

# RSHE Curriculum Overview

*Primary Curriculum Framework for Relationships Education, Relationships and Sex Education and Health Education*

**(Revised March 2020)**

This Primary Curriculum Framework covers EYFS, KS1 and KS2 and is based on three core themes within which there will be broad overlap. It is adaptable to the age and ability of the pupils.

The three themes are:

**Created and loved by God** (this explores the individual)

The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

**Created to love others** (this explores an individual's relationships with others)

God is love. We are created out of love and for love. The command to love is the basis of all Christian morality.

**Created to live in community – local, national & global** (this explores the individual's relationships with the wider world)

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God for the good of individuals and the good of society.

Each theme covers the core strands of 'Education in Virtue' and 'Religious Understanding' as well as strands which cover the PSHE content of the theme.

*\*From September 2020, the Health Education (HE) and Relationships Education (RE) aspects of PSHE education will be compulsory in all schools – these aspects are reflected within each section.*

***It is worth noting that some of the elements of coverage referred to below will already be part of the day to day Catholic life of the school, and reinforced through pupil's involvement within Collective Worship.***

EYFS

		Come and See	Journey in Love		Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Theme 1: Created and Loved by God	I know: That I am made by God	Myself (Domestic Church- Autumn term)	Wonder at God's love Nursery p.7		1. We are all special		Picture my World resource	
	What I am good at		God loves each of us in our uniqueness Reception p.12		2. I can say one good thing about myself	Self-confidence and self- awareness (40- 60+mths)	Picture My World	
	Talk about the good things in my life	Myself (Domestic Church Autumn term) Celebrating (Local Church-Spring term)					Picture My World resource	World Environment Day 5 June
	I know: That I am living and growing	Growing (Lent/Easter Spring term)				The world (30 – 50mths)	Harvest Resources	
	That a baby grows inside its mother's womb before birth		God loves each of us in our uniqueness Reception p.14					International Women's Day

EYFS

		Come and See	Journey in Love		Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
	<b>I can: Identify living things</b>					Understanding the world (30 – 50mths)		World Wildlife day 3 March
	<b>Be patient when I do not get what I want straight away</b>					Managing feelings and behaviour (30-50mths)		
	<b>I know : What I like and dislike</b>		Wonder at God’s love Nursery p.9			Self-confidence and self-awareness (40-60+mths)	Picture my world	
	<b>Name similarities and differences between myself and others</b>		Wonder at God’s love Nursery p.8  God loves each of us in our uniqueness Reception p.11		35. I notice we are the same and we are different	The world (40-60+mths)		World Day for Cultural Diversity 21 June

EYFS

		Come and See	Journey in Love		Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
	Keep clean by washing and drying my hands					Health and self – care (30-50mths)		World Health Day 7 April  World water day 22 March
	That a baby grows inside its mother’s womb before birth		God loves each of us in our uniqueness Reception p.14					International Women’s Day
	I know: What I like and dislike		Wonder at God’s love Nursery p.9			Self-confidence and self-awareness (40-60+mths)	Picture my world	
	Say how I feel at different times		Wonder at God’s love Nursery p.9					

EYFS

		Come and See	Journey in Love		Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
Theme 2: Created to love others	Show care for others	Family (Domestic Church Autumn term) Friends (Reconciliation-Summer term)	God loves each of us in our uniqueness Reception p.14		27. I know how to help others when they are in trouble	Making relationships (22–36mths)		Fair Trade Fortnight February  Refugee Week June
	I can: Say 'please' and 'thankyou'				19. I try to use words that make the world a better place	Managing feelings and behaviour (40-60+mths)	Picture my World resource	
	That God loves me and I can talk to God through prayer	All Topics	Wonder at God's love Nursery p.10  God loves each of us in our uniqueness Reception p.14					
	Say 'sorry'	Friends (Reconciliation-Summer term)			31. I know how to show I am sorry	Managing feelings and behaviour (40-60+mths)		International Day of Peace 21 September
	That Jesus cares for me and I am part of God's family	Myself (Domestic Church-Autumn term)						Universal children's day 20 November

EYFS

		Come and See	Journey in Love		Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
	<b>That Jesus tells us to love one another</b>	Friends (Reconciliation-Summer term)						
	<b>I know: Who can help me in school</b>				25. I know when to ask for help and who to ask for help from	Self-confidence and self-awareness (30-50mths)		
	<b>That I belong to a family and can name my family members</b>	Myself (Domestic Church Autumn term)	God loves each of us in our uniqueness Reception p.11			Understanding the world People and communities(22-36mths)		International Day of Families 15 May
	<b>I can: Identify special people (family, carers, friends) in my life</b>		God loves each of us in our uniqueness Reception p.12			Making relationships (30-50mths)		
	<b>When people are being unkind to me or others and how to respond</b>				5. I know what to do if I see anyone being hurt	Making relationships (30-50mths)		

