<u>Subject Overview</u> Please note majority of e-safety curriculum within computing planning overview)

Subject: Relationships, Sex and Health Education (RSHE) **Subject Leader: Grace Dougan**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
E-Safety	To ensure version control please refer to school's computing curriculum for Online Safety programme of study.					
*	Denotes Sexual Health Curriculum to be taught after 6th June, after information letters sent to parents.					
EYFS **To be used with MAP B curriculum overview** **For RSE Year 1 curriculum will be followed**	The most relevant early years outcomes for RSHE are taken from the following areas of learning: • Personal, Social and Emotional Development • Physical Development • Understanding the World • Communication and Language We will be using Ten:Ten Resources from 'Life to the Full'.					
	Welcome to school Feeling safe at school Making friends **(Teacher lead within continuous EYFS provision)**	**Created and Loved by God** **EYFS Module 1 Unit 1 – Religious Understanding** Handmade with Love **Unit 2 – Me, My Body, My Health** I Am Me Heads, Shoulders, Knees and Toes Ready Teddy?	**Created and Loved by God** **EYFS Module 1** **Unit 3 – Emotional Well-Being** I Like, You Like, We All Like! All The Feelings! Let's Get Real	**Created to Love Others** **EYFS Module 1** **Unit 4 – Life Cycles** Growing up **EYFS Module 2** **Unit 1 – Religious Understanding** Role Model	**Created to Love Others** **EYFS Module 2** **Unit 2 – Personal Relationships** Who's Who? You've Got A Friend in Me Forever Friends **EYFS Module 2** **Unit 3 - Life Online** What is the Internet? Playing Online	**Created to Love Others/Created to Live in Community** **EYFS Module 2** **Unit 4*- Keeping Safe** Safe Inside and Out My Body, My Rules Feeling Poorly People Who Help Us **EYFS Module 3** **Unit 1 – Religious Understanding** God is Love **Unit 2 – Living in the Wider World** Me, You, Us
Empowerment Approach	**5 Cs** Comfortable	**5 Cs** Connection	**5 Cs** Count	**5 Cs** Capable	**5 Cs** Control	**5 Cs** Revisit all
Year 1	**Teacher led** Classroom rules/	**Created and Loved by God**	**Created and Loved by God**	**Created to Love Others**	**Created to Love Others**	**Created to Love Others/Created and**

To be used with MAP A curriculum overview	contract/ boundaries Circle time –getting to know each other Online safety – see online safety provision	**KS1 Module 1** **Unit 1 – Religious Understanding** Let The Children Come **Unit 2 – Me, My Body, My Health** I Am Unique Clean and Healthy	**KS1 Module 1** **Unit 3 – Emotional Well-Being** Feelings, Likes, Dislikes Feeling Inside Out Super Susie Gets Angry **Unit 4 – Life Cycles** The Cycle of Life Beginnings and Endings (taught in Year 2)	**KS1 Module 2** **Unit 1 – Religious Understanding** God Loves You **Unit 2 – Personal Relationships** Special People Treat Others Well… …And Say Sorry	**KS1 Module 2** **Unit 3 - Life Online** Real Life Online Rules to Help Us **KS1 Module 2** **Unit 4 - Keeping Safe** Good and Bad Secrets Harmful Substances Can You Help Me?	**Loved by God/Created to Live in Community** **KS1 Module 2** **Unit 4*- Keeping Safe** Physical Contact (NSPCC Pants) **KS1 Module 1** **Unit 2*- Me, My Body, My Health** Girls and Boys **KS1 Module 3** **Unit 1 – Religious Understanding** Three In One Who Is My Neighbour? **Unit 2 – Living in the Wider World** The Communities We Live In
Empowerment Approach	**5 Cs** Comfortable	**5 Cs** Connection	**5 Cs** Count	**5 Cs** Capable	**5 Cs** Control	**5 Cs** Revisit all
Year 2	**Teacher led** Classroom rules/ contract/ boundaries Circle time –getting to know each other Online safety – see online safety provision	**Created and Loved by God** **KS1 Module 1** **Unit 1 – Religious Understanding** Let The Children Come **Unit 2 – Me, My Body, My Health** I Am Unique Clean and Healthy	**Created and Loved by God** **KS1 Module 1** **Unit 3 – Emotional Well-Being** Feelings, Likes, Dislikes Feeling Inside Out Super Susie Gets Angry **Unit 4 – Life Cycles** The Cycle of Life Beginnings and Endings (Yr 2)	**Created to Love Others** **KS1 Module 2** **Unit 1 – Religious Understanding** God Loves You **Unit 2 – Personal Relationships** Special People Treat Others Well… …And Say Sorry	**Created to Love Others** **KS1 Module 2** **Unit 3 - Life Online** Real Life Online Rules to Help Us **KS1 Module 2** **Unit 4 - Keeping Safe** Good and Bad Secrets Harmful Substances Can You Help Me?	**Created to Love Others/Created and Loved by God/Created to Live in Community** **KS1 Module 2** **Unit 4*- Keeping Safe** Physical Contact (NSPCC Pants) **KS1 Module 1** **Unit 2*- Me, My Body, My Health** Girls and Boys **KS1 Module 3** **Unit 1 – Religious Understanding** Three In One Who Is My Neighbour? **Unit 2 – Living in the Wider World** The Communities We Live In

