



Key Stage 1 Relationships Education, Relationships and Sex Education and Health Education (Appendix 2b)

Year 1/2 (objectives to be covered every year)			
Life To The Full Unit	Teaching Structure	Objectives	Expected Coverage - Statutory (DfE)
Module 1 Unit 2 Session 1: I am Unique (me) 1x 30 mins	Whole Class	<b>Pupils will know:</b> <ul style="list-style-type: none"> <li>that we are unique, with individual gifts, talents and skills.</li> </ul>	<b>Pupils should know:</b> [RE9, RE 19]
Module 1 Unit 2 Session 2: Girls and Boys Non genitalia version 30 mins Genitalia version 40 mins	Year 1 Non genitalia version Year 2 Genitalia version	<b>Pupils will know that:</b> <ul style="list-style-type: none"> <li>Our bodies are good;</li> <li>The names of the parts of our bodies</li> <li>That girls and boys have been created by God to be both similar and different and together make up the richness of the human family.</li> </ul>	<b>Pupils should know:</b> [HE 34]
Module 1 Unit 2 Session 3: Clean and Healthy 1x 60 mins (Personal hygiene focus)	Whole Class	<b>Pupils will know:</b> <ul style="list-style-type: none"> <li>Our bodies are good and we need to look after them;</li> <li>What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating;</li> <li>The importance of sleep, rest and recreation for our health;</li> <li>How to maintain personal hygiene.</li> </ul>	<b>Pupils should know:</b> [HE 18, HE19, HE 20, HE 21, HE 22, HE 23, HE 24, HE 26, HE 27, HE 28, HE 29, HE 30, HE 31]
Module 1 Unit 3 Session 1: Feelings, Likes and Dislikes 1x 40 mins	Whole Class	<b>Pupils will know:</b> <ul style="list-style-type: none"> <li>That it is natural for us to relate to and trust one another;</li> <li>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc);</li> <li>A language to describe our feelings</li> </ul>	<b>Pupils should know:</b> [ RE 7, RE 8, RE 9, RE 10, RE11, RE 12, RE 13, RE14, RE15, RE 16 RE 19]
Module 1 Unit 3 Session 2: Feeling Inside Out 1x 30 mins	Whole Class	<b>Pupils will know:</b> <ul style="list-style-type: none"> <li>That feelings and actions are two different things, and that our good actions can 'form' our feelings and our character.</li> </ul>	<b>Pupils should know:</b> [HE1], [HE 2], [HE3]

Module 1 Unit 3 Session 3: Super Susie Gets Angry 1x 40 mins	Whole Class	<p><b>Pupils will know that:</b></p> <ul style="list-style-type: none"> <li>• Simple strategies for managing feelings and for good behaviour;</li> <li>• That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do;</li> <li>• That Jesus died on the cross so that we would be forgiven.</li> </ul>	<p><b>Pupils should know:</b> [HE1], [HE 2], [HE3], [HE4], [HE5], [HE6], [HE7], [HE9], [HE10], [RE7], [RE8], [RE9], [RE10], [RE11], [RE 13]</p>
Module 1 Unit 4 Session 1: The Cycle of Life 1x 30 mins	Whole Class	<p><b>Pupils will know that:</b></p> <ul style="list-style-type: none"> <li>• There are natural life stages from birth to death, and what these are</li> </ul>	<p><b>Pupils should know:</b> [HE34], [HE35]</p>
Module 2 Unit 2 Session 1: Special People 1x 30 mins	Whole Class	<p><b>Pupils will know:</b></p> <ul style="list-style-type: none"> <li>• To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special;</li> <li>• The importance of nuclear and wider family;</li> <li>• The importance of being close to and trusting special people and telling them if something is troubling them.</li> </ul>	<p><b>Pupils should know:</b> [RE1], [RE2], [RE3], [RE4], [RE5], [RE6], [RE8], [RE11], [RE12], [RE13], [RE17], [RE18], [RE29], [RE 30], [RE31], [RE 32], [HE7], [HE9], [HE21]</p>
Module 2 Unit 3 Session 1: Being Safe 1x 35 mins	Whole Class	<p><b>Pupils will know:</b></p> <ul style="list-style-type: none"> <li>• To understand safe and unsafe situations, including online</li> </ul>	<p><b>Pupils should know:</b> [HE 8], [HE11], [HE12], [HE13], [HE14], [HE15], [HE16], [HE17], [RE6], [RE7], [RE8], [RE9], [RE11], [RE20], [RE21], [RE22], [RE23], [RE24], [RE25], [RE26], [RE27]</p>
Module 2 Unit 3 Session 2: Good Secrets and Bad Secrets 1x 35 minutes	Whole Class	<p><b>Pupils will know:</b></p> <ul style="list-style-type: none"> <li>• The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them;</li> <li>• How to resist pressure when feeling unsafe.</li> </ul>	<p><b>Pupils should know:</b> [RE6], [RE11], [RE16], [RE19], [RE23], [RE25], [RE26], [RE27], [RE28], [RE29], [RE30], [RE31], [RE32], [HE9], [HE15]</p>
Module 2 Unit 3 Session 3: Physical Contact 1x 45 mins	Whole Class	<p><b>Pupils will know that:</b></p> <ul style="list-style-type: none"> <li>• To know that they are entitled to bodily privacy;</li> <li>• That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.</li> </ul>	<p><b>Pupils should know:</b> [HE9], [HE21], [HE34], [RE6], [RE8], [RE11], [RE15], [RE16], [RE19], [RE25], [RE26], [RE27], [RE 28], [RE 30], [RE31], [RE32]</p>
Module 2 Unit 3 Session 4: Harmful Substances 1x 30 mins	Whole Class	<p><b>Pupils will know that:</b></p> <ul style="list-style-type: none"> <li>• Medicines are drugs, but not all drugs are good for us.</li> <li>• Alcohol and tobacco are harmful substances.</li> <li>• Our bodies are created by God, so we should take care of them and be careful about what we consume.</li> </ul>	<p><b>Pupils should know:</b> [HE18], [HE19], [HE20] [HE21, [HE25], [HE22], [HE 23], [HE24], [HE26], [HE27], [HE28], [HE29], [HE30], [HE31]</p>

<p>Module 2 Unit 3 Session 5: Can You Help Me? 1x 40 mins</p>	<p>Whole Class</p>	<p><b>Pupils will know that:</b></p> <ul style="list-style-type: none"> <li>• They should call 999 in an emergency and ask for ambulance, police and/or fire brigade</li> <li>• If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999.</li> <li>• Some basic principles of First Aid</li> </ul>	<p><b>Pupils should know:</b> [HE32], [HE33]</p>
<p>Module 3 Unit 1 Session 1: Three in One 1x 25 mins</p>	<p>Whole Class</p>	<p><b>Pupils will know that:</b></p> <ul style="list-style-type: none"> <li>• That God is love: Father, Son and Holy Spirit</li> <li>• That being made in His image means being called to be loved and to love others</li> </ul>	<p><b>Pupils should know:</b> [RE1],</p>