



## St John Lloyd RC Primary School – RSHE Curriculum

The mandatory Relationships and Sexuality Education (RSE) act requires that the RSE schools provide must be developmentally appropriate for learners. This means schools and settings must take account of a range of factors including the learner's age; knowledge and maturity; any additional learning needs and anticipating their physiological and emotional development. RSE must be developmentally appropriate for each learner, meaning that learners' needs of similar ages may differ. The following **THREE** strands have been developed to help plan for the teaching of RSE in schools;

<b>1. Relationships and Identity</b>	<ul style="list-style-type: none"><li>*the range of relationships that human beings have throughout their lives</li><li>*how identity can be shaped by our relationships</li><li>*the importance of human rights in securing healthy, safe and fulfilling relationships in an inclusive society.</li></ul>
<b>2. Sexual Health &amp; Well-being</b>	<ul style="list-style-type: none"><li>*learning about how living things grow, reproduce and have a life cycle</li><li>*developing an understanding of the human body, including people's feelings about their bodies and how these can be represented the health issues related to relationships and sexuality</li></ul>
<b>3. Empowerment, safety &amp; respect</b>	<ul style="list-style-type: none"><li>*learners' rights to safety and protection and freedom from harm and discrimination</li><li>*how and where to seek information, help and support</li><li>* how to support and advocate for the rights, fair treatment and respect of all</li></ul>

At St John Lloyd RC Primary School (SJL), we use the Catholic Education Service & Cardiff Archdioceses approved schemes of work for the teaching of RSE. These are - **Ten Ten (T/T)** and **Fertile Heart (F/H)**.

At SJL we have linked the Welsh Government RSE statements for coverage to what is taught by phases and then suggested year groups to plan for teaching & coverage.

# 1. Relationships and Identity (T/T = Ten curriculum F/H = Fertile Heart curriculum)

Phase 1- 3- 7yrs		Phase 2 - 7-11 yrs.	
<b>Welsh Government Code</b> Ability to act with kindness, empathy and compassion in interactions with others immediate to them including family, friendship and peer relationships.	<b>St John Lloyd RSHE curriculum</b> <b>Rec: *God created us in his own image- We are all Gods family</b> <b>*God is your best friend -how can we treat our best friend/ family? (F/H)</b> <b>Nur &amp; Rec: Growing Up (T/T)</b>  <b>Year 1: Gods love guides all our growth-Encouraging and supporting others (F/H)</b> <b>*Forgiving Father(F/H)</b> <b>Y1 &amp; 2: Who is my neighbour? (T/T)</b>  <b>Year 2: *Help God by serving each other</b> <b>*Last supper</b> <b>Y3: Story Sessions: Jesus, My Friend (T/T)</b>	<b>Welsh Government Code</b> Ability to form and maintain relationships which are equitable, respectful and kind with a range of others.	