



RSE End Points

Termly End Points			
Year Group	Autumn	Spring	Summer
EYFS	<p>Religious Understanding</p> <ul style="list-style-type: none"> We are created individually by God as part of His creation plan. We are all God's children and are special. Our bodies were created by God and are good. We can give thanks to God! <p>Me, my body, my health</p> <p>Session 1 - I am me:</p> <ul style="list-style-type: none"> We are each unique, with individual gifts, talents and skills. Whilst we all have similarities because we are made in God's image, difference is part of God's plan! <p>Session 2- Heads, shoulders, knees and toes:</p> <ul style="list-style-type: none"> That their bodies are good and made by God The names of the parts of the body (not genitalia) <p>Session 3- Ready teddy:</p>	<p>Religious Understanding</p> <ul style="list-style-type: none"> We are part of God's family Jesus cared for others and wanted them to live good lives like him. We should love other people in the same way God loves us. <p>Personal Relationships</p> <p>Session 1 - Who's who?</p> <ul style="list-style-type: none"> To identify special people (e.g. parents, carers, friends) and what makes them special The importance of the nuclear family and of the wider family The importance of being close to and trusting of 'special people' and telling them if something is troubling them. <p>Session 2- You've got a friend in me:</p> <ul style="list-style-type: none"> How their behaviour affects other people and that there is appropriate and inappropriate behaviour The characteristics of positive and negative relationships About different types of teasing and that all bullying is wrong and unacceptable 	<p>Religious Understanding</p> <p>Session 1 - God is love</p> <ul style="list-style-type: none"> That God is love: Father, Son and Holy Spirit. That being made in His image means being called to be loved and to love others. <p>Session 2- Loving God, loving others</p> <ul style="list-style-type: none"> What a community is, and that God calls us to live in community with one another. Some Scripture illustrating the importance of living in a community. No matter how small our offerings, they are valuable to God and He can use them for His glory. <p>Living in the wider world</p> <ul style="list-style-type: none"> That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community. That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. That we have a duty of care for others and for the world we live in (charity work, recycling, etc.) About what harms and what improves the world in which they live.



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	<ul style="list-style-type: none"> • That our bodies are good and we need to look after them • What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene. <p>Emotional Wellbeing</p> <p>Session 1- I like, you like, we all like:</p> <ul style="list-style-type: none"> • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • That it is natural for us to relate to and trust one another <p>Session 2- Good feelings, bad feelings:</p> <ul style="list-style-type: none"> • A language to describe their feelings • An understanding that everyone experiences feelings, both good and bad • Simple strategies for managing feelings <p>Session 3- Let's get real:</p> <ul style="list-style-type: none"> • Simple strategies for managing emotions and behaviour 	<p>Session 3- Forever friends:</p> <ul style="list-style-type: none"> • To recognise when they have been unkind to others and say sorry. • That when we are unkind, we hurt God and should say sorry. • To recognise when people are being unkind to them and others and how to respond. <ul style="list-style-type: none"> • That we should forgive like Jesus forgives. <p style="text-align: center;">Keeping Safe</p> <p>Session 1- Safe inside and out</p> <ul style="list-style-type: none"> • About safe and unsafe situations indoors and outdoors, including online. • That they can ask for help from their special people. <p>Session 2- My body, my rules</p> <ul style="list-style-type: none"> • To know they are entitled to bodily privacy • That they can and should be open with 'special people' they trust if anything troubles them • That there are different people we can trust for help, especially those closest to 	
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	<ul style="list-style-type: none"> • That we have choices and these choices can impact how we feel and respond. • We can say sorry and forgive like Jesus <p>Life Cycles</p> <p>Session 1- Growing up:</p> <ul style="list-style-type: none"> • That there are natural life stages from birth to death, and what these are 	<p>us who care for us, including our teachers and our parish priest</p> <p>Session 3- Feeling poorly</p> <ul style="list-style-type: none"> • Medicines should only be taken when a parent or doctor gives them to us. • Medicines are not sweets. • We should always try to look after our bodies because God created them and gifted them to us. <p>Session 4- People who help us</p> <ul style="list-style-type: none"> • There are lots of jobs designed to help us. • Paramedics help us in a medical emergency. • First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance 	
<p>Y1</p>	<p>Religious Understanding</p> <ul style="list-style-type: none"> • We are created individually by God. • God wants us to talk to Him often through the day and treat Him as our best friend. • God has created us, His children, to know, love and serve Him in this life 	<p>Religious Understanding</p> <ul style="list-style-type: none"> • We are part of God's family; • Saying sorry is important and can mend friendships; • Jesus cared for others and had expectations of them and how they should act; • We should love other people in the 	<p>Religious Understanding</p> <p>Session 1- Three in one</p> <ul style="list-style-type: none"> • That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others <p>Session 2- Who is my neighbour?</p>