Empowerment Approach	5 Cs Comfortable	5 Cs Connection	5 Cs Count	5 Cs Capable	5 Cs Control	5 Cs Revisit all
Year 3	**Teacher led** Classroom rules/ contract/ boundaries Circle time –getting to know each other Online safety – see online safety provision	**Created and Loved by God/Created to Live in Community** **LKS2 Module 1** **Unit 1 – Religious Understanding** Get Up! Sacraments **LKS2 Module 3** **Unit 1 – Religious Understanding** A Community Of Love What Is The Church? **Unit 2 – Living in the Wider World** How Do I Love Others?	**Created and Loved by God** **LKS2 Module 1** **Unit 3 – Emotional Well-Being** What Am I Feeling? What Am I Looking At? I Am Thankful **Unit 4 – Life Cycles** Life Cycles A Time For Everything (Yr 4)	**Created to Love Others** **LKS2 Module 2** **Unit 1 – Religious Understanding** Jesus, My Friend **Unit 2 – Personal Relationships** Friends, Family and Others When Things Feel Bad Balancing Needs	**Created to Love Others** **LKS2 Module 2** **Unit 3 – Life Online** Sharing Online Chatting Online **Unit 4 – Keeping Safe** Recognising Risk Drugs, Alcohol and Tobacco First Aid Heroes	**Created and Loved by God/Created to Love Others** **LKS2 Module 1** **Unit 2 * - Me, My Body, My Health** We Don't Have To Be The Same Respecting Our Bodies What is Puberty (Yr4) Changing Bodies (Y4) Male/Female Discussion Groups (Yr4) **LKS2 Module 2** **Unit 4* - Keeping Safe** Safe In My Body
Empowerment Approach	**Executive Function Skills** Emotional regulation	**Executive Function Skills** Emotional regulation	**Executive Function Skills** Impulse control	**Executive Function Skills** Impulse control	**Executive Function Skills** DOSE Revisit all	**Executive Function Skills** DOSE Revisit all
Year 4	**Teacher led** Classroom rules/ contract/ boundaries Circle time –getting to know each other Online safety – see online safety provision	**Created and Loved by God/Created to Live in Community** **LKS2 Module 1** **Unit 1 – Religious Understanding** Get Up! Sacraments **LKS2 Module 3** **Unit 1 – Religious Understanding** A Community Of Love What Is The Church? **Unit 2 – Living in the Wider World**	**Created and Loved by God** **LKS2 Module 1** **Unit 3 – Emotional Well-Being** What Am I Feeling? What Am I Looking At? I Am Thankful **Unit 4 – Life Cycles** Life Cycles A Time For Everything (Yr 4)	**Created to Love Others** **LKS2 Module 2** **Unit 1 – Religious Understanding** Jesus, My Friend **Unit 2 – Personal Relationships** Friends, Family and Others When Things Feel Bad Balancing Needs	**Created to Love Others** **LKS2 Module 2** **Unit 3 – Life Online** Sharing Online Chatting Online **Unit 4 – Keeping Safe** Recognising Risk Drugs, Alcohol and Tobacco First Aid Heroes	**Created and Loved by God/Created to Love Others** **LKS2 Module 1** **Unit 2 * - Me, My Body, My Health** We Don't Have To Be The Same Respecting Our Bodies What is Puberty (Yr4) Changing Bodies (Y4) Male/Female Discussion Groups (Yr4) **LKS2 Module 2** **Unit 4* - Keeping Safe** Safe In My Body

