



St Paschal Baylon
Catholic Primary School

Following In The Footsteps Of Christ

Relationships, Sex and Health Education Curriculum Map

RECEPTION	Autumn	Spring	Summer
To Know You More Clearly	Creation and Covenant Prophecy and Promise	Galilee to Jerusalem Desert to Garden	To the Ends of the Earth Dialogue and Encounter
Journey in Love	The Wonder of Being Special and Unique Social and Emotional: To recognise being a special person in my family.	The Wonder of Being Special and Unique Physical: To recognise that we are all different and unique.	The Wonder of Being Special and Unique Spiritual: To celebrate the joy of being a special person in God's family.
My Life	All About Me: I am unique! / We are the same/different / People who love me Friendships: Making friends / Falling out / Paying attention Staying Safe: Road safety / People I don't know / Do I know you? What People Do All Day: What do they do? / So many jobs! / Teamwork	My World: Rules and more rule / Our community / I am a citizen of the world Celebrations: What do you celebrate? / Celebration time / Chinese New Year Looking After Myself: *Healthy food habits / *Safe in the sun / Moving and shaking	Being Healthy: *Brush your teeth! / *Germs, germs, germs / *My body! My Feelings: My feelings / Other people's feelings / Don't give up! Growing Up: *I am growing / Being independent / Moving on up!
Computing (Online Safety)	Online Reputation: Keep Me Informed Online Relationships: Kindness Costs Nothing Anti-Bullying Week – Online Bullying: Spot the Difference	Self-Image & Identity: Helping Alex Privacy & Security: Personal or Private Safer Internet Day – Managing Online Information: When and What?	Copyright & Ownership: Whose is This? Health, Well-Being & Lifestyle Which Rules are Fair?
Mental Health (ROAR Response and Place2Be)	What is mental health? / Rainbow Scale / Resilient Ralph / Feelings and Emotions World Mental Health Day	Supporting Our Mental Health / Resilience / Dealing with Emotions / Facing Challenges / What Makes Us Happy / Mental Health Toolkit Children's Mental Health Week	Key Factors of Resilience / Building Resilience for Good Mental Health / Resilience Framework (Talents) / Understanding Anxiety
Science	My Body Seasons (Autumn) Light and Dark Seasons (Winter)	Floating and Sinking Ice Experiment Dinosaurs Fossils	Growing A Balanced Diet Animals Habitats
Safeguarding	Talking politely to others / How to behave in school / How my actions affect others / NSPCC 'Speak Out and Stay Safe' (every 3 years)	Self-care – using the toilet appropriately and keeping clean People who help us – safe adults My friends – how to treat a friend, how a friend should treat me Personal space	Understanding my feelings and the feelings of others Sun safety We are all different

*Covered in/Links to Science

		Modelled and reinforced daily in 'Continuous Provision' and during 'Circle Time' and 'Story Time'. Medicine safety in 'Jack Gets a Pet' story during Guided Reading sessions. Explored during Julia Donaldson 'Author Study' when reading 'The Ugly Five'. Themes of family, caring and difference are discussed.	
Rights Respecting School (United Nations Convention on the Rights of the Child)	Articles 2, 6, 12, 14, 18, 19, 20, 21, 23, 24, 26, 27, 28, 29, 30, 31 and 34	Articles 5, 7, 8, 9, 10, 14, 15, 18, 19, 20, 21, 23, 28, 29, 30, 31 and 34	Articles 14, 15, 18, 19, 20, 21, 23, 24, 27, 29, 30 and 31 Class Charters RRS/CRC song, 'We've All Got Rights' 'Sustainable Development' tasks e.g. palm oil and forests, plastic pollution in oceans, etc.
Other	Advent Collective Worship for parents / End of year assembly and Collective Worship for parents / Black History Month / Speaking and Listening: encouraging children to listen and talk to their partners each day. / Modelled and reinforced daily in 'Continuous Provision' and during 'Circle Time' and 'Story Time'. / Covered during 'Story Time' when reading books such as, 'I Had It First'. etc. / PE: physical health and well-being discussed during PE lessons		