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	<p>and forever – this is our purpose and goal and will bring us true happiness.</p> <ul style="list-style-type: none"> • We are created as a unity of body, mind and spirit: who we are matters and what we do matters. • We can give thanks to God in different ways. <p>Me, my body, my health</p> <p>Session 1- I am unique:</p> <ul style="list-style-type: none"> • To learn that we are unique, with individual gifts, talents and skills. <p>Session 2- Girls and boys: (Non genitalia version)</p> <ul style="list-style-type: none"> • Our bodies are good; • The names of the parts of our bodies. • That girls and boys have been created by God to be both similar and different and together make up the richness of the human family. <p>Session 3- Clean and healthy:</p> <ul style="list-style-type: none"> • Our bodies are good and we need to look after them; • What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; 	<p>same way God loves us.</p> <p>Personal Relationships</p> <p>Session 1- Special people</p> <ul style="list-style-type: none"> • To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special; • The importance of nuclear and wider family; • The importance of being close to and trusting special people and telling them if something is troubling them. <p>Session 2- Treat others well...</p> <ul style="list-style-type: none"> • How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; • The characteristics of positive and negative relationships; • Different types of teasing and that all bullying is wrong and unacceptable. <p>Session 3- ...And say sorry</p> <ul style="list-style-type: none"> • To recognise when they have been unkind and say sorry; • To recognise when people are being unkind to them and others and how to respond; 	<ul style="list-style-type: none"> • To know what a community is, and that God calls us to live in community with one another; • A scripture illustrating the importance of living in community as a consequence of this; <ul style="list-style-type: none"> • Jesus' teaching on who is my neighbour. <p>Living in the wider world</p> <ul style="list-style-type: none"> • That they belong to various communities such as home, school, parish, the wider local community, nation and global community; • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; • That we have a duty of care for others and for the world we live in (charity work, recycling etc.); • About what harms and what improves the world in which we live.
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	<ul style="list-style-type: none"> • The importance of sleep, rest and recreation for our health; • How to maintain personal hygiene. <p style="text-align: center;">Emotional Wellbeing</p> <p>Session 1- Feelings, likes, dislikes:</p> <ul style="list-style-type: none"> • That it is natural for us to relate to and trust one another; • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); • A language to describe our feelings. <p>Session 2- Feelings inside out:</p> <ul style="list-style-type: none"> • Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character. <p>Session 3- Super Susie gets angry</p> <ul style="list-style-type: none"> • Simple strategies for managing feelings and for good behaviour; • That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; • That Jesus died on the cross so that we would be forgiven. 	<ul style="list-style-type: none"> • To know that when we are unkind to others, we hurt God also and should say sorry to him as well; • To know that we should forgive like Jesus forgives. <p style="text-align: center;">Keeping Safe</p> <p>Session 1- Being safe</p> <ul style="list-style-type: none"> • Children will actively participate in activities and 'Smartie the Penguin' story; • Children will answer questions to know what is and isn't safe online; • Children will know who they can go to to talk about anything they feel uncomfortable about, particularly online. <p>Session 2- Good secrets and bad secrets</p> <ul style="list-style-type: none"> • The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; • How to resist pressure when feeling unsafe. <p>Session 3- Physical contact</p> <ul style="list-style-type: none"> • To know that they are entitled to bodily privacy; • That there are different people we can trust for help, especially those closest to 	
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	<p style="text-align: center;">Life Cycles</p> <p>Session 1- The cycle of life:</p> <ul style="list-style-type: none"> • Children will know and appreciate that there are natural life stages from birth to death, and what these are. 	<p>us who care for us, including our parents or carers, teachers and our parish priest.</p> <p>Session 4- Harmful substances</p> <ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5- Can you help me?</p> <ul style="list-style-type: none"> • They should call 999 in an emergency and ask for ambulance, police and/or fire brigade • If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. • Some basic principles of First Aid 	
Y2	<p style="text-align: center;">Religious Understanding</p> <ul style="list-style-type: none"> • We are created individually by God. • God wants us to talk to Him often through the day and treat Him as our best friend. • God has created us, His children, to know, love and serve Him in this life 	<p style="text-align: center;">Religious Understanding</p> <ul style="list-style-type: none"> • We are part of God's family; • Saying sorry is important and can mend friendships; 	<p style="text-align: center;">Religious Understanding</p> <p>Session 1- Three in one</p> <ul style="list-style-type: none"> • That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others