<b>St John Lloyd RSHE curriculum</b> <b>Year 3: *Trusting in God will help us – Story of Lazarus (F/H)</b> <b>*Jesus is the light of the world- He helps us face the right way to be open to receive love -story of Blind man (F/H)</b> <b>Year 3: A Community of Love</b> <b>What is Church? (T/T)</b> <b>Year 4: What makes me happy?</b> <b>*God is Happy let's be like God</b> <b>*Sacraments are part of God's love.(F/H)</b> <b>Year 3 &amp; 4: Personal relationships</b> <b>Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong (T/T)</b> <b>Year 5: Understand how to be a rational person not and individual</b> <b>*Being tolerant and treat others with dignity</b> <b>*That God exists (F/H)</b> <b>Year 6: Showing tolerance to others (F/H)</b>
<b>Welsh Government Code</b> An awareness of how to communicate wants and needs in relationships, and begin to respect those of others. Awareness of how needs relate to rights	<b>St John Lloyd RSHE curriculum</b> <b>Rec: *God created us in his own image- We are all Gods family (F/H)</b> <b>Year 1: Gods love guides all our growth-Encouraging and supporting others (F/H)</b> <b>*Family and friends help each other</b> <b>Year 2: *Parable of the unforgiving servant</b> <b>*To have a forgiving heart (F/H)</b> <b>ROC- Article 1 Everyone under the age of 18 has all the rights in the Convention</b> <b>Virtues -compassionate and loving</b>	<b>Welsh Government Code</b> How understanding and use of effective communication, decision-making, managing conflict and refusal skills are part of ensuring your own and others rights and part of friendships and relationships	<b>St John Lloyd RSHE curriculum</b> <b>Year 3: *Love one another – God is our Father</b> <b>*Marriage, God, man and woman- relationships grow as we listen trust and share (F/H)</b> <b>Year 4: *Receiver and Responder to Gods love</b> <b>*We need to be obedient and its is Jesus who asks us to obey.</b> <b>*We need Jesus to help us to put thing right when we do wrong (F/H)</b> <b>Year 3 &amp; 4: Keeping Safe</b> <b>To recognise that their increasing independence brings increased responsibility to keep themselves and others safe (T/T)</b> <b>Year 3 &amp; 4: Personal relationships</b> <b>Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong (T/T)</b> <b>Year 5: Understand how to be a rational person not and individual</b> <b>*Being tolerant and treat others with dignity</b> <b>*That God exists</b> <b>*Listening to other influences - choices(F/H)</b> <b>Year 6: Showing tolerance to others (F/H)</b>