*Covered in/Links to Science

YEAR 1	Autumn	Spring	Summer
To Know You More Clearly	Creation and Covenant Prophecy and Promise	Galilee to Jerusalem Desert to Garden	To the Ends of the Earth Dialogue and Encounter
Journey in Love	We Meet God's Love in our Family Social and Emotional To recognise signs that I am loved in my family	We Meet God's Love in our Family Physical To recognise how I am cared for and kept safe in my family.	We Meet God's Love in our Family Spiritual To celebrate ways that God loves and cares for us.
My Life	Feelings and Special People: Feelings / Emotions and behaviour / I am special / Special people Staying Safe: Staying safe in my school / Staying safe outside / Staying safe at home / Keeping myself safe	Healthy Me: *Keeping fit is fun! / Sweets! / How can being online be unhealthy? / *Keeping safe in the sun All Around Us: Our beautiful world / Reducing for the planet / New from old! / We make a difference	Money Matters: Where does money come from? / How can I keep my money safe? / Where do adults get their money? / What job would I like when I grow up?
Computing (Online Safety)	Online Reputation: Information Time Travel Online Relationships: To Post or Not to Post? Anti-Bullying Week – Online Bullying: Happiness Scale	Self-Image & Identity: Rule Headings Privacy & Security: Why Do I Need a Password? Safer Internet Day – Managing Online Information: Who and Why?	Self-Image & Identity: Guess the File Privacy & Security: Healthy & Safe Choices
Mental Health (ROAR Response and Place2Be)	What is mental health? / Rainbow Scale / Resilient Ralph / Feelings and Emotions World Mental Health Day	Supporting Our Mental Health / Resilience / Dealing with Emotions / Facing Challenges / What Makes Us Happy / Mental Health Toolkit Children's Mental Health Week	Key Factors of Resilience / Building Resilience for Good Mental Health / Resilience Framework (Talents) / Understanding Anxiety
Science	Seasonal Change Plants	Human Body and Senses Animals	Materials
Safeguarding	Fire safety – keeping safe at home NSPCC 'Speak Out and Stay Safe' (every 3 years)	Keeping healthy Myself – all different / should be treated the same Family – all different / respect and tolerance	Keeping myself safe when out and about – 'Stranger Danger' My body – hygiene (personal space) Sun safety Happy and sad times in families
Rights Respecting School (United Nations Convention on the Rights of the Child)	Articles 2, 3, 5, 7, 8, 9, 12, 18, 19, 20, 21, 26, 29, 30, 34 and 36	Articles 18, 19, 20, 21, 23 and 34	Articles 18, 19, 20, 21, 23 and 34

*Covered in/Links to Science

Other	Advent Collective Worship for parents / Black History Month – Ruby Bridges / Art: creating self-portraits / History: creating family tree, looking at the development of toys and toys that family members played with in the past
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*Covered in/Links to Science

YEAR 2	Autumn	Spring	Summer
To Know You More Clearly	Creation and Covenant Prophecy and Promise	Galilee to Jerusalem Desert to Garden	To the Ends of the Earth Dialogue and Encounter
Journey in Love	We Meet God's Love in the Community Social and Emotional To recognise the joy and friendship of belonging to a diverse community.	We Meet God's Love in the Community Physical To describe ways of being safe in communities.	We Meet God's Love in the Community Spiritual To celebrate ways of meeting God in our communities.
My Life	Different Types of Families: What is a family? / Families are different and the same / How do you spend time with your family? / Weddings and marriage Healthy Bodies: *Things that keep us healthy / *Keeping ourselves healthy / *Keeping healthy, keeping clean / My body, my voice	Feeling Included: An alien welcome / Including everyone / We've fallen out! / Important people in history Healthy Minds: Marvellous minds / Emotions everywhere! / Screen time and *sleep / Self-care and *relaxation	Caring for the Environment: I can help make a difference / I can help make a difference to our world / Who really lives in my local environment? / I can improve my local environment!
Computing (Online Safety)	Online Reputation: Long Time Online Online Relationships: Is it Okay to...? Anti-Bullying Week – Online Bullying: Where Can Bullying be Found?	Self-Image & Identity: Different Feelings Online Privacy & Security: Making Choices Safer Internet Day – Managing Online Information: Keyword Captain	Self-Image & Identity: Scavenger Hunt Privacy & Security: Explaining Effective Strategies
Mental Health (ROAR Response and Place2Be)	What is mental health? / Rainbow Scale / Resilient Ralph / Feelings and Emotions World Mental Health Day	Supporting Our Mental Health / Resilience / Dealing with Emotions / Facing Challenges / What Makes Us Happy / Mental Health Toolkit Children's Mental Health Week	Key Factors of Resilience / Building Resilience for Good Mental Health / Resilience Framework (Talents) / Understanding Anxiety
Science	Animals Including Humans	Plants	Living Things and Their Habitats Materials
Safeguarding	Road safety 'Stranger Danger' Safe adults in my community NSPCC – 'Speak Out and Stay Safe' (every 3 years)	Keeping myself and my body healthy (hygiene)	Beach safety Sun safety Community – being safe and belonging to a community Being alone Personal space
Rights Respecting School	Articles 2, 12, 18, 19, 20, 21, 23, 29, 30 and 34	Article 34	Article 29