EYFS

		Come and See	Journey in Love		Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
<b>Theme 3: Created to live in community – local, global &amp; national</b>	<b>To explore who my neighbour is – locally / globally</b>	Our World (Universal Church Summer term)					Picture my World resource	
	<b>Show care for others</b>	Family (Domestic Church Autumn term) Friends (Reconciliation-Summer term)	God loves each of us in our uniqueness Reception p.14		27. I know how to help others when they are in trouble	Making relationships (22–36mths)		Fair Trade Fortnight February  Refugee Week June
	<b>Right and wrong actions</b>	Friends (Reconciliation-Summer term)				Managing feelings and behaviour (40-60+mths)		
	<b>To make the sign of the cross</b>							
	<b>That Jesus tells us to love one another</b>	Friends (Reconciliation-Summer term)			19. I try to use words that make the world a better place			

EYFS

		Come and See	Journey in Love		Statements to Live By	Early Learning Goals	Links to CAFOD Resources	Links to Global Calendar
	<b>Show friendly behaviour towards others</b>		God loves each of us in our uniqueness Reception p.13			Making relationships (30-50mths)		Fair Trade Fortnight February
	<b>Ask questions about the wider world</b>	Our World (Universal Church Summer term)				Understanding the world –the world (40-60+mths)	God’s Wonderful World linked to (Come and See Universal Church)	World Environment Day 5 June



		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
<b>Theme 1: Created and Loved by God</b>	<b>That I have individual gifts, talents and abilities, given by God</b>	Beginnings Y2 (Domestic Church- Autumn term)			2. I can say one good thing about myself			
	<b>Give thanks for the good things in my life</b>	Families Y1 Beginnings Y2 (Domestic Church Summer term)	We meet God's love in our family Y1 p.16		20. I try to appreciate the beauty and the wonder in the world around me		Picture My World resource  A Day with Musa resource	World Environment Day 5 June
	<b>I know: That babies change and grow and that there are life stages from conception to death</b>	Change Y1 (Lent/Easter Spring term)	We meet God's love in our family Y1 p.15			Living things and their habitats Y2 Sc2/2.1b  Animals including humans Y2 Sc2/2.3b		
	<b>That a baby moves as it grows in its mother's womb</b>	Waiting Y1 (Advent Autumn term)						International Women's Day 8 March

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	<b>Accept that I do not always get what I want</b>	Change Y1 Opportunities Y2 (Lent/ Easter Spring term)			23. I try to keep going when things get difficult and not give up hope			
	<b>I can: Identify the needs of people and other living things.</b>					Animals including humans Y2 Sc2/2.3c		Human Rights Day 10 December
	<b>Describe the similarities and differences between people (general)</b>				35. I notice that we are the same and we are different		A Day with Musa resource	World Day for Cultural Diversity 21 June

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean)				9. I can tell you how I look after myself  10. I think before I make choices that affect my health (circle time)	Animals including humans Y2 Sc2/2.3c	Health resource  Water resource	World Health Day 7 April World Water Day 22 March
	I know: That we all have different likes and dislikes						A Day with Musa resource  One Day One World resource	
	I can: Name happy and sad times in my life	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	We meet God's love in our family Y1 p.15  We meet God's love in the community Y2 p.19		3. I can say how I feel (circle time)			International Day of Families 15 May

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	<b>I know: That I am special because I am made and loved by God</b>	Belonging Y1 Signs and Symbols Y2 (Baptism-Autumn term)	We meet God's love in our family Y1 p.18		1. We are all special			Universal Children's Day 20 November
	<b>Talk about my mood and know that how I am feeling is a normal part of daily life</b>				3. I can say how I feel (circle time)			

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
Theme 2: Created to love others	I can: Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting				19. I try to use words that make the world a better place			
	That prayer is listening to God as well as talking to Him	All Topics	We meet God's love in our family Y1 p.15-18  We meet God's love in the community Y2 p.19- 22					
	That Catholics belong to the Church family and that Jesus cares for all	Special People Y1 (Local church-Spring term) Neighbours Y1 (Universal Church-Summer term)	We meet God's love in the community Y2 p.19		15. I know I belong to a community that includes my school		Refugees resource  Universal Church topics	World Refugee Day 20 June

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	<b>That Jesus tells us to forgive one another</b>	Being Sorry Y1 Rules Y2 (Reconciliation - Summer term)			31. I know how to show I am sorry			International Day of Peace 21 September
	<b>Be forgiving, able to say sorry to mend relationships</b>	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)			31. I know how to show I am sorry 29. I try to forgive people when they hurt me			International day of Peace 21 September
	<b>Be caring, aware of the needs of others</b>	Holidays and Holydays Y1 Spread the Word Y2 (Pentecost Summer term)			13. I try to love others as I love myself		Picture My World resource  A Day with Musa resource	Refugee Week June  International Day of Families 15 May
	<b>Look after myself and show respect to others</b>				13. I try to love others as I love myself		Picture My World resource  A Day with Musa resource	World Faith Week 22-29 October

