

RSE Curriculum

Defining Relationship and Sex Education

From Sept 2021 Relationship and Sex Education is a statutory part of the primary curriculum. The DfE guidance states that “*children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way*” It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

In primary schools the focus should be on “*teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.*” This would include the topics of families and the people of who care for me, caring friendships, respectful relationships, online relationships and being safe.

Broad Content of RSE

The three aspects of RSE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three inter-related ways: the whole school / ethos dimension; a cross-curricular dimension (PSHE, science and computing) and a specific relationships and sex curriculum using the diocesan recommended programme **Life to the Full**.

Life to the Full is a fully resourced scheme of work in Relationships Education for Catholic Primary Schools which embraces and fulfils the new statutory curriculum. Taught with a spiral approach to learning, in which pupils will revisit the same topics at an age- appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional wellbeing, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, lifecycles, the dangers of social media, where babies comes from, an understanding of the Common Good and living in the wider world. The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Life to the Full also covers most of the aspects of the non-statutory **PSHE** (personal, social, health and economic) curriculum. Any aspects which are not covered will be taught separately to ensure the children receive a broad and balanced curriculum, this would include learning about careers, financial capability and economic well-being.

The table below sets out the curriculum overview. More detail about content and objectives is given within the online documentation for each unit. Parents can view an outline of each unit via the parent portal on the Ten:Ten website: www.tentenresources.co.uk/parent-portal

Username: **st-aelreds-yo31**

Password: **train-stop**

Core Theme	Created and Loved By God				Created to Love Others			Created to Live in Community		
Topic	Religious Understanding	Me, my Body, My Health	Emotional Wellbeing	Life Cycles	Religious Understanding	Personal Relationships	Keeping Safe	Religious Understanding	Living in the Wider World	
Key Stage 1	Story Sessions: Handmade with love (Kester's Adventure)	Session 1: I am unique - Me	Session 1: Feelings, likes and dislikes	Session 1: The cycle of life	Session 1: God loves you	Session 1: Special people	Session 1: Being safe	Session 1: Trinity House	Session 1: The communities we live in	
		Session 2: Girls and boys (My Body)	Session 2: Feeling inside out			Session 2: Treat others well...	Session 2: Good secrets & bad secrets			Session 2: Who is my Neighbour?
		Session 3: Clean & healthy (My Health)	Session 3: Super Susie gets angry			Session 3: ...and say sorry	Session 3: Physical Contact			
Lower Key Stage 2	Story Sessions: Designed for a purpose (Kester's Adventures)	Session 1: We don't have to be the same	Session 1: What am I feeling?		Story Sessions: Jesus, my friend	Session 1: Friends, family and others	Session 1: Sharing online	Session 1: Trinity House	Session 1: How do I love others?	
		Session 2: Respecting our Bodies	Session 2: What am I looking at?			Session 2: When things feel bad	Session 2: Chatting online			Session 2: What is the Church
		Session 3: What is puberty? Year 4				Session 3: I am thankful!	Session 3: When things change	Session 3: Physical Contact		
	Session 1: Sacraments									

Upper Key Stage 2	Story Sessions: Made to Grow (Kester's Adventures)	Session 4 from LKS2: Changing Bodies Year 5/6		Session 1 from LKS2: Life Cycles Year 5/6					
		Session 5 from LKS2: Discussion Groups Year 5/6							
		Session 1: Gifts and talents	Session 1: Body Image	Session 1: Making Babies (Part 1) Year 6	Session 1: Is God calling you?	Session 1: Under pressure	Session 1: Sharing Online	Session 1: Trinity House	Session 1: Reaching Out
		Session 2: Girls' bodies Year 6	Session 2: Peculiar feelings Year 6	Session 2: Making babies (Part 2) Year 6					
		Session 3: Boys' bodies Year 6	Session 3: Emotional changes Year 6			Session 2: Do you want a piece of cake?	Session 2: Chatting online	Session 2: Catholic Social Teaching	
Session 4: Spots and Sleep		Session 4: Menstruation Year 6		Session 3: Self-talk	Session 3: Physical contact				