*Covered in/Links to Science

(United Nations Convention on the Rights of the Child)			
Other	Year 2 Nativity and Collective Worship for pupils and parents / Black History Month – Matthew Henson / History: our local area now and then / D&T: Mechanisms and Food / English: Traditional Tales, Books by the Same Author, Stories with Familiar Settings, Poetry, Animal Adventure Settings, Recounts, Letters / Geography: atlas skills / History: significant people / PE: swimming – water safety and keeping safe when out and about		

*Covered in/Links to Science

YEAR 3	Autumn	Spring	Summer
To Know You More Clearly	Creation and Covenant Prophecy and Promise	Galilee to Jerusalem Desert to Garden	To the Ends of the Earth Dialogue and Encounter
Journey in Love	How We Live in Love Social and Emotional To describe and give reasons how friendships make us feel happy and safe.	How We Live in Love Physical To describe and give reasons why friendships can break down, how they can be repaired and strengthened.	How We Live in Love Spiritual To celebrate the joy and happiness of living in friendship with God and others.
My Life	Safety Online: The internet – good bits and bad bits / It's private! / Friends forever / It's playtime / Safety online – our advice Celebrating Achievements and Being Resilient: Celebrating Achievements / Setting goals and having aspirations / Resilience / A growth mindset / It's OK to fail!	Being Part of a Community: I belong in my class / I belong in my family / I belong in my community / Kindness in my community / It's everyone's community Exercise: *What's so good about exercise? / Let's have fun and *get fit! / *What happens to my body if I don't exercise? / *Getting healthy outdoors / *Recognising ill health and asking for help	Stereotypes: Boys v girls / Men v women / Fairy tales with a difference! / That's stereotyping! / Knowing what to say What I Like: My favourite things / My values and what's important to me / Differences in opinion / I have choices / What to do if I'm worried
Computing (Online Safety)	Online Reputation: Me, Myself and I Online Relationships: Let's Get Together Anti-Bullying Week – Online Bullying: Spikey the Spider	Self-Image & Identity: Identifying Online Profiles Privacy & Security: Password Generator Safer Internet Day – Managing Online Information: Auto-Completer	Self-Image & Identity: Is it OK to Use This Image? Privacy & Security: Timetable
Mental Health (ROAR Response and Place2Be)	What is mental health? / Rainbow Scale / Resilient Ralph / Unhelpful Thoughts, Negative Emotions and Physical Symptoms World Mental Health Day	Supporting Our Mental Health / Resilience Framework / ResiliAnts / Mental Health Toolkit Children's Mental Health Week	Demonstrating Resilience / When Do We Need to be Resilient? / Resilience Framework (Responsibilities and Expectations) / Physical Symptoms of Anxiety / Coping with Anxiety (Breathing/Relaxation Techniques)
Science	Animals Including Humans	Rocks and Fossils Forces and Magnets	Plants Light
Safeguarding	Keeping myself safe in the community Personal space Healthy Humans – keeping healthy / food and hygiene	Understanding difference Tolerance Living respectfully alongside each other	Sun safety How do I look after myself? Road safety How have I changed since I was a baby?