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	<p>and forever – this is our purpose and goal and will bring us true happiness.</p> <ul style="list-style-type: none"> • We are created as a unity of body, mind and spirit: who we are matters and what we do matters. • We can give thanks to God in different ways. <p>Me, my body, my health</p> <p>Session 1- I am unique:</p> <ul style="list-style-type: none"> • To learn that we are unique, with individual gifts, talents and skills. <p>Session 2- Girls and boys: (Non genitalia version)</p> <ul style="list-style-type: none"> • Our bodies are good; • The names of the parts of our bodies. • That girls and boys have been created by God to be both similar and different and together make up the richness of the human family. <p>Session 3- Clean and healthy:</p> <ul style="list-style-type: none"> • Our bodies are good and we need to look after them; • What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; 	<ul style="list-style-type: none"> • Jesus cared for others and had expectations of them and how they should act; <ul style="list-style-type: none"> • We should love other people in the same way God loves us. <p>Personal Relationships</p> <p>Session 1- Special people</p> <ul style="list-style-type: none"> • To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special; • The importance of nuclear and wider family; • The importance of being close to and trusting special people and telling them if something is troubling them. <p>Session 2- Treat others well...</p> <ul style="list-style-type: none"> • How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; • The characteristics of positive and negative relationships; • Different types of teasing and that all bullying is wrong and unacceptable. <p>Session 3- ...And say sorry</p> <ul style="list-style-type: none"> • To recognise when they have been unkind and say sorry; 	<p>Session 2- Who is my neighbour?</p> <ul style="list-style-type: none"> • To know what a community is, and that God calls us to live in community with one another; • A scripture illustrating the importance of living in community as a consequence of this; <ul style="list-style-type: none"> • Jesus' teaching on who is my neighbour. <p>Living in the wider world</p> <ul style="list-style-type: none"> • That they belong to various communities such as home, school, parish, the wider local community, nation and global community; • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; • That we have a duty of care for others and for the world we live in (charity work, recycling etc.); • About what harms and what improves the world in which we live.
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	<ul style="list-style-type: none"> • The importance of sleep, rest and recreation for our health; • How to maintain personal hygiene. <p style="text-align: center;">Emotional Wellbeing</p> <p>Session 1 - Feelings, likes, dislikes:</p> <ul style="list-style-type: none"> • That it is natural for us to relate to and trust one another; • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); • A language to describe our feelings. <p>Session 2 - Feelings inside out:</p> <ul style="list-style-type: none"> • Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character. <p>Session 3 - Super Susie gets angry</p> <ul style="list-style-type: none"> • Simple strategies for managing feelings and for good behaviour; • That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; • That Jesus died on the cross so that we would be forgiven. 	<ul style="list-style-type: none"> • To recognise when people are being unkind to them and others and how to respond; • To know that when we are unkind to others, we hurt God also and should say sorry to him as well; • To know that we should forgive like Jesus forgives. <p style="text-align: center;">Keeping Safe</p> <p>Session 1 - Being safe</p> <ul style="list-style-type: none"> • Children will actively participate in activities and 'Smartie the Penguin' story; • Children will answer questions to know what is and isn't safe online; • Children will know who they can go to to talk about anything they feel uncomfortable about, particularly online. <p>Session 2 - Good secrets and bad secrets</p> <ul style="list-style-type: none"> • The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; • How to resist pressure when feeling unsafe. <p>Session 3 - Physical contact</p>	
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	<p style="text-align: center;">Life Cycles</p> <p>Session 1- The cycle of life:</p> <ul style="list-style-type: none"> • Children will know and appreciate that there are natural life stages from birth to death, and what these are. 	<ul style="list-style-type: none"> • To know that they are entitled to bodily privacy; • That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest. <p>Session 4- Harmful substances</p> <ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5- Can you help me?</p> <ul style="list-style-type: none"> • They should call 999 in an emergency and ask for ambulance, police and/or fire brigade • If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. • Some basic principles of First Aid 	
Y3	<p style="text-align: center;">Religious Understanding</p> <ul style="list-style-type: none"> • That in Baptism God makes us His adopted children and 'receivers' of His love. 	<p style="text-align: center;">Religious Understanding</p> <ul style="list-style-type: none"> • That God loves, embraces, guides, forgives and reconciles us with him and one another. 	<p style="text-align: center;">Religious Understanding</p> <p>Session 1- Trinity house</p>