			<b>Year 5 &amp; 6: Religious Understanding</b> How some key principles of Catholic Moral and Social Teaching show us the way in which to do so and exercise God's love – especially how money and goods are chiefly meant to be an instrument' to help all people live well (T/T)
<b>Welsh Government Code</b> Awareness of the diversity of families and relationships, including friendship and peer relationships, and why these are important.	<u>St John Lloyd RSHE curriculum</u> <b>Rec: *God created us in his own image- We are all Gods family – we must look after everything(F/H)</b> <b>Nur &amp; Rec - Who's who You've got a Friend in Me Forever Friends (T/T)</b> <b>Year 1: * Parable of the lost sheep</b> <b>*Forgiving father *We are part of the Church and the world</b> <b>Year 2: *Parable of the unforgiving servant</b> <b>*To have a forgiving heart</b> <b>*We are all loved sinners(F/H)</b> <b>Y1 &amp; 2: The Communities we live in (school, parish &amp; home) (T/T)</b>	<b>Welsh Government Code</b> Recognition of the characteristics of different families, friendship and peer relationships and the diversity of these.  Understanding positive behaviours in relationships and what can happen when relationships breakdown.  An awareness of how families, relationships and parenting are shaped by social and cultural norms and laws that have changed over time.	<u>St John Lloyd RSHE curriculum</u> <b>Year 3: *Marriage, God, man and woman- relationships grow as we listen trust and share (F/H)</b> <b>Year 3: How Do I Love Others? (T/T)</b> <b>Year 4: *Receiver and Responder to Gods love *What makes me happy? *We need to be obedient and it is Jesus who asks us to obey. (F/H)</b> <b>Year 3 &amp; 4: Personal relationships: There are different types of relationships including those between acquaintances, friends, relatives and family (T/T)</b> <b>Year 5: *Freedom to make our choices is linked to our happiness</b> <b>*Tolerance strengthens relationships</b> <b>*Understand how to be a rational person not and individual others (F/H)</b> <b>Year 6: Faith &amp; Science/ Evolution</b> <b>Year 6: Showing tolerance to others (T/T)</b> <b>Year 6: That the human family is to reflect the Holy Trinity in mutual charity and generosity (T/T)</b>
<b>Welsh Government Code</b> Developing a sense of themselves, in the context of families, friends and communities. Recognising how people value different things and have different families, friends and communities.	<u>St John Lloyd RSHE curriculum</u> <b>Rec: We are all wonderful and all one family (F/H)</b> <b>Nur &amp; Rec: Me, You, Us (T/T)</b> <b>Year 2: *Good Samaritan</b> <b>*Forgiving Heart</b>	<b>Welsh Government Code</b> Recognising how people's relationships with others shape who they are and their happiness.  An awareness of how identity can be expressed in different ways	<u>St John Lloyd RSHE curriculum</u> <b>Year 3: See how the Spirit helps us to grow (F/H)</b> <b>*Commanded to be joyful- grow in love &amp; joy</b> <b>Year 4: What makes me happy? *We need to be obedient and it is Jesus who asks us to obey. (F/H)</b> <b>Year 4: Story Sessions: Jesus, My Friend(T/T)</b> <b>Year 5: *Understand how to be a rational person not and individual (F/H)</b> <b>Year 6: We are unique and we often have things in common and not in common when we communicate</b>
<b>Welsh Government Code</b> Experiencing inclusive behaviours, language and role modelling that show respect for others, whatever their gender.	<u>St John Lloyd RSHE curriculum</u> <b>Rec: It is important to be loved and belong(F/H)</b> <b>Year 1: Gods love guides our growth</b> <b>*My love helps others grow</b> <b>*Parable of Zacchaeus</b> <b>Nur &amp; Rec: I Am Me (T/T)</b>	<b>Welsh Government Code</b> Valuing and recognising the contributions of everyone; and the importance of sex and gender equality.	<u>St John Lloyd RSHE curriculum</u> <b>Year 3: *Marriage, God, man and woman- relationships grow as we listen trust and share (F/H)</b> <b>Year 4: Understand that we have impulses and desires that are not all ways good for us and God helps us to understand this (F/H)</b> <b>Year 4: Story Sessions:</b>