*Covered in/Links to Science

	NSPCC – 'Speak Out and Stay Safe' (every 3 years)		How can I be a good friend and treat others with respect?
Rights Respecting School (United Nations Convention on the Rights of the Child)	Articles 2, 3, 9, 12, 18, 19, 20, 21, 22, 23, 29 and 30	Article 24	
Other	Year 3 St. Patrick's Day assembly and Collective Worship for pupils and parents / Black History Month – Mary Seacole / Getting changed – privacy / PE: healthy lifestyles discussed in various PE lessons throughout the year, swimming – water safety and keeping safe when out and about		

*Covered in/Links to Science

YEAR 4	Autumn	Spring	Summer
To Know You More Clearly	Creation and Covenant Prophecy and Promise	Galilee to Jerusalem Desert to Garden	To the Ends of the Earth Dialogue and Encounter
Journey in Love	God Loves Us in Our Differences Social and Emotional To describe how we all should be accepted and respected.	God Loves Us in Our Differences Physical To describe how we should treat others making links with the diverse modern society we live in.	God Loves Us in Our Differences Spiritual To celebrate the uniqueness and innate beauty of each of us.
My Life	Nutrition and *Dental Health: *Healthy food, healthy me! / *Unhealthy choices, unhealthy me! / Chef for the day! / *Looking after myself / *Looking after my teeth Human Rights: Playtime for everyone! / Our class charter / Born free / When rights are taken away / Happy, happy, happy!	Emergency Situations: What is an emergency? / First aid / Fire safety / Water safety / Celebrating our emergency services Respect: A fantastic friend / I don't like it when... / When friendships go wrong / Five fingers / It's only a joke!	Money Matters: What is money? / How does society manage our money? / What can I do to make money in the future? / Let's be entrepreneurs! Falling Out and Making Up: Why is friendship important? / What makes a good friend? / Falling out / Feeling left out / Healthy friendships
Computing (Online Safety)	Online Reputation: Open Book Online Relationships: How Does it Feel...? Anti-Bullying Week – Online Bullying: Bullying Behaviour IOI	Self-Image & Identity: Examining Online Profiles Privacy & Security: Are You a Privacy Pro...? Safer Internet Day – Managing Online Information: I Know, I Think, I Believe	Self-Image & Identity: Right to Reuse Privacy & Security: Age & Consent
Mental Health (ROAR Response and Place2Be)	What is mental health? / Rainbow Scale / Resilient Ralph / Unhelpful Thoughts, Negative Emotions and Physical Symptoms World Mental Health Day	Supporting Our Mental Health / Resilience Framework / ResiliAnts / Mental Health Toolkit Children's Mental Health Week	Demonstrating Resilience / When Do We Need to be Resilient? / Resilience Framework (Responsibilities and Expectations) / Physical Symptoms of Anxiety / Coping with Anxiety (Breathing/Relaxation Techniques)
Science	Electricity States of Matter	Animals Including Humans	Sound Living Things and Their Habitats
Safeguarding	e-safety – safer use of the internet NSPCC – 'Speak Out and Stay Safe' (every 3 years)	Keeping clean (teeth)	Sun safety How do I recognise and deal with negative feelings? Recognise that all children grow and change at different rates. How do I deal with difference and manage the conflicts that arise?

*Covered in/Links to Science

			Personal space
Rights Respecting School (United Nations Convention on the Rights of the Child)	Articles 2, 12, 29 and 30	Article 24	
Other	Year 4 St. George's Day assembly and Collective Worship for pupils and parents / Black History Month – Rosa Parks / Getting changed – privacy / PE: swimming – water safety and keeping safe when out and about, develop a broader range of skills and physical activities / English: stories with issues and dilemmas, debate – Should fast food be banned? / Food: simple and savoury food and cooking techniques		

