know and share His love with others 	<ul style="list-style-type: none"> We were created individually by God who cares for us and wants us to put our faith in Him Physically becoming an adult is a natural phase of life Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God’s great plan and the results will be worth it! That God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity That the Holy Spirit works through us to bring God’s love and goodness to others The principles of Catholic Social Teaching That God formed them out of love, to know and share His love with others

	<p>including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>ELG: Building Relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to others' needs. 				<p>relationships with others</p> <ul style="list-style-type: none"> • God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship' The human family can reflect the Holy Trinity in charity and generosity • The Church family comprises home, school and parish (which is part of the diocese) 			
	Personal Relationships	<ul style="list-style-type: none"> • We are part of God's family • Saying sorry is important and can mend friendships Jesus cared for others and had expectations of them and how they should act • We should love other people in the same way God loves us 			<ul style="list-style-type: none"> • Ways to maintain and develop good, positive, trusting relationships • Strategies to use when relationships go wrong • That there are different types of relationships • What good friendships are • The difference between a group of friends and a 'clique' • Their awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying • Harassment and exploitation in relationships, including physical and emotional abuse and how to respond 		<ul style="list-style-type: none"> • That pressure comes in different forms, and what those different forms are • That there are strategies that they can adopt to resist pressure What consent and bodily autonomy means • Different scenarios in which it is right to say 'no' • How thoughts and feelings impact actions, and develop strategies that will positively impact their actions and apply this in their relationships 	

		Me, My Body, My Health		<ul style="list-style-type: none"> • That we are unique, with individual gifts, talents and skills • The names of the parts of our bodies • That girls and boys have been created by God to be both similar and different • Our bodies are good and we need to look after them • What constitutes a healthy lifestyle, • How to maintain personal hygiene 		<ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community • Self-confidence arises from being loved by God (not status, etc) • They need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do • What the term puberty means • When they can expect puberty to take place • That puberty is part of God's plan for our bodies • Correct naming of genitalia • What changes will happen to boys during puberty • What changes will happen to girls during puberty 		<ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature, • Self-confidence arises from being loved by God (not status, etc) • About the unique growth and development of humans, and the changes that girls and boys will experience during puberty • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately • The need for modesty and appropriate boundaries • How to make good choices that have an impact on their health
		Emotional Well-Being		<ul style="list-style-type: none"> • That it is natural for us to relate to and trust one another • That we all have different 'tastes' • In a simple way that feelings and actions are two different things. • Explore simple strategies for managing feelings and for good behaviour • That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do • That Jesus died on the cross so that we would be forgiven 		<ul style="list-style-type: none"> • That emotions change as they grow up (including hormonal effects) • A deeper understanding of the range and intensity of their feelings • What emotional well-being means • That positive actions help emotional well-being • That talking to trusted people helps emotional well-being • That images in the media do not always reflect reality and can affect how people feel about themselves • That some behaviour is wrong, 		<ul style="list-style-type: none"> • That images in the media do not always reflect reality and can affect how people feel about themselves • That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media • A deeper understanding of the range and intensity of their feelings • That some behaviour is wrong, unacceptable, unhealthy or risky • That emotions change as they grow up (including hormonal

						<p>unacceptable, unhealthy and risky</p> <ul style="list-style-type: none"> • That thankfulness builds resilience against feelings of envy, inadequacy and insecurity 		<p>effects) About emotional well-being:</p> <ul style="list-style-type: none"> • The difference between harmful and harmless videos and images and the impact Ways to combat and deal with viewing harmful videos and images
		Life Cycles		<ul style="list-style-type: none"> • That there are natural life stages from birth to death, and what these are – typically baby, child, teenager, adult, old age adult 		<ul style="list-style-type: none"> • That they were handmade by God with the help of their parents How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception How conception and life in the womb fits into the cycle of life 		<ul style="list-style-type: none"> • How a baby grows and develops in its mother's womb • About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life • Some practical help on how to manage the onset of menstruation

		Keeping Safe	<ul style="list-style-type: none"> • Some safe and unsafe situations, including online • The difference between 'good' and 'bad' secrets • How to resist pressure when feeling unsafe • That they are entitled to bodily privacy • That there are different people we can trust for help • That medicines are drugs, but not all drugs are good for us • That alcohol and tobacco are harmful substances That our bodies are created by God, so we should take care of them and be careful about what we consume • That they should call 999 in an emergency • Some basic principles of First Aid 		<ul style="list-style-type: none"> • That their increasing independence brings increased responsibility to keep themselves and others safe • How to use technology safely • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others • How to report and get help if they encounter inappropriate materials or messages • How to use technology safely • That bad language and bad behaviour are inappropriate • To judge well what kind of physical contact is acceptable or unacceptable and how to respond • That there are different people we can trust for help • That medicines are drugs, but not all drugs are good for us • That alcohol and tobacco are harmful substances • • That our bodies are created by God, so we should take care of them and be careful about what we consume • How to help in an emergency using their First Aid knowledge 		<ul style="list-style-type: none"> • That their increasing independence brings increased responsibility to keep themselves and others safe • How to use technology safely • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others • How to report and get help if they encounter inappropriate materials or messages • What the term cyberbullying means What cyberbullying feels like for the victim How to get help if they experience cyberbullying • What kind of physical contact is acceptable or unacceptable and how to respond • That there are different people we can trust for help 	
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		Living in the Wider World	<ul style="list-style-type: none"> • That they belong to various communities • That they should help at home with practical tasks • That we have a duty of care for others and for the world we live in • What harms and what improves the world in which we live in simple terms 	<ul style="list-style-type: none"> • That they belong to various communities • That they should help at home with practical tasks • That we have a duty of care for others and for the world we live in • What harms and what improves the world in which we live in simple terms 	<ul style="list-style-type: none"> • That God wants His Church to love and care for others • Practical ways of loving and caring for others 	<ul style="list-style-type: none"> • To know that God wants His Church to love and care for others. • To devise practical ways of loving and caring for others. 	<ul style="list-style-type: none"> • How to apply the principles of Catholic Social Teaching to current issues • Ways in which they can spread God's love in their community 	<ul style="list-style-type: none"> • How to apply the principles of Catholic Social Teaching to current issues • Ways in which they can spread God's love in their community
		<p>VOCABULARY Ten Ten Glossary of Terms is separated into 3 sections: Key Stage 1; Lower Key Stage 2; Upper Key Stage 2.</p> <p>This is available on our website within the 'Curriculum' section.</p>						