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	<b>Be honest, able to tell the truth about my actions</b>	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)			31. I know how to show I am sorry			
	<b>That how I act can have consequences</b>	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)						
	<b>Manage my feelings and behaviour</b>	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)			3. I can say how I feel (circle time)			
	<b>Describe how to keep safe in the sun</b>				9. I can tell you how I look after myself  10. I think before I make choices that affect my health (circle time)		Health resource	World Health Day 7 April

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	<b>I know: Who to go to if I am worried or need help</b>				25. I know when to ask for help and who to ask for help from			
	<b>That healthy families love, care and protect one another and that there are different family structures and these should be respected</b>	Families Y1 (Domestic Church Autumn term)	We meet God's love in the community Y2 p.19					Refugee Week June  International Day of Families 15 May
	<b>I can: Recognise what makes people special.</b>				1. We are all special		KS1 Bangladesh resource	International Day for Children 12 April



		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond				5. I know what to do if I see anyone being hurt  7. I try to stand up for myself and others			Anti-Bullying Week November  Internet Safety Week February
	How my behaviour affects other people and that there are appropriate and inappropriate behaviours	Rules Y2 (Reconciliation Autumn term)	We meet God's love in the community Y2 p.19					Anti-Bullying Week November  Internet Safety Week February
	Recognise the characteristics of positive and negative relationships				26. I can recognise comfortable and uncomfortable feelings (circle time)			



		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
<b>Theme 3: Created to live in community – local, global &amp; national</b>	<b>Recognise that I can belong to a variety of communities locally, nationally and globally</b>	Special People Y1 Books Y2 (Local church Spring term)  Neighbours Y1 (Universal Church-Summer term)			15. I know I belong to a community that includes my school		KS1 Bangladesh resource  Laudato Si Care for our Common Home	Fair Trade Fortnight February
	<b>Show awareness of differences between my life and others in the wider world</b>	Neighbours Y1 (Universal Church-Summer term)	We meet God's love in the community Y2 p.19				Fair Trade Resource  Laudato Si Care for our Common Home	Fair Trade Fortnight February
	<b>To make, and understand the sign of the cross</b>							
	<b>Be friendly and can make friends</b>				18. I cooperate with others in work and play. (circle time)			

		Come and See	Journey in Love		Statements to Live By	Science Curriculum	Links to CAFOD	Links to Global Calendar
	<b>That how I act can have consequences</b>	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)						
	<b>That Jesus tells us to forgive one another</b>	Being Sorry Y1 Rules Y2 (Reconciliation - Summer term)			31. I know how to show I am sorry			International Day of Peace 21 September
	<b>Be caring, aware of the needs of others</b>	Holidays and Holydays Y1 Spread the Word Y2 (Pentecost Summer term)			13. I try to love others as I love myself		Picture My World resource  A Day with Musa resource	Refugee Week June  International Day of Families 15 May



## Resources referenced in this document:

**Come and See** – Sr Victoria Hummel – Matthew James Publishing Co Ltd <http://www.comeandseere.co.uk/>

**Early Learning Goals** from Statutory Framework for Early Years/Foundation Stage

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/596629/EYFS\\_STATUTORY\\_FRAMEWORK\\_2017.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/596629/EYFS_STATUTORY_FRAMEWORK_2017.pdf)

**Science Curriculum 2014** <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study>

**A Journey in Love** – Sr Jude Groden RSM McCrimmon Publishing Co Ltd <http://www.mccrimmons.com/shop/relationships/>

**Life to the Full** – Ten: Ten Resources (including EYFS resources September 2010) [www.tentenresources.co.uk/relationship-education](http://www.tentenresources.co.uk/relationship-education)

**CAFOD** – Catholic Agency for Overseas Development <http://cafod.org.uk/Education/Primary-schools>

**Statements to Live By – Nurturing Human Wholeness Through the Distinctive Catholic Tradition** – Frank McDermott and Theresa Laverick

<http://www.anamcara.org.uk/Nurturing%20Human%20Whole.html>

[Global Calendar](#)

<https://globaldimension.org.uk/calendar/>

**\*SDB** – Additional resources produced for Year 5 and Year 6 by Sister Dorothy Black

## Suggested additional Resources

**All That I Am** - Relationships and Sex education for Upper KS2 published by the Archdiocese of Birmingham

<http://all-that-i-am.co.uk/>

**Social and Emotional Aspects of Learning (SEAL)** published by Department for Education - National Strategies

<http://webarchive.nationalarchives.gov.uk/20110809101133/nsonline.org.uk/node/87009>

PSHE guidance from PSHE Association <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>

<https://www.pshe-association.org.uk/>

It is recommend that schools include in their annual curriculum planning some focused lessons about internet safety and all forms of bullying e.g. Internet safety week and anti – bullying week (see global calendar).