*Covered in/Links to Science

YEAR 5	Autumn	Spring	Summer
Come and See	Domestic Church – Family: Ourselves Created in the image & likeness of God Baptism/Confirmation – Belonging: Life Choices Marriage commitment and service Advent/Christmas – Loving: Hope Advent; waiting in joyful hope for Jesus; the promised one	Local Church – Community: Mission Continuing Jesus' mission in diocese [ecumenism] Eucharist – Relating: Memorial Sacrifice The Eucharist the living memorial of Jesus' sacrifice Lent/Easter – Giving: Sacrifice Lent a time of aligning with the sacrifice already made by Jesus	Pentecost – Serving: Transformation Celebration of the Spirit's transforming power Reconciliation – Inter-Relating: Freedom & Responsibility Commandments enable Christians to be free & responsible Universal Church – World: Stewardship The Church is called to the stewardship of Creation
Journey in Love	God Loves Us in Our Changing and Developing Social and Emotional To show knowledge and understanding of emotional relationship changes as we grow and develop.	God Loves Us in Our Changing and Developing Physical To show knowledge and understanding of the physical changes in puberty.	God Loves Us in Our Changing and Developing Spiritual To celebrate the joy of growing physically and spiritually.
My Life	Body Image: *My awesome body / Body image through the ages / Images on the internet / The big debate / Celebrating our bodies Bereavement and Loss: Loss / Losing someone we love / Celebrating life / Celebrating life in other cultures / When families change	Fake News: What is fake news? / How to spot fake news / Clickbait / Advertising / Who are you? Life in Plastic: *What is plastic? / *How does plastic affect our planet? / Making changes / Party time! / *Reduce, recycle, reuse	Puberty: (See 'Journey in Love') Changes in Friendships: What does friendship look like? / Falling out / Being a bystander / Who can we trust? / Friendships online
Computing (Online Safety)	Online Reputation: What I Know, What I Share Online Relationships: Respecting Boundaries Anti-Bullying Week – Online Bullying: Supportive Conversation Framework	Self-Image & Identity: Online Personas Privacy & Security: Professional Password Protection Safer Internet Day – Managing Online Information: Spot the Bot	Self-Image & Identity: Being Fair with Content Privacy & Security: Age-Related Content
Mental Health (ROAR Response and Place2Be)	What is mental health? / Rainbow Scale / Resilient Ralph / Unhelpful Thoughts, Negative Emotions and Physical Symptoms World Mental Health Day	Supporting Our Mental Health / Resilience Framework / ResiliAnts / Mental Health Toolkit Children's Mental Health Week	Demonstrating Resilience / When Do We Need to be Resilient? / Resilience Framework (Responsibilities and Expectations) / Physical Symptoms of Anxiety / Coping with Anxiety (Breathing/Relaxation Techniques)

*Covered in/Links to Science

Science	Earth and Space Forces	Properties and Changes of Materials	Living Things: Life Cycles and Reproduction Changes in Humans as They Grow
Safeguarding	Respecting difference NSPCC – ‘Speak Out and Stay Safe (every 3 years) NSPCC – workshop’	Bikeability – being safe on the road Keeping safe when out and about	Keeping healthy – exercise and personal hygiene Sun safety My body Puberty – How will my body change as I get older? How will my feelings and behaviours change as I get older? Personal space
Rights Respecting School (United Nations Convention on the Rights of the Child)	Articles 2, 12, 15, 29, 30 and 31	Articles 15 and 24	Article 3, 5, 7, 8, 9, 10, 23, 24, 26, 27, 28, 30, 31, 33 and 36
Other	Year 5 Easter assembly and Collective Worship for pupils and parents / Black History Month – inventors / PE: swimming – water safety and keeping safe when out and about, dance and gymnastics, choosing own warm ups and cool downs / Getting changed – privacy / Geography: maintaining good trade relationships, looking after the Amazon Rainforest and the creatures within it / History: reconciling breakdown in relationships of the seven kingdoms of the Anglo-Saxon Britain / English: relationship between the Geats and Danes in Beowulf, Beowulf knowing of God’s unconditional love and recognising that his strength comes from God, Beowulf praying to God, Beowulf explaining to the Danish king that with God’s help they can defeat Grendel, healthy lifestyle information booklets, magazine articles around friendships, trust and loyalty/consequences of actions, debate – how to look after God’s creation and how to solve fallouts with friends and families		

