



# SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

## Overview RSHE 2022-2023

	AUTUMN	SPRING	SUMMER
Nursery	<p><b>Journey In Love – Social &amp; Emotional</b> To recognise the joy of being a special person in my family.</p> <p><b>RSHE – I am me – we are special</b> Good feelings, Bad feelings Being Kind That’s not how you do it It’s OK to be different</p> <p><b>PE - Know equipment needs to be used safely.</b></p>	<p><b>Journey In Love – Physical</b> To recognise that we all different and unique.</p> <p><b>RSHE – Growing Up (Life Cycles)</b> Keeping Safe Personal Relationships The judgemental Flower – Valuing difference of others</p> <p><b>PE - Understand the need for varied and healthy food.</b></p> <ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> </ul>	<p><b>Journey In Love – Spiritual</b> To celebrate the joy of being a special person in God's family.</p> <p><b>RSHE –Keeping Safe</b> Me, You Us Mommy, mamma and me – Celebrate my family</p> <p><b>PE Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other’s successes.</b></p>
Reception	<p><b>Journey In Love – Social &amp; Emotional</b> To recognise the joy of being a special person in my family</p> <p><b>RSHE – I am me – we are special</b> The Big Hair swap Good feelings, Bad feelings Positive Friendships You Choose – Say what I think It’s OK to be different No difference between Us – gender equality, respectful relationships, tolerance, acceptance.</p>	<p><b>Journey In Love – Physical</b> To recognise that we all different and unique.</p> <p><b>RSHE – Growing Up (Life Cycles)</b> Keeping Safe Personal Relationships Blue Chameleon – It’s good to be friends with someone different My mouth is a volcano – respecting others</p> <p><b>PE - Use safety measures without direct supervision.</b></p>	<p><b>Journey In Love – Spiritual</b> To celebrate the joy of being a special person in God's family.</p> <p><b>RSHE –Keeping Safe</b> Me, You Us The family Book – Understand that all families are different Mommy, mamma and me PE - Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe</p>

<p>Year 1</p>	<p><b>Journey In Love – Social &amp; Emotional</b>            To recognise the signs that I am loved in my family  <b>RSHE –Who we are matters and what we do matters</b>  <b>Saying sorry, Physical Health &amp; Fitness, Healthy eating,</b>            Elmer – Like the way I am            Picnic In Park – Understand families are different            That’s not how you do it – Accept people are different            Ten Little Pirates – all genders have equal value No One else like You – Celebrating difference  <b>Linked to:</b>  <b>Science – Animals including humans</b>            #What materials would make Aviator attire?</p>	<p><b>Journey In Love – Physical</b>            To recognise how I am cared for and kept safe in my family  <b>RSHE – Personal Relationships Keeping Safe</b>            My Grandpa is amazing            Recognise people of all ages are valued and special            Max the champion – Understand our bodies work in different ways            I just don’t like the sound of “No” – understanding we have different opinions  <b>Linked to</b>  <b>Science innovation</b>  <b>PE Identify and use effective communication to begin to work as a team.</b></p>	<p><b>Journey In Love – Spiritual</b>            To celebrate ways that God loves and cares for us.  <b>RSHE –Living In the Wider World Who is my neighbour – Diversity, Equality, Community</b>            My World, Your World – Understand we share the world with lots of different people            Penguin Polly – My voice matters            That’s not what I saw – Accept people have different ways  <b>Linked to</b>  <b>Science – Animals including humans</b>  <b>Plants/Living things</b></p>
<p>Year 2</p>	<p><b>Journey In Love – Social &amp; Emotional</b>            To recognised the joy and friendship of belonging to a diverse community.  <b>RSHE - RSHE - Who we are matters and what we do matters Physical Health &amp; Fitness, Healthy eating,</b>            Penguin Polly – How to start a conversation            The Big Book of Families – Explore diversity            Introducing Teddy – Having different friends            The first Slodge – understand we share the world <b>Linked to Science – Animals including human body</b></p>	<p><b>Journey In Love – Physical</b>            To describe ways of being safe in communities.  <b>RSHE – Me, my body, my health, Emotional Wellbeing</b>            What the Jackdaw saw – We communicate in different ways            The Odd Egg – Understand what makes me proud            Just Because – Being proud to be different  <b>Linked to</b>  <b>Science innovation</b>  <b>Science inventors</b></p>	<p><b>Journey In Love – Spiritual</b>            To celebrate ways of meeting God in our community.  <b>RSHE –Living In the Wider World Diversity, Equality, Community The Cycle of Life</b>            Blown Away – Be able to work with everyone in class            Picnic In the Park – Families can be different            Who we are – exploring difference            Let’s Talk about you and me – value and respect</p>