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	<ul style="list-style-type: none"> • That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). • It is important to make a nightly examination of conscience. <p>Me, my body, my health</p> <p>Session 1- We don't have to be the same:</p> <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc). <p>Session 2- Respecting our bodies:</p> <ul style="list-style-type: none"> • About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do. <p>Emotional Wellbeing</p> <p>Session 1- What am I feeling?</p> <ul style="list-style-type: none"> • That emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their 	<ul style="list-style-type: none"> • The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. • That relationships take time and effort to sustain. • We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness. <p>Personal Relationships</p> <p>Session 1- Family, friends and others</p> <ul style="list-style-type: none"> • Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; • That there are different types of relationships including those between acquaintances, friends, relatives and family; <ul style="list-style-type: none"> • That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; • The difference between a group of friends and a 'clique'. <p>Session 2- When things feel bad</p> <ul style="list-style-type: none"> • Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; 	<ul style="list-style-type: none"> • God is Love as shown by the Trinity - a 'communion of persons supporting each other in their self-giving relationship' • The human family is to reflect the Holy Trinity in mutual charity and generosity <p>Session 2- What is the church?</p> <ul style="list-style-type: none"> • The human family can reflect the Holy Trinity in charity and generosity. <ul style="list-style-type: none"> • The Church family comprises of home, school and parish (which is part of the diocese). <p>Living in the wider world</p> <ul style="list-style-type: none"> • To know that God wants His Church to love and care for others. • To devise practical ways of loving and caring for others.
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	<p>feelings; that 'feelings' are not good guides for action;</p> <ul style="list-style-type: none"> • What emotional well-being means; • Positive actions help emotional well-being (beauty, art, etc. lift the spirit); • Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest). <p>Session 2- What am I looking at?</p> <ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. <p>Session 3- I am thankful!</p> <ul style="list-style-type: none"> • Some behaviour is wrong, unacceptable, unhealthy and risky; <p>Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</p>	<ul style="list-style-type: none"> • Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. <p style="text-align: center;">Keeping Safe</p> <p>Session 1- Sharing online</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; • How to use technology safely; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; • How to report and get help if they encounter inappropriate materials or messages. <p>Session 2- Chatting online</p> <ul style="list-style-type: none"> • How to use technology safely; • That bad language and bad behaviour are inappropriate; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; 	
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		<ul style="list-style-type: none">• How to report and get help if they encounter inappropriate materials or messages. <p>Session 3- Physical contact</p> <ul style="list-style-type: none">• To judge well what kind of physical contact is acceptable or unacceptable and how to respond;• That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest. <p>Session 4- Drugs alcohol and tobacco</p> <ul style="list-style-type: none">• Medicines are drugs, but not all drugs are good for us.• Alcohol and tobacco are harmful substances.• Our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5- First aid heroes</p> <ul style="list-style-type: none">• In an emergency, it is important to remain calm.• Quick reactions in an emergency can save a life.• Children can help in an emergency using their First Aid knowledge	
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<p>Y4</p>	<p>Religious Understanding</p> <ul style="list-style-type: none"> • That in Baptism God makes us His adopted children and 'receivers' of His love. • That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). • It is important to make a nightly examination of conscience. <p>Me, my body, my health</p> <p>Session 1- We don't have to be the same:</p> <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc). <p>Session 2- Respecting our bodies:</p> <ul style="list-style-type: none"> • About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do. <p>Session 3- What is puberty?</p>	<p>Religious Understanding</p> <ul style="list-style-type: none"> • That God loves, embraces, guides, forgives and reconciles us with him and one another. • The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. • That relationships take time and effort to sustain. • We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness. <p>Personal Relationships</p> <p>Session 1- Family, friends and others</p> <ul style="list-style-type: none"> • Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; • That there are different types of relationships including those between acquaintances, friends, relatives and family; • That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; 	<p>Religious Understanding</p> <p>Session 1- Trinity house</p> <ul style="list-style-type: none"> • God is Love as shown by the Trinity - a 'communion of persons supporting each other in their self-giving relationship' • The human family is to reflect the Holy Trinity in mutual charity and generosity <p>Session 2- What is the church?</p> <ul style="list-style-type: none"> • The human family can reflect the Holy Trinity in charity and generosity. <ul style="list-style-type: none"> • The Church family comprises of home, school and parish (which is part of the diocese). <p>Living in the wider world</p> <ul style="list-style-type: none"> • To know that God wants His Church to love and care for others. • To devise practical ways of loving and caring for others.



