







Relationships and Health Education (RHE) Progression

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Reception | | | | | | |
| Ten: Ten Theme | Module 1 Created and Loved by God: 1. Religious Understanding 2. Me, my body, my health (x3) 3. Emotional Wellbeing (x3) 4. Life Cycles (x1) | | Module 2 Created to Love Others: 1. Religious understanding (x1) 2. Personal Relationships (x3) 3. Keeping Safe (x4) | | Module 3 Created to live in the community: 1. Religious understanding (x2) 2. Living in the wider world (x1) | |
| Unit sessions | 1.1 Handmade with Love 2.1 I Am Me 2.2 Heads, Shoulders, Knees and Toes 2.3 Ready, Teddy?  | 3.1 I like, you like, we all like! 3.2 All the feelings! 3.3 Let's get real! 4.1 Growing up | 1.1 Role Model 2.1 Who's who? 2.2 You've got a friend in me 2.3 Forever Friends  | 3.1 What is the Internet? 3.2 Playing online 4.1 Safe inside and out 4.2 My body, my rules 4.3 Feeling poorly 4.4 People who help us | 1.1 God is Love 1.2 Loving God, loving others  | 2.1 You, me us |
| Assessment Question | Name 3 ways you can take care of your body? | What is the difference between a feeling, a like and a need? | What makes a good friend? | Who can you ask to help you? | How are you a part of God's world? | How can you help others? |
| Early Learning Goals | <ul style="list-style-type: none"> -Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. -Explain the reasons for rules, know right from wrong and try to behave accordingly. -Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices -Show sensitivity to their own and to others' needs. | | | | | |




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| National Curriculum & CES Model Curriculum Link | NC: Families & the people who care for me CES: 1.1.2.1-4 | NC: Caring Friendships Respectful relationships CES: 1.1.1.1-4 1.1.5.1 | NC: Respectful relationships Being safe CES: 1.1.4.1-5 1.2.1.1-6 1.2.2.1-4 | NC: Online Relationships Physical health & mental wellbeing CES: 1.2.3.1-6 1.2.4.1-6 | NC: Respectful relationships CES: 1.3.1.1-3 1.3.2.1-3 1.3.3.1-5 | NC: Physical health & mental wellbeing CES: 1.1.3.1-4 (.1 & .2 Y2) |
| Assessment Question | Why are you important to God? | How can you manage your feelings? | Can you name the people who can help you? | What is the difference between good and bad secrets? | How does God want us to love others? | Which communities do you belong to? |
| Supplementary lessons | Termly PANTS lessons https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/ Annual anti-bullying week https://anti-bullyingalliance.org.uk/ Children's mental health week https://www.childrensmentalhealthweek.org.uk/ First aid for children https://firstaidchampions.redcross.org.uk/primary/ | | | | | |

Year 2

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| <p>Ten: Ten Theme</p> | <p>Module 1 Created and Loved by God: 1. Religious Understanding 2. Me, my body, my health (x3) *To be taught in the summer term* 3. Emotional Wellbeing (x3) 4. Life Cycles (x1)</p> | | <p>Module 2 Created to Love Others: 1. Religious understanding 2. Personal Relationships (x3) 3. Keeping Safe (x5)</p> | | <p>Module 3 Created to live in the community: 1. Religious understanding (x2) 2. Living in the wider world (x1) 2. Me, my body, my health (x3) *To be taught in the summer term*</p> | |
| <p>Unit sessions</p> | <p>1.2 Let the children come</p>  | <p>3.4 Feelings, likes and dislikes 3.5 Feeling inside out 3.6 Super Susie gets angry 4.1 The cycle of life 4.2 Beginnings and endings</p> | <p>1.1 God loves you 2.1 Special people 2.2 Treat others well... 2.3 ...and say sorry</p>  | <p>3.1 Real life online 3.2 Rules to help us 4.1 Good and bad secrets 4.2 Physical Contact 4.3 Harmful substances 4.4 Can you help me? 4.5 Can you help me?</p> | <p>1.1 Three in one 1.2 Who is my neighbour? 2.1 The communities we live in</p>  | <p>From autumn term: 2.1 I am unique 2.2 Girls and boys (Y2 only) 2.3 Clean and healthy (my body)</p> |
| <p>National Curriculum & CES Model Curriculum Link</p> | <p>NC: Families & the people who care for me CES: 1.1.2.1-4</p> | <p>NC: Caring Friendships Respectful relationships CES: 1.1.1.1-4 1.1.5.1</p> | <p>NC: Respectful relationships Being safe CES: 1.1.4.1-5 1.2.1.1-6 1.2.2.1-4</p> | <p>NC: Online Relationships Physical health & mental wellbeing CES: 1.2.3.1-6 1.2.4.1-6</p> | <p>NC: Respectful relationships CES: 1.3.1.1-3 1.3.2.1-3 1.3.3.1-5</p> | <p>NC: Physical health & mental wellbeing CES: 1.1.3.1-4 (.1 & .2 Y2)</p> |




| Assessment Question | Why are you important to God? | How can you manage your feelings? | Can you name the people who can help you? | What is the difference between good and bad secrets? | How does God want us to love others? | Which communities do you belong to? |
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| Supplementary lessons | Termly PANTS lessons https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/ Annual anti-bullying week https://anti-bullyingalliance.org.uk/ Children's mental health week https://www.childrensmentalhealthweek.org.uk/ First aid for children https://firstaidchampions.redcross.org.uk/primary/ | | | | | |