Recognising learners' rights to be treated fairly, kindly and with respect.	<b>Head Shoulders, Knees and Toes Ready Teddy (T/T)</b>	<p>Recognise and know how to safely respond to and challenge gender and sexual stereotypes and unfair behaviour.</p> <p>An awareness of how positive and negative social and cultural norms regarding sex, gender and sexuality influence relationships and behaviours</p>	<b>Get Up! (T/T)</b> <b>The Sacraments(T/T)</b> <b>Year 5: *Freedom to make our choices is linked to our happiness</b> <b>*Tolerance strengthens relationships</b> <b>Year 6: Year 6: Showing tolerance to others (T/T)</b> <b>Year 5 &amp; 6 : Living in the Wider World- About the range of national, regional, religious and ethnic identities in the United Kingdom, and the importance of living in right relationships with one another as persons of equal dignity (T/T)</b> <b>Year 6: Digital Literacy 1. Super digital citizen 2. Selling stereotypes</b>
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## 2. Sexual Health & Well-being (T/T = Ten Ten curriculum F/H = Fertile Heart curriculum)

Phase 1- 3- 7yrs		Phase 2 - 7-11 yrs.	
<p><b>Welsh Government Code</b> The use of accurate terminology for all body parts. An awareness of the human life cycle and that reproduction is a part of life.</p> <p>Awareness of how human bodies change as they grow. An awareness of the importance of personal self-care and hygiene.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>When developmentally appropriate learners will know;</b> <b>*Awareness of how human bodies change as they grow (i.e. get taller, shoe size etc)</b> <b>*An awareness of the importance of personal self-care and hygiene.</b></p>	<p><b>Welsh Government Code</b> Knowledge and understanding of how reproductive organs develop in a human body. This includes understanding fertility and the processes of reproduction, including what supports menstrual health and well-being.</p> <p>Recognising the process of pregnancy and birth.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Year 3 &amp; 4: That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual before birth, childhood, adolescence, adulthood, old age (T/T)</b> <b>Year 5 &amp; 6 -About the unique growth and development of humans, and the changes they will experience during puberty (T/T)</b> <b>Year 5 &amp;6- That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual</b></p> <p><b>Y6 Life Cycles- How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception(T/T)</b> <b>Year 6: To understand that all creation reflects the relationship of the Holy Trinity (Father, Son &amp; Spirit)</b></p> <p><b>When developmentally appropriate learners will know;</b> <b>*That bodies change as they grow</b> <b>*The scientific names for genitalia</b></p>
<p><b>Welsh Government Code</b> A recognition that everyone's body is unique and special to them.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Nur/ Rec: Handmade with Love (made in Gods likeness) (T/T)</b> <b>Y1 &amp; Y2- Story Sessions: Handmade with Love in Gods Likeness (T/T)</b></p>	<p><b>Welsh Government Code</b> The knowledge and understanding of how people experience significant physical, emotional, social and cognitive changes during puberty</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Year 3 &amp; 4: Me, My Body and My Health. The similarities and differences between people (T/T)</b> <b>Year 3 &amp; 4: Me, My Body and My Health. 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 (T/T)</b></p> <p><b>When developmentally appropriate learners will know;</b> <b>*Emotions and feelings change during puberty</b></p>
<p><b>Welsh Government Code</b> Awareness of the different feelings one can have, recognising other people's feelings and how these may differ to your own.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Y1 &amp; 2: Special People</b> <b>Treat Others Well and say sorry (T/T)</b></p> <p><b>All learners will know;</b></p>	<p><b>Welsh Government Code</b> The knowledge and skills needed to manage personal self-care and hygiene, including the importance of menstrual well-being.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Year 3 &amp; 4: Me, My Body and My Health. About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately. (T/T)</b> <b>Year 5 &amp;6: Life Cycles</b> <b>About fertility and the nature of menstruation (T/T)</b></p>

	<b>*Others have different likes and dislikes, interests and hobbies.</b>		
<b>Welsh Government Code</b> Recognising trusted adults who can help them and whom they can talk to and ask questions of, especially when they feel unhappy or unsafe.	<b>St John Lloyd RSHE curriculum</b> <b>Nur/ Rec: Safe Inside Out (T/T)</b>	<b>Welsh Government Code</b> An awareness that there are many different sources of information offline and online that help us learn about our bodies and affect how we feel about our body and other people's bodies.	<b>St John Lloyd RSHE curriculum</b> <b>Year 3 &amp; 4: Emotional Well-Being</b> <b>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves (T/T)</b>
		<b>Welsh Government Code</b> Awareness of how people can feel attracted to others as they mature and how this can lead to emotional and physical responses.	<b>St John Lloyd RSHE curriculum</b> <b>Year 5: *Freedom to make our choices is linked to our happiness</b> <b>*Tolerance strengthens relationships</b> <b>Year 6: Showing tolerance to others (T/T)</b>
		<b>Welsh Government Code</b> Be able to identify trustworthy sources of information and able to raise issues and questions with trusted adults.	<b>St John Lloyd RSHE curriculum</b> <b>Year 4 – Digital Literacy Rings of Responsibility – Rings of Responsibility – Explore what it means to be responsible to and respectful of their offline and online communities as a way of becoming a good digital citizen. – Private and Personal Information – How can you protect yourself online.</b>