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	<ul style="list-style-type: none"> • Learn what the term puberty means; • Learn when they can expect puberty to take place; • Understand that puberty is part of God's plan for our bodies. <p>Session 4- Changing bodies: (Year 4 onwards)</p> <ul style="list-style-type: none"> • Learn correct naming of genitalia; • Learn what changes will happen to boys during puberty; • Learn what changes will happen to girls during puberty. <p>Emotional Wellbeing Session 1- What am I feeling?</p> <ul style="list-style-type: none"> • That emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; • What emotional well-being means; • Positive actions help emotional well-being (beauty, art, etc. lift the spirit); 	<ul style="list-style-type: none"> • The difference between a group of friends and a 'clique'. <p>Session 2- When things feel bad</p> <ul style="list-style-type: none"> • Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; <ul style="list-style-type: none"> • Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. <p>Keeping Safe Session 1- Sharing online</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; • How to use technology safely; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; • How to report and get help if they encounter inappropriate materials or messages. <p>Session 2- Chatting online</p> <ul style="list-style-type: none"> • How to use technology safely; 	
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	<ul style="list-style-type: none"> • Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest). <p>Session 2- What am I looking at?</p> <ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. <p>Session 3- I am thankful!</p> <ul style="list-style-type: none"> • Some behaviour is wrong, unacceptable, unhealthy and risky; <p>Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</p> <p>Life Cycles</p> <p>Session 1- Life cycles: That they were handmade by God with the help of their parents;</p> <ul style="list-style-type: none"> • How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; • How conception and life in the womb fits into the cycle of life; 	<ul style="list-style-type: none"> • That bad language and bad behaviour are inappropriate; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; • How to report and get help if they encounter inappropriate materials or messages. <p>Session 3- Physical contact</p> <ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond; • That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest. <p>Session 4- Drugs alcohol and tobacco</p> <ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5- First aid heroes</p>	
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RSE End Points

