



Key Stage 2: Relationships Education, Relationships and Sex Education and Health Education (Appendix 2c)

Year 3/4 (Cycle A)			
Life To The Full Unit	Teaching Structure	Objectives	Expected Coverage - Statutory (DfE)
Module 2 Unit 2 Session 1 Friends, Family and Others 1 x 45 mins.	Whole Class	Pupils will know: <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 including those between acquaintances, friends, relatives and family; • That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; • The difference between a group of friends and a 'clique'. 	Pupils should know: [RE3], [RE8], [RE9], [RE12]
Module 2 Unit 2 Session 2 When Things Feel Bad 1 x 45 mins.	Whole Class	Pupils will know that: <ul style="list-style-type: none"> • Develop a greater awareness of bullying (e.g. cyber-bullying), that all bullying is wrong, and how to respond to bullying; • Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. 	Pupils should know: [RE17], [RE19], [RE22], [RE23], [RE31]
Module 2 Unit 3 Session 1 Sharing Online 1 x 45 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • To recognise 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. 	Pupils should know: [RE20], [RE21], [RE22], [RE23], [RE28], [RE29], [RE30], [RE31], [RE32], [HE9]
Module 2 Unit 3 Session 2 Chatting Online 1 x 45 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • How to use technology safely; • That bad language and bad behaviour are inappropriate; • 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. 	Pupils should know: [RE11], [RE13], [RE19], [RE26], [RE28], [RE29], [RE30], [RE31], [RE32], [HE20]
Module 2 Unit 3 Session 3 Safe in My Body 1 x 45 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • 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, especially those closest to us who care for us, including our teachers and parish priest. 	Pupils should know: [RE27], [RE29], [RE30], [RE31], [RE32]
Module 2 Unit 3 Session 4	Whole Class	Pupils will know that:	Pupils should know: [HE24], [HE25]

Drugs, Alcohol and Tobacco 1 x 45 mins.		<ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume. 	
Module 2 Unit 3 Session 5 First Aid Heroes 1 x 45 mins.	Whole Class	Pupils will know that: <ul style="list-style-type: none"> • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life. • Children can help in an emergency using their First Aid knowledge. 	Pupils should know: [HE32], [HE33]
Please note the following units will also need to be taught in this cycle: <ul style="list-style-type: none"> • Module 1 Unit 2 Session 3 What is Puberty? Year 4 only (Boys/Girls taught separately) • Module 1 Unit 2 Session 4 Changing Bodies Year 4 only (Boys/Girls taught separately) 			

Year 3/4 (Cycle B)			
Life To The Full Unit	Teaching Structure	Objectives	Expected Coverage - Statutory (DfE)
Module 1 Unit 2 Session 1 We Don't Have To Be The Same 1 x 45 mins.	Whole Class	Pupils will know that: <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. 	Pupils should know: [RE12], [RE15]
Module 1 Unit 2 Session 2 Respecting Our Bodies 1 x 45 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • About the 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. 	Pupils should know: [RE15], [HE19], [HE20], [HE22], [HE23], [HE24]
Module 1 Unit 2 Session 3 What is Puberty? 1 x 45 mins.	Taught every year Only Year 4 Boys/Girls Taught separately	Pupils will: <ul style="list-style-type: none"> • Learn what the term puberty means; • Learn when they can expect puberty to take place; • Understand that puberty is part of God's plan for our bodies. 	Pupils should know: [HE34]
Module 1 Unit 2 Session 4 Changing Bodies 1 x 45 mins.	Taught every year Only Year 4 Boys/Girls Taught separately	Pupils will: <ul style="list-style-type: none"> • Learn correct naming of genitalia; • Learn what changes will happen to boys during puberty; • Learn what changes will happen to girls during puberty. 	Pupils should know: [HE34]
Module 1 Unit 3 Session 1 What Am I Feeling? 1 x 45 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • That emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; • What emotional well-being means; • Positive actions help emotional well-being (beauty, art, etc. lift the spirit); • Talking to trusted people help emotional well-being (eg. parents/ carer/ teacher/parish priest). 	Pupils should know: [HE1], [HE2], [HE3], [HE4], [HE9]
Module 1 Unit 3 Session 2 What Am I Looking At? 1 x 45 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. 	Pupils should know: [HE15]