		How Do I Love Others?				
Empowerment Approach	**Executive Function Skills** Working memory	**Executive Function Skills** Working memory	**Executive Function Skills** Impulse control	**Executive Function Skills** Impulse control	**Executive Function Skills** DOSE Revisit all	**Executive Function Skills** DOSE Revisit all
Year 5	**Teacher led** Classroom rules/ contract/ boundaries Circle time –getting to know each other Online safety – see online safety provision	**Created and Loved by God/Created to Love Others** **UKS2 Module 1** **Unit 1 – Religious Understanding** Calming The Storm **UKS2 Module 2** **Unit 3 – Life Online** Sharing Isn't Always Caring Cyberbulling **Unit 4 – Keeping Safe** Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	**Created to Love Others** **UKS2 Module 2** **Unit 1 – Religious Understanding** Is God Calling You? **UKS2 Module 2** **Unit 2 – Personal Relationships** Under Pressure Do You Want A Piece Of Cake? Self-Talk Confidence vs Control Build Others Up	**Created to Live in Community** **UKS2 Module 3** **Unit 1 – Religious Understanding** The Trinity Catholic Social Teaching **UKS2 Module 3** **Unit 2 – Living in the Wider World** Reaching Out	**Created and Loved by God** **UKS2 Module 1** **Unit 3 – Emotional Well-Being** Body Image Peculiar Feelings Emotional Changes Seeing Stuff Online	**Created and Loved by God** **UKS2 Module 1** **Unit 2 * - Me, My Body, My Health** Gifts and Talents Girls' Bodies Boys' Bodies Spots and Sleep **UKS2 Module 1** **Unit 4 * - Life Cycles** Making Babies (part 1) Making Babies (part 2) Menstruation Hope Beyond Death
Empowerment Approach	**Executive Function Skills** Flexible thinking	**Executive Function Skills** Flexible thinking	**Executive Function Skills** Attention control	**Executive Function Skills** Attention control	**Executive Function Skills** DOSE Revisit all	**Executive Function Skills** DOSE Revisit all
Year 6	**Teacher led** Classroom rules/ contract/ boundaries Circle time –getting to know each other	**Created and Loved by God/Created to Love Others** **UKS2 Module 1** **Unit 1 – Religious Understanding** Calming The Storm	**Created to Love Others** **UKS2 Module 2** **Unit 1 – Religious Understanding** Is God Calling You? **UKS2 Module 2**	**Created to Live in Community** **UKS2 Module 3** **Unit 1 – Religious Understanding** The Trinity Catholic Social Teaching	**Created and Loved by God** **UKS2 Module 1** **Unit 3 – Emotional Well-Being** Body Image Peculiar Feelings Emotional Changes	**Created and Loved by God** **UKS2 Module 1** **Unit 2 * - Me, My Body, My Health** Gifts and Talents Girls' Bodies Boys' Bodies

	Online safety – see online safety provision	**UKS2 Module 2** **Unit 3 – Life Online** Sharing Isn't Always Caring Cyberbulling **Unit 4 – Keeping Safe** Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance	**Unit 2 – Personal Relationships** Under Pressure Do You Want A Piece Of Cake? Self-Talk Confidence vs Control Build Others Up	**UKS2 Module 3** **Unit 2 – Living in the Wider World** Reaching Out	Seeing Stuff Online	Spots and Sleep **UKS2 Module 1** **Unit 4 * - Life Cycles** Making Babies (part 1) Making Babies (part 2) Menstruation Hope Beyond Death
Empowerment Approach	**Executive Function Skills** Emotional regulation	**Executive Function Skills** Impulse control	**Executive Function Skills** Working memory	**Executive Function Skills** Thinking speed	**Executive Function Skills** Flexible thinking	**Executive Function Skills** Attention control

Whole school using the following programmes: **Ten Ten Resources** **Where to find on TenTen** **Empowerment Approach**