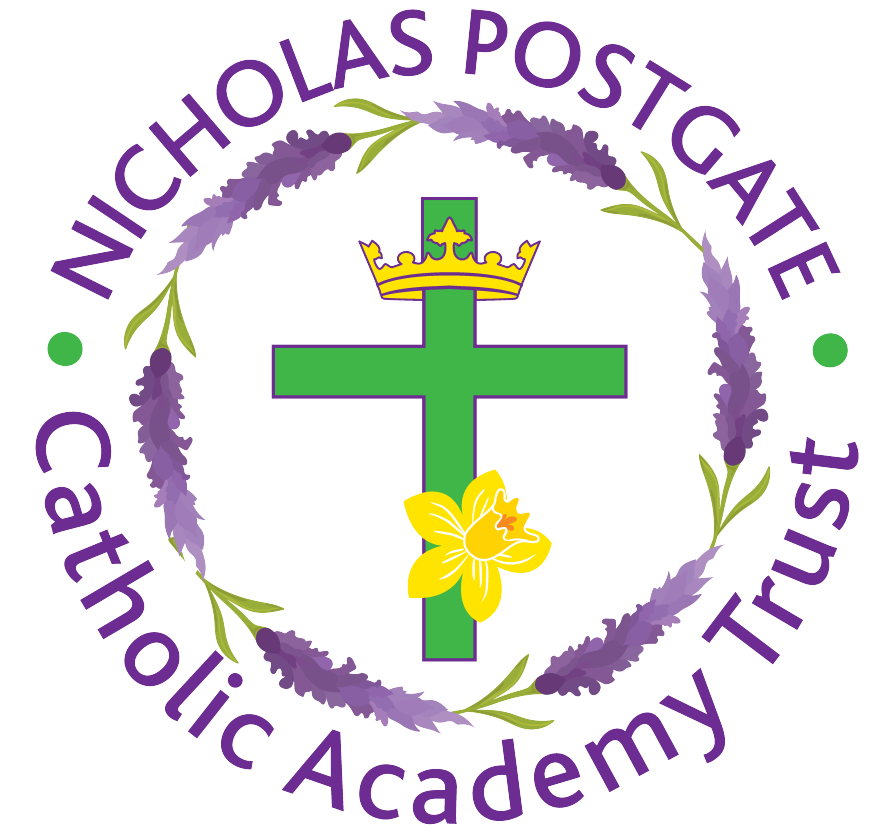


# St Margaret Clitherow's Catholic Primary School



CATHOLIC VOLUNTARY  
PRIMARY ACADEMY



## Our Relationships and Health Education Overview

*"Education is understanding relationships."*





# Whole School Relationships and Health Education Coverage



## MODULE ONE: CREATED AND LOVED BY GOD

| In EYFS we will explore:   | In KS1 we will explore:   | In Lower KS2 we will explore:   | In Upper KS2 we will explore:  |
|--|---|---|--|
| <ul style="list-style-type: none"> <li>• Our uniqueness in real terms</li> <li>• Celebrating differences, talents and abilities</li> <li>• Looking after and using our bodies</li> <li>• The necessity of when and how to say sorry</li> <li>• Jesus' forgiveness and growing up as God's plan for us</li> </ul> | <ul style="list-style-type: none"> <li>• We are uniquely made by a loving God</li> <li>• We have differences and similarities</li> <li>• Key information about staying physically healthy</li> <li>• Understanding feelings and emotions, including strong feelings such as anger</li> <li>• The cycle of life from birth to old age</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding differences</li> <li>• Respecting our bodies</li> <li>• Puberty and changing bodies</li> <li>• Strategies to support emotional wellbeing including practicing thankfulness</li> <li>• The development of pupils' understanding of life before birth</li> </ul> | <ul style="list-style-type: none"> <li>• Appreciation of physical and emotional differences</li> <li>• A more complex understanding of physical changes in girls' and boys' bodies</li> <li>• Body image</li> <li>• Strong emotional feelings</li> <li>• The impact of the internet and social media on emotional well-being</li> <li>• A more scientific understanding of life in the womb and how babies are made</li> <li>• Menstruation</li> </ul> |

## MODULE TWO: CREATED TO LOVE OTHERS

| In EYFS we will explore:   | In KS1 we will explore:   | In Lower KS2 we will explore:  | In Upper KS2 we will explore:  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>• Different family/friend relationships</li> <li>• Features of positive/negative behaviour in relationships</li> <li>• The importance of saying sorry and forgiveness within relationships</li> <li>• Practical ways to stay safe inside and out</li> <li>• Staying safe around medicines</li> <li>• People who help us in emergencies</li> </ul> | <ul style="list-style-type: none"> <li>• 'Special people' in their lives who they love and can trust</li> <li>• Coping with various social situations and dilemmas</li> <li>• The importance of saying sorry and forgiveness within relationship</li> <li>• The risks of being online</li> <li>• The difference between good and bad secrets</li> <li>• Teaching on physical boundaries</li> <li>• The effects of harmful substances</li> <li>• Some basic First Aid</li> </ul> | <ul style="list-style-type: none"> <li>• Different family structures</li> <li>• Activities and strategies for developing healthy relationships with family and friends</li> <li>• Techniques for managing thoughts, feelings and actions</li> <li>• Online safety</li> <li>• Teaching on bullying and abuse</li> <li>• The effects of drugs, alcohol and tobacco</li> <li>• The crucial role of First Aid in emergency situations</li> </ul> | <ul style="list-style-type: none"> <li>• Strategies for more complex experiences of relationships and conflict</li> <li>• How to identify and respond to spoken and unspoken pressure</li> <li>• The concept of consent</li> <li>• Further teaching on how our thoughts and feelings impact on how we act</li> <li>• Risks of sharing and chatting online</li> <li>• A more complex understanding of different forms of abuse</li> <li>• How drugs, alcohol and tobacco can negatively affect people's lifestyles</li> <li>• Essential First Aid such as DR ABC and the recovery position</li> </ul> |



# Whole School Relationships and Health Education Coverage



## MODULE THREE: CREATED TO LIVE IN COMMUNITY

| In EYFS we will explore:   | In KS1 we will explore:   | In Lower KS2 we will explore:   | In Upper KS2 we will explore:   |
|--|---|---|---|
| <ul style="list-style-type: none"> <li>• Children will learn that God is three in one: Father, Son and Holy Spirit</li> <li>• Know that they are loved and called to love others</li> <li>• Learn about the different communities they are part of and the responsibilities they have to them</li> </ul> | <ul style="list-style-type: none"> <li>• Children understand that God is love: Father, Son and Holy Spirit</li> <li>• Learn that being made in His image means being called to be loved and to love others</li> <li>• Learn about the various communities they belong to: home, school, parish, the wider community, the nation and the global community</li> <li>• Know that God calls us to live in community with one another</li> </ul> | <ul style="list-style-type: none"> <li>• Children will develop a deeper understanding that God is love as shown by the Trinity</li> <li>• Understand that the human family reflects the Holy Trinity in mutual charity and generosity</li> <li>• Know that the Church family comprises of home, school and parish</li> <li>• Catholic Social Teaching on what it means to work for the Common Good</li> </ul> | <ul style="list-style-type: none"> <li>• Children will know that God is Trinity – a communion of persons</li> <li>• Learn that the Church is the body of Christ</li> <li>• Develop a deeper and richer understanding of Catholic social teaching</li> <li>• Learn how certain charities reach out to the wider community with love</li> </ul> |