Year 3

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| <p>Ten: Ten Theme</p> | <p>Module 1 Created and Loved by God: 1. Religious Understanding (x1) 2. Me, my body, my health (x2) *To be taught in the Summer term* 3. Emotional Wellbeing (x3) 4. Life Cycles (x2)</p> | | <p>Module 2 Created to Love Others: 1. Religious understanding 2. Personal Relationships (x2) 3. Life online (x2) 4. Keeping Safe (x3)</p> | | <p>Module 3 Created to live in the community: 1. Religious understanding (x2) 2. Living in the wider world (x1)</p> | |
| <p>Unit sessions</p> | <p>1.1 Get up 1.2 The Sacraments</p>  | <p>3.1 What am I feeling? 3.2 What am I looking at? 3.3 I am thankful 4.1 Life cycles 4.2 A time for everything</p> | <p>1.1 Jesus, my friend 2.1 Family, friends and others... 2.2 When things feel bad</p>  | <p>3.1 Sharing online 3.2 Chatting online 4.1 Safe in my body 4.2 Drugs, alcohol and tobacco 4.3 First aid heroes</p> | <p>1.1 A community of love 1.2 What is the Church? 2.1 How do I love others?</p>  | <p>From autumn term: 2.1 We don't have to be the same 2.2 Respecting our bodies 2.3 What is puberty? (Y4 only) 2.4 Changing bodies (Y4 only)</p> |




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|---|---|--|--|--|---|---|
| National Curriculum & CES Model Curriculum Link | NC: Families & the people who care for me CES: 2.1.2.1-6 | NC: Caring friendships Respectful relationships CES: 2.1.1.1-7 2.1.3.1 | NC: Respectful relationships Being safe CES: 2.1.3.1-4 2.1.4.1-2 2.1.4.5-6 2.2.1.1-6 2.2.3.1-7 | NC: Online Relationships Physical health & mental wellbeing CES: 2.1.4.3-4 2.2.3.4 2.2.3.6 2.2.4.1-6 | NC: Respectful relationships CES: 2.2.2.1-3 2.3.1.1-3 2.3.2.1-3 | NC: Physical health & mental wellbeing CES: 2.1.3.1-4 2.1.3.5-8 (.6 in Y4 only) 2.3.3.1-4 |
| Assessment Question | How do you express your feelings? | What can affect how you feel? | What makes a good friendship? | How can you use technology safely? | Can you describe a risky situation? | What do charities do? Can you name some? |
| Supplementary lessons | Termly PANTS lessons https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/ Annual anti-bullying week https://anti-bullyingalliance.org.uk/ Children's mental health week https://www.childrensmentalhealthweek.org.uk/ First aid for children https://firstaidchampions.redcross.org.uk/primary/ | | | | | |

Year 4

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| <p>Ten: Ten Theme</p> | <p>Module 1 Created and Loved by God: 1. Religious Understanding (x1) 2. Me, my body, my health (x5) *To be taught in the summer term* 3. Emotional Wellbeing (x3) 4. Life Cycles (x2)</p> | | <p>Module 2 Created to Love Others: 1. Religious understanding 2. Personal Relationships (x2) 3. Keeping Safe (x5)</p> | | <p>Module 3 Created to live in the community: 1. Religious understanding (x2) 2. Living in the wider world (x1) 2. Me, my body, my health (x5) *To be taught in the summer term*</p> | |
| <p>Unit sessions</p> | <p>1.3 Get up 1.4 The Sacraments</p>  | <p>3.1 What am I feeling? 3.4 What am I looking at? 3.5 I am thankful 4.1 Life cycles 4.2 A time for everything</p> | <p>1.1 Jesus, my friend 2.1 Family, friends and others... 2.2 When things feel bad</p>  | <p>3.1 Sharing online 3.2 Chatting online 4.1 Safe in my body 4.2 Drugs, alcohol and tobacco 4.3 First aid heroes</p> | <p>1.1 A community of love 1.2 What is the Church? 2.1 How do I love others?</p>  | <p>From autumn term: 2.1 We don't have to be the same 2.2 Respecting our bodies 2.3 What is puberty? (Y4 only) 2.4 Changing bodies (Y4 only)</p> |

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| Assessment Question | How do you express your feelings? | What can affect how you feel? | What makes a good friendship? | How can you use technology safely? | Can you describe a risky situation? | What do charities do? Can you name some? |
| Supplementary lessons | Termly PANTS lessons https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/ Annual anti-bullying week https://anti-bullyingalliance.org.uk/ Children's mental health week https://www.childrensmentalhealthweek.org.uk/ First aid for children https://firstaidchampions.redcross.org.uk/primary/ | | | | | |