Module 1 Unit 3 Session 3 I Am Thankful? 1 x 45 mins.	Whole Class	Pupils will know that: <ul style="list-style-type: none"> • Some behaviour is wrong, unacceptable, unhealthy and risky; • Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media. 	Pupils should know: [RE19], [HE8], [HE3], [HE4], [HE9]
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Year 5/6 (Cycle A)			
Life To The Full Unit	Teaching Structure	Objectives	Expected Coverage - Statutory (DfE)
Module 2 Unit 2 Session 1 Under Pressure 1 x 45-60 mins.	Whole Class	Pupils will know that: <ul style="list-style-type: none"> • Pressure comes in different forms, and what those different forms are; • There are strategies that they can adopt to resist pressure. 	Pupils should know: [RE11], [HE4]
Module 2 Unit 2 Session 2 Do You Want a Piece of Cake? 1 x 45-60 mins.	Whole Class	Pupils will know that: <ul style="list-style-type: none"> • Understand what consent and bodily autonomy means; • Discuss and reflect on different scenarios in which it is right to say 'no'. 	Pupils should know: [RE19], [HE8]
Module 2 Unit 2 Session 3 Self-Talk 1 x 45-60 mins.	Whole Class	Pupils will: <ul style="list-style-type: none"> • Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; • Apply this approach to personal friendships and relationships. 	Pupils should know: [RE11], [RE13], [RE19], [RE23], [RE26], [RE28], [RE29]
Module 2 Unit 3 Session 1 Sharing Isn't Always Caring 1 x 45-60 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • To recognise 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. 	Pupils should know: [RE11], [RE13], [RE17], [RE19], [RE20], [RE21], [RE22], [RE23], [RE26], [RE28], [RE29]
Module 2 Unit 3 Session 2 Cyberbullying 1 x 45-60 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • What the term cyberbullying means and examples of it; • What cyberbullying feels like for the victim; • How to get help if they experience cyberbullying. 	Pupils should know: [RE11], [RE20], [RE21], [HE13], [HE15], [HE17]
Module 2 Unit 3 Session 3 Types of Abuse 1 x 45-60 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> • 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, especially those closest to us who care for us, including parents, teachers and priests. 	Pupils should know: [RE27], [RE29], [RE30], [RE31], [RE32]
Module 2 Unit 3 Session 4 Impacted Lifestyles 1 x 45-60 mins.	Whole Class	Pupils will: <ul style="list-style-type: none"> • Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. • Learn how to make good choices about substances that will have a positive impact on their health. • Know that our bodies are created by God, so we should take care of them and 	Pupils should know: [HE24], [HE25]

		be careful about what we consume.	
Module 2 Unit 3 Session 5 Making Good Choices 1 x 45-60 mins.	Whole Class	Pupils will: <ul style="list-style-type: none"> Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco Learn that they are entitled to say “no” for all sorts of reasons, but not least in order to protect their God-given bodies 	Pupils should know: [RE11], [HE4]
Module 2 Unit 3 Session 6 Making Good Choices 1 x 45-60 mins.	Whole Class	Pupils will learn that: <ul style="list-style-type: none"> The recovery position can be used when a person is unconscious but breathing. DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance. 	Pupils should know: [HE32], [HE33]

Year 5/6 (Cycle B)			
Life To The Full Unit	Teaching Structure	Objectives	Expected Coverage - Statutory (DfE)
Module 1 Unit 2 Session 1 Gifts and Talents 1 x 45-60 mins.	Whole Class	Pupils will know that: <ul style="list-style-type: none"> Similarities and differences between people arise as they grow and mature, and that by living and working together (‘teamwork’) we create community; Self-confidence arises from being loved by God (not status, etc). 	Pupils should know:
Module 1 Unit 2 Session 2 Girls’ Bodies 1 x 45-60 mins.	Boys/Girls Taught separately	Pupils will learn: <ul style="list-style-type: none"> That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls 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. 	Pupils should know: [HE34]
Module 1 Unit 2 Session 3 Boys’ Bodies 1 x 45-60 mins.	Boys/Girls Taught separately	Pupils will learn: <ul style="list-style-type: none"> That human beings are different in kind to other animals; About the unique growth and development of humans, and the changes that 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. 	Pupils should know: [HE34]
Module 1 Unit 2 Session 4 Spots and Sleep 1 x 45-60 mins.	Whole Class	Pupils will learn: <ul style="list-style-type: none"> How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc. 	Pupils should know: [HE12], [HE18], [HE19], [HE20], [HE26], [HE27], [HE28], [HE29], [HE30]
Module 1 Unit 3 Session 1 Body Image 1 x 45-60 mins.	Whole Class	Pupils will know: <ul style="list-style-type: none"> To recognise 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. 	Pupils should know: [RE19], [HE8], [HE3], [HE4], [HE9]
Module 1 Unit 3 Session 2 Funny Feelings 1 x 45-60 mins.	Whole Class	Pupils will learn: <ul style="list-style-type: none"> To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky. 	Pupils should know: [HE4]
Module 1 Unit 3 Session 3 Emotional Changes 1 x 45-60 mins.	Whole Class	Pupils will learn: <ul style="list-style-type: none"> Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action; 	Pupils should know: [HE1], [HE2], [HE3], [HE4], [HE9]