### 3. Empowerment, safety & respect (T/T = Ten Ten curriculum F/H = Fertile Heart curriculum)

Phase 1- 3- 7yrs		Phase 2 - 7-11 yrs.	
<b>Welsh Government Code</b> Recognising harmful behaviour including behaviours which are discriminatory and the right to be free from discrimination.  Ability to interact with others in a way that is fair	<b>St John Lloyd RSHE curriculum</b> <b>All learners will know;</b> <b>*We are unique made in God's likeness</b> <b>*We are all God's Children</b> <b>*We are made by God and are special</b>	<b>Welsh Government Code</b> Understanding of the importance of fair treatment for all and of respect in all interpersonal interactions offline and online.  Recognising the value of non-discriminatory behaviours and when and how to take safe action to respond to and challenge discriminatory behaviours.	<b>St John Lloyd RSHE curriculum</b> <b>All learners will know;</b> <b>The importance of fair treatment for all and of respect in all interpersonal interactions offline and online.</b>  <b>Year 5- Thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media(T/T)</b>  <b>Y6: Self-Confidence arises from being loved by God (not status etc.) (F/H)</b>  <b>RRS- Article 19</b>
<b>Welsh Government Code</b> Recognising the right to be free from harmful, abusive and bullying behaviour. An awareness of how to recognise positive and harmful behaviours, including bullying. Ability to share with a trusted adult when faced with harmful behaviours.	<b>St John Lloyd RSHE curriculum</b> <b>Year 1 &amp; 2: Comparing superheroes &amp; Villains</b> <b>*Stranger danger *Anti bullying poster</b> <b>Year2: Digital literacy Staying Safe - write a list of rules to keep safe on line e.g. cyber bullying, digital footprint, safe site, using key words effectively. Show how to login and log out safely and securely using their own passwords e.g., bug club, my maths and hwb</b>  <b>Y1 &amp; 2: Good Secrets and Bad Secrets</b> <b>*All choices that we make have consequences</b>  <b>RRS – Article 19, 1-5</b>	<b>Welsh Government Code</b> Understanding of the right for everyone to be free from harm or abuse.  An awareness of different kinds of harmful or abusive behaviour including physical, sexual, and emotional abuse and neglect, including peer on peer harassment and bullying and the role technology can play.  How to seek support for oneself, and offer support to others. How to be a good friend and advocate for others.	<b>St John Lloyd RSHE curriculum</b> <b>Y5/6 -*Living in the Wider World</b> <b>*That ignorance often leads to fear and hatred, and that tolerance means respecting all persons but not all actions (T/T)</b> <b>Year 6- Religious Understanding</b> <b>*About harassment and exploitation in relationships, including physical, emotional and sexual abuse and how to respond (T/T)</b> <b>*Privacy rules</b>  <b>Year 4: Power of Words – Explore emotions that online messages may give. Identify actions that may make you an upstander in the face of cyber bullying. (option of a comic strip)</b> <b>Year 3 &amp; 4: Emotional Well-Being. What helps emotional well-being – and that beauty, art, etc. lift the spirit (include also openness with trusted) (T/T)</b> <b>Year 6: To identify the true characteristics of an admirable person</b>  <b>RRS: Articles 1-42</b>