Year 3			
	<p><b>Journey In Love – Social &amp; Emotional</b></p> <p>To describe and give reasons how friendships make us feel happy and safe.</p> <p><b>RSHE – Being Unique Life Cycle</b></p> <p><b>Making the right choice</b></p> <p><b>Physical Health &amp; Fitness, Healthy eating,</b></p> <p><b>Perfect Square – Develop skills in resilience</b></p> <p><b>Oliver – Understand how difference can affect someone</b></p> <p><b>This is our house – understand impact of discrimination</b></p> <p><b>Linked to</b></p> <p><b>Science – Animals including human body</b></p> <p><b>Science Forces &amp; Magnets</b></p>	<p><b>Journey In Love – Physical</b></p> <p>To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p> <p><b>RSHE – Personal Relationships, Keeping Safe, Health Choices</b></p> <p><b>Big Bob, Little Bob – Use my voice</b></p> <p><b>Nanny Fox – Be honest about myself and know how to speak up</b></p> <p><b>Something Else – Speak up if someone feels like an outsider</b></p> <p><b>Two Monsters – Where do problems start</b></p> <p><b>The Hueys in the New Jumper – Helping someone who may seem different</b></p> <p><b>Linked to</b></p> <p><b>Science – Rocks</b></p> <p><b>Science - innovation &amp; invention</b></p> <p><b>PE – Knows that healthy eating and exercise makes you feel better.</b></p>	<p><b>Journey In Love – Spiritual</b></p> <p>To celebrate the joy and happiness of living in friendship with God and others.</p> <p><b>RSHE –Supporting Others</b></p> <p><b>Living In the Wider Community</b></p> <p><b>harmful substances</b></p> <p><b>Beegu – How to be welcoming</b></p> <p><b>Rosie Revere, Ada Twist, Gender equality</b></p> <p><b>Stellaluna – Triumphant over adversity and different able bodies</b></p> <p><b>Pearl Fairweather –The prevention of violence, respectful relationships – equality</b></p> <p><b>Annie's Plaid Shirt – Tolerance &amp; self esteem</b></p> <p><b>Linked to</b></p> <p><b>Science –Light &amp; Plants</b></p> <p><b>PE Identify and use effective communication to begin to work as a team.</b></p>



Year 4

### **Journey In Love – Social & Emotional**

To describe how we all should be accepted and respected

**RSHE – Proud to be me**  
**Positive Friendships, Cyber Safe**  
**Me, my body, my health**  
**Physical & Mental Health & Fitness,**  
**Healthy eating,**  
**We are all born free – Diversity and Human Rights**  
**The Cow who climbed a tree – How to be assertive**  
**Dogs don't do ballet – know how to be heard**  
**King & King – Why do people get married**  
**The story of Ruby Bridges – Equality & racism**  
**Linked to**  
**Science –Animals including Humans**  
**Science innovation& inventors**  
**PE – recognises healthy and unhealthy foods and know that exercise helps to feel better physically and emotionally.**

### **Journey In Love – Physical**

To describe how we should treat others making links with the diverse modern society we live in

**RSHE – Me, my health, my body**  
**Changing adolescent body**  
**Emotional Wellbeing**  
**The Way back home – overcome language as a barrier**  
**The flower – knowing when to ask questions**  
**Misery Moo – how does my behaviour and mood affect others**  
**Emmanuel's Dream – Different able bodies**  
**The colour thief – living with depression**  
**Linked to**  
**Science –Sound & electricity**  
**States of matter**

### **Journey In Love – Spiritual**

To celebrate the uniqueness and innate beauty of each of us.