		<ul style="list-style-type: none"> • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life. • Children can help in an emergency using their First Aid knowledge 	
<p>Y5</p>	<p>Religious Understanding</p> <ul style="list-style-type: none"> • We were created individually by God who cares for us and wants us to put our faith in Him. • Physically becoming an adult is a natural phase of life. • Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it! <p>Me, my body, my health</p> <p>Session 1- gifts and talents:</p> <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc). <p>Session 2- girls bodies:</p>	<p>Religious Understanding</p> <ul style="list-style-type: none"> • To know that God calls us to love others. • To know ways in which we can participate in God's call to us. <p>Personal Relationships</p> <p>Session 1- Under pressure</p> <ul style="list-style-type: none"> • Pressure comes in different forms, and what those different forms are; • There are strategies that they can adopt to resist pressure. <p>Session 2- Do you want a piece of cake?</p> <ul style="list-style-type: none"> • Understand what consent and bodily autonomy means; • Discuss and reflect on different scenarios in which it is right to say 'no'. <p>Session 3- Self-talk</p> <ul style="list-style-type: none"> • Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; 	<p>Religious Understanding</p> <p>Session 1- The Trinity</p> <ul style="list-style-type: none"> • To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. • To know that the Holy Spirit works through us to bring God's love and goodness to others. <p>Session 2- Catholic social teaching</p> <ul style="list-style-type: none"> • The principles of Catholic Social Teaching. • That God formed them out of love, to know and share His love with others. <p>Living in the wider world</p> <ul style="list-style-type: none"> • Learn to apply the principles of Catholic Social Teaching to current issues. • Find ways in which they can spread God's love in their community.



RSE End Points

	<ul style="list-style-type: none"> • That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries. <p>Session 3- boys bodies:</p> <ul style="list-style-type: none"> • That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries. <p>Session 4- Spots and sleep</p> <ul style="list-style-type: none"> • How to make good choices that have an impact on their health: rest and sleep, exercise, personal 	<ul style="list-style-type: none"> • Apply this approach to personal friendships and relationships. <p>Keeping Safe</p> <p>Session 1- Sharing isn't always caring</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. • How to use technology safely. • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. • How to report and get help if they encounter inappropriate materials or messages. <p>Session 2- Cyberbullying</p> <ul style="list-style-type: none"> • What the term cyberbullying means and examples of it; • What cyberbullying feels like for the victim; • How to get help if they experience cyberbullying. <p>Session 3- Types of abuse</p>	
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RSE End Points

	<p>hygiene, avoiding the overuse of electronic entertainment, etc.</p> <p>Emotional Wellbeing</p> <p>Session 1- body image:</p> <ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves • That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media <p>Session 2- Peculiar feelings:</p> <ul style="list-style-type: none"> • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. • That some behaviour is wrong, unacceptable, unhealthy or risky. <p>Session 3- Emotional changes:</p> <ul style="list-style-type: none"> • Emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; • About emotional well-being: that beauty, art, etc. can lift the spirit; 	<ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond. • That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests. <p>Session 4- Impacted lifestyles</p> <ul style="list-style-type: none"> • Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. • Learn how to make good choices about substances that will have a positive impact on their health. • Know that our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5- Making good choices</p> <ul style="list-style-type: none"> • Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco • Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies <p>Session 6- Giving assistance</p>	
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RSE End Points