<p><b>Welsh Government Code</b> Beginning to recognise that other people have thoughts, feelings and opinions that are different.</p> <p>An awareness of everyone's right to privacy, personal boundaries and which parts of the body are private. Ability to communicate if someone is touching them in a way that makes them feel uncomfortable. An awareness of the need to seek agreement in order to share, for example toys.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>All learners will know;</b> <b>*Others have different likes and dislikes, interests and hobbies. They have the right to be happy and make good choices</b></p> <p><b>Y1 &amp; 2: Physical Contact</b> <b>Harmful Substances</b> <b>Y1 &amp; 2: Can You Help me? (T/T)</b></p> <p><b>RRS – Article 19</b></p>	<p><b>Welsh Government Code</b> Understanding of the right to bodily privacy, personal boundaries including online.</p> <p>Understanding how behaviours may be perceived by others offline and online. Recognising which steps to take to keep safe from harm both in offline and online friendships.</p> <p>Understanding the social and emotional norms and pressures that lead to non-consensual behaviours, friendships and relationships, for example, gender norms.</p> <p>Developing the skills to build consensual behaviours and relationships and know how to safely respond, challenge and report non-consensual behaviours and relationships offline and online.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Year 3: To judge well what kind of physical contact is acceptable or unacceptable and how to respond (T/T)</b></p> <p><b>Year 3 &amp; 4: That bad language and bad behaviour are inappropriate (T/T)</b></p> <p><b>Year 5 &amp; 6: Living in the Wider World-About the range of national, regional, religious and ethnic identities in the United Kingdom, and the importance of living in right relationships with one another as persons of equal dignity (T/T)</b> <b>Year 6: The more we learn from God to make use unique and consent to what being human is (F/H)</b></p>
<p><b>Welsh Government Code</b> Awareness of how to keep safe when using digital media, including sharing with a trusted adult when they feel uncomfortable or scared.</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Nur/ Rec: Digital Literacy Module 2 Unit 3</b></p> <p><b>Year 1: Children to send an email (Year 1 whole class) from their hwb email account ensuring children understand personal information must be kept private. Year 1 send an email to reception telling them how to care for a pet. Year 2 send an email to the florist thanking them for the visit.</b></p> <p><b>Year 2: Digital literacy Staying Safe - write a list of rules to keep safe on line e.g. cyber bullying, digital footprint, safe site, using key words effectively. Show how to login and log out safely and securely using their own passwords e.g, bug club, my maths and hwb.</b></p>	<p><b>Welsh Government Code</b> Know how and when digital media can be shared safely, with permission and when it can be a source of harm. Awareness of the benefits and dangers of the internet and social media in forming friendships online.</p> <p>Exploring the motives behind fabricated and digitally-altered media. An understanding of the need to keep safe online, an ability to take steps to protect themselves and an ability to share with trusted adults</p>	<p><b>St John Lloyd RSHE curriculum</b> <b>Year 3 – Digital Literacy Powerful Passwords – Powerful Passwords – Explore why people use passwords and their benefits. Use strategies to create their own and keep strong passwords</b></p> <p><b>Year 4 – Digital Literacy Rings of Responsibility – Rings of Responsibility – Explore what it means to be responsible to and respectful of their offline and online communities as a way of becoming a good digital citizen. – Private and Personal Information – How can you protect yourself from online identity theft? What do they share online? is it, anyway? – Learn about copy right. Learn when it is ok and when it is not ok to use other people's work or change/ manipulate images etc.</b></p> <p><b>Year3 &amp; 4: Emotional Well-Being. To recognise that images in the media do not always reflect reality and can affect how people feel about themselves (T/T)</b></p>



		where something is seen that shouldn't have been, or is upsetting or uncomfortable	<p><b>Year 3 &amp; 4: Sharing Online/Chatting Online/ Safe in my Body/Drugs/Alcohol and Tobacco/ First Aid Heroes (T/T)</b></p> <p><b>Year 5: Digital Literacy 1. Strong Passwords. 2. Digital Citizenship Pledge 3. You've Won a Prize</b></p> <p><b>Year 6: Digital Literacy 1. Super digital citizen 2. Privacy rules</b></p> <p><b>Year 6: The need for modesty and appropriate boundaries and the dangers of their violation ('sexting', etc.) (T/T)</b></p> <p><b>Year 6 - Selling stereotypes</b></p> <p><b>When learner developmentally appropriate learners will know;</b>  <b>*Positive and negative influences of emotional health and wellbeing</b></p>
<p><b>Welsh Government Code</b>  An awareness that everyone has the right to be safe and no one is allowed to harm anyone else. Ability to speak up for each other.</p>	<p><b><u>St John Lloyd RSHE curriculum</u></b></p> <p><b>Year 1: Children to send an email (Year 1 whole class) from their hwb email account ensuring children understand personal information must be kept private. Year 1 send an email to reception telling them how to care for a pet. Year 2 send an email to the florist thanking them for the visit.</b></p> <p><b>Y1 &amp; 2: Being Safe (T/T)</b></p>	<p><b>Welsh Government Code</b>  Awareness of laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.</p>	<p><b><u>St John Lloyd RSHE curriculum</u></b>  <b>Right Respecting School (Gold Award) Program</b></p>