



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

**Relationships, Health and Sex Education**  
**Long Term Plan**

Year Group: 4

| Term                  | CES Curriculum                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Coverage / Notes / Resources                                                                                                                                                                                                                                                                                                                                                                                                          |
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| Autumn Term (Theme 1) | <p>2.1.1.1. Respectful of their own bodies, character and giftedness</p> <p>2.1.1.4. Self-disciplined and able to delay or forego gratification for the sake of greater goods</p> <p>2.1.1.7. Courageous in the face of new situations and in facing their fears</p> <p>2.1.2.1. We are special people made in the image and likeness of God</p> <p>2.1.2.2. We are children of God with an innate dignity</p> <p>2.1.2.4. Life is precious and their body is God’s gift to them</p> <p>2.1.3.1. Everyone expresses their uniqueness in different ways and that being different is not always easy</p> <p>2.1.3.4. That similarities and differences between people arise from several different factors (See protected characteristics of the Equality Act 2010, Part 2, Chapter 1, sections 4-12)</p> <p>2.1.4.3. What positively and negatively affects</p> | <p>Jigsaw – changing me, celebrating difference</p> <p>Spring – Catholic Social Teaching</p> <p>Tenten – Module 3, unit 1, session 1</p> <p>Jigsaw – dreams and goals</p> <p>RE – creation and covenant</p> <p>Catholic Social Teaching – dignity</p> <p>Tenten - created and loved by God</p> <p>Jigsaw – being me in my world</p> <p>Catholic Social Teaching</p> <p>Jigsaw – Celebrating difference</p> <p>Jigsaw – healthy me</p> |

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|                       | <p>their physical, mental and emotional health (including the media)</p> <p>2.1.4.4 To recognise how images in the media do not always reflect reality and can affect how people feel about themselves</p> <p>2.1.4.5. That some behaviour is unacceptable, unhealthy or risky</p> <p>2.1.4.6 Strategies to build resilience in order to identify and resist unacceptable pressure from a variety of sources</p> <p>2.1.5.2. That some behaviour is unacceptable, unhealthy or risky Strategies to build resilience in order to identify and resist unacceptable pressure from a variety of sources</p> | <p>PSHE, Computing – systems and networks<br/>Ten Ten – Module 2, unit 3 session 1</p> <p>Ten Ten – module 2, unit 4, session 2.</p> <p>Jigsaw – healthy me and relationships</p> <p>Jigsaw – Changing me</p> |
| Spring Term (Theme 2) | <p>2.2.1.4 Forgiving, developing the skills to allow reconciliation in relationships</p> <p>2.2.2.1. Christians belong to the Church family which includes the school, parish and diocese</p> <p>2.2.3.7 An awareness of bullying (including cyber- bullying) and how to respond.</p> <p>2.2.3.9 To recognise and manage risk, to develop</p>                                                                                                                                                                                                                                                           | <p>Jigsaw – Relationships</p> <p>RE – Summer 2</p> <p>E-Safety day, Anti-bullying day, Jigsaw – Celebrating Difference</p> <p>Ten Ten – Unit 2, Module 2, Lesson 2</p>                                        |

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|  | <p>resilience and learn how to cope with “dares” and other ways in which people can be pressurised</p> <p>2.3.1.1 Just, understanding the impact of their actions locally, nationally and globally</p> <p>2.3.1.2 Self-giving, able to put aside their own wants in order to server others locally, nationally and globally.</p> <p>2.3.2.2 The key principles of Catholic Social Teaching</p> <p>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.</p> <p>2.2.4.2 How to use technology safely</p> <p>2.2.4.3 That not all images, languages and behaviour are appropriate</p> <p>2.2.4.4 To judge what kind of physical contact is acceptable or unacceptable and how to respond</p> <p>2.2.4.6 That there are a number of different people and organisations they can go to for help in different situations and how to contact them</p> <p>2.2.4.7 How to report and get help if they encounter inappropriate materials or messages</p> | <p>RE – Care of creation, CST</p> <p>CST – Spring 2</p> <p>CST – All year</p> <p>Whole school assembly</p> <p>E-safety day, Ten Ten, Module 2, Unit 3</p> <p>E-Safety day, Ten Ten, Module 2, Unit 3</p> <p>NSPCC – Summer workshop in Year 4/ virtual assembly</p> <p>NSPCC – Summer term workshop in Yr 4/virtual assembly</p> <p>NSPCC – Summer term workshop in Yr 4/virtual assembly</p> |
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|                       | 2.2.4.8 To keep asking for help until they are heard | NSPCC – Summer term workshop in Yr 4/virtual assembly |
| Summer Term (Theme 3) |                                                      |                                                       |