*Covered in/Links to Science

YEAR 6	Autumn	Spring	Summer
Come and See	Domestic Church – Family: Loving God who never stops loving Baptism/Confirmation – Belonging: Vocation & Commitment The vocation of priesthood and religious life Advent/Christmas – Loving: Expectations Jesus born to show God to the world	Local Church – Community: Sources The Bible, the special book for the Church Eucharist – Relating: Unity Eucharist enables people to live in communion Lent/Easter – Giving: Death & New Life Celebrating Jesus' death & resurrection	Pentecost – Serving: Witnesses The Holy Spirit enables people to become witnesses Reconciliation – Inter-Relating: Healing Sacrament of the Sick Universal Church – World: Common Good Work of the worldwide Christian family
Journey in Love	The Wonder of God's Love in Creating New Life Social and Emotional To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.	The Wonder of God's Love in Creating New Life Physical To explain how human life is conceived.	The Wonder of God's Love in Creating New Life Spiritual To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.
My Life	*Drugs and Alcohol Education: *What are drugs? / *Legal or illegal? / *Why do people take drugs? / *Cigarettes and smoking / *Alcohol Mental and Emotional Health: What are emotions? / Mindfulness / Self-care / Sleep / Feeling worried	Global Sustainable Development: Our world – the damage / Global sustainable development goals / To travel or not to travel? / What's the good news? / What can we do to make the world more sustainable? E-Safety and Social Media: The internet – is it all bad? / What's my password? / You've won a PRIZE! / You're not my friend! / It's personal!	Anti-social Behaviour and the Role of the Police and the Law: Name that crime! / It's my right! / Community matters / Controversial Issues / You are the judge Sex Education: (See 'Journey in Love')
Computing (Online Safety)	Online Reputation: Digital Personality Pro Online Relationships: Is, 'It's Okay,' Really Okay? Anti-Bullying Week – Online Bullying: Building Up Evidence	Self-Image & Identity: Toy Advert Privacy & Security: Permission Mission Safer Internet Day – Managing Online Information: News or Views?	Self-Image & Identity: Search, Reuse, Reference Privacy & Security: Labels for a Healthier Me
Mental Health (ROAR Response and Place2Be)	What is mental health? / Rainbow Scale / Resilient Ralph / Unhelpful Thoughts, Negative Emotions and Physical Symptoms World Mental Health Day	Supporting Our Mental Health / Resilience Framework / ResiliAnts / Mental Health Toolkit Children's Mental Health Week	Demonstrating Resilience / When Do We Need to be Resilient? / Resilience Framework (Responsibilities and Expectations) / Physical Symptoms of Anxiety / Coping with Anxiety (Breathing/Relaxation Techniques)
Science	Evolution and Inheritance Light	Living Things Animals Including Humans	Electricity

*Covered in/Links to Science

Safeguarding	PGL – When is it safe to take risks? NSPCC – ‘Speak Out and Stay Safe’ (every 3 years) NSPCC – workshop	Keeping healthy – looking after myself	Public transport safety (transition work) How human life is conceived How relationships develop and the safe ways for love to be shared within a safe relationship Different types of friendship that exist Personal space
Rights Respecting School (United Nations Convention on the Rights of the Child)	Articles 2, 12, 29, 30	Articles 17 and 24	Articles 3, 5, 7, 8, 9, 10, 23, 24, 26, 27, 28, 30, 31 and 36
Other	Year 6 Remembrance Day Assembly and Collective Worship for pupils and parents / Black History Month – Nelson Mandela / PE: getting changed – privacy / English: Private Peaceful – exploration of characters’ feelings of loss, love and hope, link to their own experiences of the above, Wizard of Oz – discussions about the different relationships between characters. What types of love are there? Friendship, family, community, etc. / History: WWII – discussion about the consequences of not following the message (Love one another as I have loved you), discussion about how hatred and prejudice caused tragic events for millions of people, events that shaped Liverpool – discussion about the risks involved when prejudice and hate cause others to be treated differently (Toxteth Riots, Dockers, etc.) / PE: swimming – water safety and keeping safe when out and about / Getting changed – privacy / Transition activities: visits to secondary school – develop skills of forming new relationships / Retreat Day: gather with other schools in our parish and begin to build new relationships with others in preparation for secondary school / Prefect awards: gifts received for taking care of younger children throughout the year – link to the responsibilities that come with being a parent (caring, guiding, protecting, etc.)		