**RSHE –Helping others**  
**Living in the wider world**  
**harmful substances**  
**The best cow n the show – speak up for others**  
**A crayons story – to be happy with who I am**  
**Leaf – overcome fears about difference**  
**The Girl who thought in pictures – gender equality and ability equality**  
**Linked to**  
**Science innovation**  
**Science inventors**  
**Science –Light & plants**  
**PE Communicate clearly with other people in a team.**



Year 5			
	<p><b>Journey In Love – Social &amp; Emotional</b></p> <p>To show knowledge and understanding of emotional relationship changes as we grow and develop</p> <p><b>RSHE –What is faith Respect &amp; Honesty</b></p> <p><b>Me, my body, my health Physical Health &amp; Fitness, Healthy eating, Changing adolescent body</b></p> <p><b>Two of everything – Sharing problems</b></p> <p><b>Where the poppies grow – learning from past Rose Blanche &amp; How to steal a dog – justify my actions</b></p> <p><b>Linked to</b></p> <p><b>Science – Animals including humans</b></p> <p><b>PE - Can describe the effect exercise has on the body</b></p> <p><b>Can explain the importance of exercise and a healthy lifestyle</b></p> <p><b>Can explain how their body reacts to different types of exercises</b></p> <p><b>Can explain why we need regular and safe exercise and understand the effect on the body when this doesn't happen</b></p>	<p><b>Journey In Love – Physical</b></p> <p>To show knowledge and understanding of the physical changes in puberty.</p> <p><b>RSHE -Personal Relationships Keeping Safe</b></p> <p><b>The Red Tree – Hope</b></p> <p><b>The Cow who climbed a Tree – how to exchange dialogue</b></p> <p><b>Misery Moo – Be aware of how my behaviour affects others</b></p> <p><b>Linked to</b></p> <p><b>Science inventors</b></p> <p><b>Changes in materials</b></p>	<p><b>Journey In Love – Spiritual</b></p> <p>To celebrate the joy of growing physically and spiritually.</p> <p><b>RSHE – Created to live in a community (Living in the wider world)</b></p> <p><b>Linked to</b></p> <p><b>Science –Forces</b></p> <p><b>Science Earth &amp; Space</b></p> <p><b>Science innovation</b></p> <p><b>Science – living things and their habitats</b></p> <p><b>Basic First Aid</b></p> <p><b>PE - Awareness of how exercise can help support our mental wellbeing. Understanding the importance of exercise and sport in social environments</b></p>

Year 6

### **Journey In Love – Social & Emotional**

To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families

**RSHE –Trust & Courage**

**Me**

**Physical Health & Fitness, Healthy eating, drugs, alcohol & tobacco, Changing adolescent body**

**Linked to**

**Science – Animals including human body**

**PE - Can describe the effect exercise has on the body**

- Can explain the importance of exercise and a healthy lifestyle
- Can explain how their body reacts to different types of exercises
- Can explain why we need regular and safe exercise and understand the effect on the body when this doesn't happen

### **Journey In Love – Physical**

To explain how human life is conceived.

**RSHE - emotional wellbeing**

**Making good choices**

**Keeping Safe**

**Basic First Aid**

**Linked to**

**Science –Evolution & inheritance**

### **Journey In Love – 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.

**RSHE –Being a positive force in the community (Living in the wider world)**

**Linked to**

**Science – living things and their habitats**

**Science innovation**

**Science inventors**

**PE - Awareness of how exercise can help support our mental wellbeing.**

**Understanding the importance of exercise and sport in social environments**