		<ul style="list-style-type: none"> About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being. 	
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Year 5 (To be taught each year to Year 5 pupils only)			
Life To The Full Unit	Teaching Structure	Objectives	Expected Coverage - Statutory (DfE)
Module 1 Unit 4 Session 1 Life Cycles 1 x 45-60 mins.	Boys/Girls Taught separately	Pupils will learn: <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. 	
Module 1 Unit 4 Session 3 Menstruation <i>(This lesson to be repeated in Year 6)</i> 1 x 45-60 mins.	Boys/Girls Taught separately	Pupils will learn: <ul style="list-style-type: none"> 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. 	Pupils should know: [HE35]
Year 6 (To be taught each year to Year 6 pupils only)			
Life To The Full Unit	Teaching Structure	Objectives	Expected Coverage - Statutory (DfE)
Module 1 Unit 3 Session 4 Seeing Stuff Online 1 x 45-60 mins.	Boys/Girls Taught separately	Pupils will learn: <ul style="list-style-type: none"> The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images. 	
Module 1 Unit 4 Session 1 Making Babies Part 1 1 x 45-60 mins.	Boys/Girls Taught separately	Pupils will learn: <ul style="list-style-type: none"> How a baby grows and develops in its mother's womb. 	
Module 1 Unit 4 Session 2 Making Babies Part 2 1 x 45-60 mins.	Boys/Girls Taught separately	Pupils will learn: <ul style="list-style-type: none"> Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage. 	

Year 4 Parental Consent

Module 1 Unit 2 Session 3 - What is Puberty?

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.

Module 1 Unit 2 Session 4 - Changing Bodies

In the previous session, the 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.

Year 5 Parental Consent

Module 1 Unit 4 Session 1 - 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.

Module 1 Unit 2 Session 2 - Girls' Bodies

This episode of 'Paradise Street' starts with a lesson in class talking about the physical changes that boys and girls experience in puberty; the children respond with degrees 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. Although menstruation is touched upon in this session, it will be explored in more detail in **Module 1, Unit 4, Session 3: Menstruation**. Genitals are mentioned here, but not identified or named.

Module 1 Unit 2 Session 3 - Boys' Bodies

This episode of "Paradise Street" 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. Genitals are also mentioned here, but not identified and named.

Module 1 Unit 4 Session 3 - 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.

Year 6 Parental Consent

Module 1 Unit 3 Session 4 - Seeing Stuff Online

This session explores the emotional and mental impact that videos and images of an adult nature can have on children and young people, particularly pornography. In the episode of "Paradise Street", we explore the relationship that the characters have with their phone and online devices. Leyla and Siobhan rave about a vlogger they have discovered, whilst Finn secretly discovers a pornographic website. Initially shocked and scared by what he has seen, he becomes more and more drawn to it. When his Dad discovers what Finn has been looking at, he sits down with him for a chat to explain the effect that these videos and images will have on his young brain.

Module 1 Unit 4 Session 1 - 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.

Module 1 Unit 4 Session 2 - Making Babies Part 2

Previously in "Paradise Street", Finn and Leyla asked questions about how babies are made and they learned about the different stages of life in the womb. At the end of the episode, Finn disarms his Dad with the question, "How did your sperm actually get inside Mum's body?" In this session, pupils will learn some key information and facts about sexual intercourse; the teaching is underpinned with the religious understanding that sexual intercourse is intended for married couples and has been designed by God.

Further Questions

- Parental Question – How are we teaching 'Relationships', regarding different families.