



# Curriculum Map

## **Subject: RSHE**



### Intent Statement

At St Nicholas Catholic Primary School, it is our intent to deliver a broad and balanced RSHE curriculum that is ambitious, challenging and engaging. At St Nicholas we believe that RSHE helps to provoke thought and provide answers to questions about the world around us and how we are called to live our lives in this world. All children, including those who are disadvantaged and pupils with SEND, are encouraged to develop a greater understanding and knowledge of themselves and the world, as well as their place in it. The RSHE curriculum at St Nicholas enables children to develop cumulative knowledge and skills for their future in society. Our RSHE curriculum is based on a diocesan approved programme called 'Life to the Full' written and designed with Ten:Ten Resources.

### Implementation - Curriculum Coverage

<b>Year group</b>	<b>Autumn Module 1 – Created and Loved by God</b>	<b>Spring Module 2 – Created to Love Others</b>	<b>Summer Module 3 – Created to Live in Community</b>
<b>Reception</b>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Handmade with Love</li> </ul> Unit 2 – Me, My Body, My Health <ul style="list-style-type: none"> <li>- I am me</li> <li>- Heads, Shoulders, Knees and Toes</li> <li>- Ready Teddy?</li> </ul> Unit 3 – Emotional Well-Being <ul style="list-style-type: none"> <li>- I Like, You Like, We All Like!</li> <li>- All the Feelings!</li> <li>- Let's Get Real</li> </ul> Unit 4 – Life Cycles <ul style="list-style-type: none"> <li>- Growing Up</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Role Model</li> </ul> Unit 2 – Personal Relationships <ul style="list-style-type: none"> <li>- Who's Who?</li> <li>- You've Got a Friend in Me</li> <li>- Forever Friends</li> </ul> Unit 3 – Keeping Safe <ul style="list-style-type: none"> <li>- Safe Inside and Out</li> <li>- My Body, My Rules</li> <li>- Feeling Poorly</li> <li>- People Who Help Us</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- God is Love</li> <li>- Loving God, Loving Others</li> </ul> Unit 2 – Living in the Wider World <ul style="list-style-type: none"> <li>- Me, You, Us</li> </ul>

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<b>Year 1</b>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Let the Children Come</li> </ul> Unit 2 – Me, My Body, My Health <ul style="list-style-type: none"> <li>- I am unique</li> <li>- Girls and Boys</li> <li>- Clean and Healthy (My Body)</li> </ul> Unit 3 – Emotional Well-Being <ul style="list-style-type: none"> <li>- Feelings, Likes and Dislikes</li> <li>- Feeling Inside Out</li> <li>- Super Susie Gets Angry</li> </ul> Unit 4 – Life Cycles <ul style="list-style-type: none"> <li>- The Cycle of Life</li> <li>- A Time for Everything (Bereavement)</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- God Loves You</li> </ul> Unit 2 – Personal Relationships <ul style="list-style-type: none"> <li>- Special People</li> <li>- Treat Others Well...</li> <li>- ... and say sorry</li> </ul> Unit 3 – Keeping Safe <ul style="list-style-type: none"> <li>- Being Safe</li> <li>- Good and Bad Secrets</li> <li>- Physical Contact</li> <li>- Harmful Substances</li> <li>- Can You Help Me? (Part 1)</li> <li>- Can You Help Me? (Part 2)</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Three in One</li> <li>- Who is my Neighbour?</li> </ul> Unit 2 – Living in the Wider World <ul style="list-style-type: none"> <li>- The Communities we Live in</li> </ul>