	<p>and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</p> <p>Session 4- Seeing stuff online (Pornography is discussed)</p> <ul style="list-style-type: none"> • The difference between harmful and harmless videos and images; • The impact that harmful videos and images can have on young minds; • Ways to combat and deal with viewing harmful videos and images. <p>Life Cycles</p> <p>Session 1 - Making Babies (Part one)</p> <ul style="list-style-type: none"> • How a baby grows and develops in its mother's womb. <p>Session 3- Menstruation:</p> <ul style="list-style-type: none"> • About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; • Some practical help on how to manage the onset of menstruation. 	<ul style="list-style-type: none"> • The recovery position can be used when a person is unconscious but breathing. • DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance. 	
<p>Y6</p>	<p>Religious Understanding</p> <ul style="list-style-type: none"> • We were created individually by God who cares for us and wants us to put our faith in Him. 	<p>Religious Understanding</p> <ul style="list-style-type: none"> • To know that God calls us to love others. • To know ways in which we can participate in God's call to us. <p>Personal Relationships</p>	<p>Religious Understanding</p> <p>Session 1- The Trinity</p>



RSE End Points

	<ul style="list-style-type: none"> • Physically becoming an adult is a natural phase of life. • Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it! <p style="text-align: center;">Me, my body, my health</p> <p>Session 1- gifts and talents:</p> <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc). <p>Session 2- girls bodies:</p> <ul style="list-style-type: none"> • That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries. 	<p>Session 1- Under pressure</p> <ul style="list-style-type: none"> • Pressure comes in different forms, and what those different forms are; • There are strategies that they can adopt to resist pressure. <p>Session 2- Do you want a piece of cake?</p> <ul style="list-style-type: none"> • Understand what consent and bodily autonomy means; • Discuss and reflect on different scenarios in which it is right to say 'no'. <p>Session 3- Self-talk</p> <ul style="list-style-type: none"> • Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; • Apply this approach to personal friendships and relationships. <p style="text-align: center;">Keeping Safe</p> <p>Session 1- Sharing isn't always caring</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. • How to use technology safely. • That just as what we eat can make us healthy or make us ill, so what we watch, 	<ul style="list-style-type: none"> • To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. • To know that the Holy Spirit works through us to bring God's love and goodness to others. <p>Session 2- Catholic social teaching</p> <ul style="list-style-type: none"> • The principles of Catholic Social Teaching. • That God formed them out of love, to know and share His love with others. <p style="text-align: center;">Living in the wider world</p> <ul style="list-style-type: none"> • Learn to apply the principles of Catholic Social Teaching to current issues. • Find ways in which they can spread God's love in their community.
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RSE End Points

	<p>Session 3- boys bodies:</p> <ul style="list-style-type: none"> • That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries. <p>Session 4- Spots and sleep</p> <ul style="list-style-type: none"> • How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc. <p>Emotional Wellbeing</p> <p>Session 1- body image:</p> <ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves • That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media 	<p>hear, say or do can be good or bad for us and others.</p> <ul style="list-style-type: none"> • How to report and get help if they encounter inappropriate materials or messages. <p>Session 2- Cyberbullying</p> <ul style="list-style-type: none"> • What the term cyberbullying means and examples of it; • What cyberbullying feels like for the victim; • How to get help if they experience cyberbullying. <p>Session 3- Types of abuse</p> <ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond. • That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests. <p>Session 4- Impacted lifestyles</p> <ul style="list-style-type: none"> • Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. 	
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RSE End Points

	<p>Session 2- Peculiar feelings:</p> <ul style="list-style-type: none"> • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. • That some behaviour is wrong, unacceptable, unhealthy or risky. <p>Session 3- Emotional changes:</p> <ul style="list-style-type: none"> • Emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; • About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being. <p>Session 4- Seeing stuff online (Pornography is discussed)</p> <ul style="list-style-type: none"> • The difference between harmful and harmless videos and images; • The impact that harmful videos and images can have on young minds; 	<ul style="list-style-type: none"> • Learn how to make good choices about substances that will have a positive impact on their health. • Know that our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5- Making good choices</p> <ul style="list-style-type: none"> • Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco • Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies <p>Session 6- Giving assistance</p> <ul style="list-style-type: none"> • The recovery position can be used when a person is unconscious but breathing. • DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance. 	
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RSE End Points

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