



‘Live, love and learn in a caring Christian community’

Relationships, Health and Sex Education
Long Term Plan

Year Group: 5

Term	CES Curriculum	Coverage / Notes / Resources
Autumn Term (Theme 1)	In a Catholic school, pupils are growing to be: 2.1.1.1. Respectful of their own bodies, character and giftedness 2.1.1.6 Determined and resilient in the face of difficulty Pupils should be taught: 2.1.2.1 We are special people made in the image and likeness of God 2.1.2.2 We are children of God with an innate Dignity 2.1.2.5 Prayer and worship are ways of nourishing their relationship with God 2.1.2.6 Sacraments often coincide with different natural stages in life, for example Baptism often occurs near birth	PSHE Jigsaw – Changing Me - Lesson 1 PSHE Jigsaw - Relationships - Assembly RE - Phase 3 Branch 1 - Creation and Covenant Catholic Social Teaching – Dignity Covered through collective worship /class liturgies RE – Phase 3 Branch 5 - To the ends of the earth

	for Catholics Me 2.1.3.1. Everyone expresses their uniqueness in different ways and that being different is not always easy My body 2.1.3.5. Their body will change and develop as they grow 2.1.3.6. About the growth and development of humans and the changes experienced during puberty 2.1.3.7 The names of the main parts of the body, including identifying and correctly naming genitalia (e.g. penis and vagina) Pupils should be taught: Emotional well-being 2.1.4.1. Their emotions may change as they approach and as they grow and move through puberty 2.1.4.2. To extend their vocabulary to deepen their understanding of the range and intensity of their feelings	PSHE Jigsaw - Celebrating Difference – Assembly TenTen Module 1 Unit 4 session 3 TenTen Module 1 Unit 4 session 3 PSHE Jigsaw - Changing Me - Lessons 2 and 3 PSHE Jigsaw - Changing Me lessons 2 and 3 Zones of regulation
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	2.1.4.3. What positively and negatively affects their physical, mental and emotional health (including the media)	PSHE Jigsaw - Relationships Lessons 2-6
	2.1.4.4. To recognise how images in the media do not always reflect reality and can affect how people feel about themselves	PSHE Jigsaw - Relationships Lessons 2-6
	Attitudes	
	2.1.4.5. That some behaviour is unacceptable, unhealthy or risky	PSHE Jigsaw - Healthy Me Lessons 1-6
	2.1.3.7. Strategies to build resilience in order to identify and resist unacceptable pressure from a variety of sources	PSHE - Jigsaw: Relationships - Assembly
	Life cycles	
	2.1.5.1. How a baby grows and develops in its mother's womb	TenTen – Life to the full - Module 1 Unit 4 -session1
	Fertility	
	2.1.5.2. The nature and role of menstruation in the fertility cycle	TenTen - Life to the full - Module 1 Unit 4 - session 3
Spring Term (Theme 2)	Education in virtue	
	2.2.1.1. Respectful, able to identify other people's personal space and respect the ways in which they are	Jigsaw- Celebrating Difference Lessons 1-3

	different	
	2.2.1.5 Courteous in their dealings with friends and strangers	Jigsaw- Relationships Lesson 1-6
	Personal relationships	
	2.2.3.6 How to make informed relationships and that choices have positive, netural and negative consequences	Jigsaw- Relationships Lessons 1-6
	2.2.3.7 An awareness of bullying, including cyber-bullying and how to respond	Computing- E-Safety day
	2.2.3.10 About changes that can happen in life, e.g. loss, separation, divorce and bereavment and the emotions that can accompnay these changes	TenTen Module 1 Unit 4 Session 4
	Keeping safe and people who can help me	
	Keeping safe	
	2.2.4.3 That not all images, languages and behaviour are appropriate	Jigsaw- Celebrating Difference Lesson 4
	People who can help me	
	2.2.4.6 That there are a number of different people and orgaisations they can go to for help in different situatioons and how to contact them	Jigsaw- Celebrating Difference Lesson 2-4
	2.2.4.7 How to report and get help if they	Jigsaw- Relationships Lessons 2-6

	encounter inappropriate materials or messages 2.2.4.8 To keep asking for help until they are heard	Jigsaw- Relationships Lesson 2 TenTen UKS2 Module 2 Unit 3 Sessions 1-2
Summer Term (Theme 3)	Education in virtue 2.3.1.1 Just, understanding the impact of their actions locally, nationally and globally Religious understanding of the importance of human communities 2.3.2.2 The key principles of Catholic Social Teaching Living in the wider world 2.3.3.3 That bacteria and viruses that affect health and that following simple routines and medical interventions can reduce their spread 2.3.3.4 About the range of national, regional, religious and ethnic identities in the United Kingdom and beyond and the importance of living in right relationship with one another.	Jigsaw- Relationships Lessons 1-6 Care of Creation – Catholic Social Teaching Eco-Council – Eco Code Catholic Social Teaching – once a term Jigsaw- Changing Me Lesson 1 TenTen Module 1 Unit 4 Session 3 Whole school assembly