<b>Year group</b>	<b>Autumn Module 1 – Created and Loved by God</b>	<b>Spring Module 2 – Created to Love Others</b>	<b>Summer Module 3 – Created to Live in Community</b>
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<b>Year 3</b>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Get Up!</li> <li>- The Sacraments</li> </ul> Unit 2 – Me, My Body, My Health <ul style="list-style-type: none"> <li>- We Don't Have to be the Same</li> <li>- Respecting Our Bodies</li> <li>- What is Puberty?</li> <li>- Changing Bodies</li> <li>- Male/Female discussion groups (Optional)</li> </ul> Unit 3 – Emotional Well-Being <ul style="list-style-type: none"> <li>- What am I feeling?</li> <li>- What am I looking at?</li> <li>- I am Thankful</li> </ul> Unit 4 – Life Cycles <ul style="list-style-type: none"> <li>- Life Cycles</li> <li>- A Time for Everything (Bereavement)</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Jesus My Friend</li> </ul> Unit 2 – Personal Relationships <ul style="list-style-type: none"> <li>- Friends, Family and Others...</li> <li>- When Things Feel Bad</li> </ul> Unit 3 – Keeping Safe <ul style="list-style-type: none"> <li>- Sharing Online</li> <li>- Chatting Online</li> <li>- Safe in my Body</li> <li>- Drugs, Alcohol and Tobacco</li> <li>- First Aid Heroes</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- A Community of Love</li> <li>- What is the Church?</li> </ul> Unit 2 – Living in the Wider World <ul style="list-style-type: none"> <li>- How do I Love Others?</li> </ul>

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<b>Year 5</b>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Calming the Storm</li> </ul> Unit 2 – Me, My Body, My Health <ul style="list-style-type: none"> <li>- Gifts and Talents</li> <li>- Girls’ Bodies</li> <li>- Boy’s Bodies</li> <li>- Spots and Sleep</li> </ul> Unit 3 – Emotional Well-Being <ul style="list-style-type: none"> <li>- Body Image</li> <li>- Peculiar Feelings</li> <li>- Emotional Changes</li> <li>- Seeing Stuff Online</li> </ul> Unit 4 – Life Cycles <ul style="list-style-type: none"> <li>- Making Babies (Part 1)</li> <li>- Making Babies (Part 2)</li> <li>- Menstruation</li> <li>- A Time for Everything (Bereavement)</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Is God Calling You?</li> </ul> Unit 2 – Personal Relationships <ul style="list-style-type: none"> <li>- Under Pressure</li> <li>- Do You Want a Piece of Cake?</li> <li>- Self-Talk</li> </ul> Unit 3 – Keeping Safe <ul style="list-style-type: none"> <li>- Sharing isn’t always Caring</li> <li>- Cyber Bullying</li> <li>- Types of Abuse</li> <li>- Impacted Lifestyles</li> <li>- Making Good Choices</li> <li>- Giving Assistance</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- The Trinity</li> <li>- Catholic Social Teaching</li> </ul> Unit 2 – Living in the Wider World <ul style="list-style-type: none"> <li>- Reaching Out</li> </ul>

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<b>Year 6</b>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Calming the Storm</li> </ul> Unit 2 – Me, My Body, My Health <ul style="list-style-type: none"> <li>- Gifts and Talents</li> <li>- Girls’ Bodies</li> <li>- Boy’s Bodies</li> <li>- Spots and Sleep</li> </ul> Unit 3 – Emotional Well-Being <ul style="list-style-type: none"> <li>- Body Image</li> <li>- Peculiar Feelings</li> <li>- Emotional Changes</li> <li>- Seeing Stuff Online</li> </ul> Unit 4 – Life Cycles <ul style="list-style-type: none"> <li>- Making Babies (Part 1)</li> <li>- Making Babies (Part 2)</li> <li>- Menstruation</li> <li>- A Time for Everything (Bereavement)</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- Is God Calling You?</li> </ul> Unit 2 – Personal Relationships <ul style="list-style-type: none"> <li>- Under Pressure</li> <li>- Do You Want a Piece of Cake?</li> <li>- Self-Talk</li> </ul> Unit 3 – Keeping Safe <ul style="list-style-type: none"> <li>- Sharing isn’t always Caring</li> <li>- Cyber Bullying</li> <li>- Types of Abuse</li> <li>- Impacted Lifestyles</li> <li>- Making Good Choices</li> <li>- Giving Assistance</li> </ul>	Unit 1 – Religious Understanding <ul style="list-style-type: none"> <li>- The Trinity</li> <li>- Catholic Social Teaching</li> </ul> Unit 2 – Living in the Wider World <ul style="list-style-type: none"> <li>- Reaching Out</li> </ul>