Year 5

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| <p>Ten: Ten Theme</p> | <p>Module 1 Created and Loved by God: 1. Religious Understanding 2. Me, my body, my health (x4) *To be taught in the Summer term* 3. Emotional Wellbeing (x4) 4. Life Cycles (x2) *To be taught in the summer term*</p> | | <p>Module 2 Created to Love Others: 1. Religious understanding (x1) 2. Personal Relationships (x4) 3. Life online (x2) 4. Keeping Safe (x4)</p> | | <p>Module 3 Created to live in the community: 1. Religious understanding (x2) 2. Living in the wider world (x1) 3. Me, my body, my health (x4) *To be taught in the Summer term* 4. Life Cycles (x2) *To be taught in the summer term*</p> | |
| <p>Unit sessions</p> | <p>1.1 Calming the storm</p>  | <p>3.1 Body image 3.2 Peculiar feelings 3.3 Emotional changes 3.4 Seeing stuff online</p> | <p>1.1 God is calling you 2.1 Under pressure 2.2 Do you want a piece of cake? 2.3 Self-talk 2.4 Build others up</p>  | <p>3.1 Sharing isn't always caring 3.2 Cyberbullying 4.1 Types of abuse 4.2 Impacted lifestyles 4.3 Making good choices 4.4 Giving assistance</p> | <p>1.1 The Holy Trinity 1.2 Catholic Social Teaching 2.1 Reaching out</p>  | <p>From autumn term: 2.1 Gifts and talents 2.2 Girls' bodies 2.3 Boys' bodies 2.4 Spots & sleep 4.1 Making babies part 1 (Y6 only) 4.3 Menstruation 4.4 Hope beyond death</p> |

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| Assessment Question | How do you manage your emotions and those of others? | How do you manage feelings of jealousy or inadequacy? | Do you know when and how to say 'no'? | What influence might social media have? | Do you know how to look after your body? | Who is your neighbour? |
| Supplementary lessons | Termly PANTS lessons https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/ Annual anti-bullying week https://anti-bullyingalliance.org.uk/ Children's mental health week https://www.childrensmentalhealthweek.org.uk/ First aid for children https://firstaidchampions.redcross.org.uk/primary/ | | | | | |

Year 6

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| <p>Ten: Ten Theme</p> | <p>Module 2 Created to Love Others: 1. Religious understanding (x1) 2. Personal Relationships (x3) 3. Keeping Safe (x6)</p> | | <p>Module 3 Created to live in the community: 1. Religious understanding (x2) 2. Living in the wider world (x1)</p> | | <p>Module 1 Created and Loved by God: 1. Religious Understanding 2. Me, my body, my health (x4) *To be taught in the Summer term* 3. Emotional Wellbeing (x4) 4. Life Cycles (x2)</p> | |
| <p>Unit sessions</p> | <p>1.2 Calming the storm</p>  | <p>3.1 Body image 3.2 Peculiar feelings 3.3 Emotional changes 3.4 Seeing stuff online</p> | <p>1.1 God is calling you 2.1 Under pressure 2.2 Do you want a piece of cake? 2.3 Self-talk 2.4 Build others up</p>  | <p>3.1 Sharing isn't always caring 3.2 Cyberbullying 4.1 Types of abuse 4.2 Impacted lifestyles 4.3 Making good choices 4.4 Giving assistance</p> | <p>1.1 The Holy Trinity 1.2 Catholic Social Teaching 2.1 Reaching out</p>  | <p>From autumn term: 2.1 Gifts and talents 2.2 Girls' bodies 2.3 Boys' bodies 2.4 Spots & sleep 4.1 Making babies part 1 (Y6 only) 4.3 Menstruation 4.4 Hope beyond death</p> |
| <p>National Curriculum & CES Model Curriculum Link</p> | <p>NC: Families & the people who care for me CES: 2.1.2.1-6</p> | <p>NC: Caring friendships Respectful relationships CES: 2.1.1.1-7</p> | <p>NC: Respectful relationships Being safe CES: 2.1.3.1-4</p> | <p>NC: Online Relationships Physical health & mental wellbeing CES:</p> | <p>NC: Respectful relationships CES: 2.2.2.1-3 2.3.1.1-3</p> | <p>NC: Physical health & mental wellbeing CES: 2.1.3.1-4</p> |

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| | | 2.1.3.1 | 2.1.4.1-2 2.1.4.5-6 2.2.1.1-6 2.2.3.1-7 | 2.1.4.3-4 2.2.3.4 2.2.3.6 2.2.4.1-6 | 2.3.2.1-3 | 2.1.3.5-8 2.3.3.1-4 2.1.5.1-2 Y6 only 2.1.5.3 Y5 & Y6 |
| Assessment Question | How do you manage your emotions and those of others? | How do you manage feelings of jealousy or inadequacy? | Do you know when and how to say 'no'? | What influence might social media have? | Do you know how to look after your body? | Who is your neighbour? |
| Supplementary lessons | Termly PANTS lessons https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/ Annual anti-bullying week https://anti-bullyingalliance.org.uk/ Children's mental health week https://www.childrensmentalhealthweek.org.uk/ First aid for children https://firstaidchampions.redcross.org.uk/primary/ | | | | | |