



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

Relationships, Health and Sex Education
Long Term Plan

Year Group:

Term	CES Curriculum	Coverage / Notes / Resources
Autumn Term (Theme 1)	Education in Virtue	
	1.1.1.1. Respectful of their own bodies and character	Jigsaw- Changing Me- Session 1, Healthy Me, Session
	1.1.1.2. Appreciative for blessings	?
	1.1.1.4 Patient when they do not always get what they want	?
	Religious understanding of the Human person: Loving myself	
	1.1.2.1. We are all God's children	RE- Creation- Catholic Social Teaching, RE- Creation- Week 4, lesson 2.
	1.1.2.2. Ways of expressing gratitude to God	RE- Creation – Autumn 1- Week 5, lesson 1.
	1.1.2.4 About the sacrament of Baptism	PHSE- Celebrating difference- Autumn 2, RE- Social Catholic Teaching- Dignity

	1.1.3.1. We are all unique individuals	PHSE- Celebrating difference- Autumn 2, Social Catholic Teaching- Dignity
	1.1.3.2. We all have individual gifts, talents and abilities-	Changing Me- Summer 2- Lesson 1 My body
	Me, my body and my health	
	My body	
	1.1.3.3. The names of the external parts of the body	PHSE- Spring 2- Healthy Me
	My Health	
	1.1.3.4. How to maintain personal hygiene- Jigsaw-	PHSE- Spring 2- Healthy Me.
	1.1.3.6 What constitutes a healthy life-style, including physical activity, dental health and healthy eating	
	Emotional well being and attitudes	
	1.1.4.1. A language to describe feelings	PHSE- Autumn 1- Being in my world- Lesson 2
	1.1.4.2. Simple strategies for managing feelings and behaviour	PHSE- Autumn 1- Being in my World- Lesson 1

	That choices have consequences	
Spring Term (Theme 2)	Education in Virtue 1.2.1.1. Friendly, able to make and keep friends- 1.2.1.2. Respectful of others, their uniqueness, their wants and their needs 1.2.1.3. Forgiving, able to say sorry and not hold grudges against those who have hurt them 1.2.1.4. Courteous, learning to say, “please” and “thank you” Religious understanding of human relationships 1.2.2.1. We are part of God’s family 1.2.2.2. All families are important 1.2.2.3. That saying sorry is important and can help mend broken friendships 1.2.2.4. Jesus cared for others Personal Relationships	Jigsaw- Relationships. Jigsaw- Celebrating difference Jigsaw- Relationships Daily practise RE- Autumn 1- Creation Celebrating Difference- lesson 3 Jigsaw- Relationships RE- Galilee to Jerusalem.

Summer Term (Theme 3)		