



St Anne's Catholic Primary School

RSE and PSHE Overview 2025 – 26

Working together; in faith, learning and love

Class	Autumn	Spring	Summer
Reception	<p><u>Religious Understanding:</u></p> <p>Children will know that:</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><u>Me, My Body, My Health:</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> • That we are each unique, with individual gifts, talents and skills • That whilst we all have similarities because we are made in God's image, difference is part of God's plan! • That their bodies are good and made by God • The names of the parts of the body (not genitalia) • 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><u>Emotional Well-being:</u></p> <p>Children will:</p> <ul style="list-style-type: none"> • Learn that we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • Understand that it is natural for us to relate to and trust one another • Develop a language to describe their feelings • Develop an understanding that everyone experiences feelings • Develop an understanding that feelings are neither good nor bad; they give us information about what we are experiencing • Learn simple strategies for managing feelings • Understand how feelings can affect actions, and that actions have consequences • Develop simple strategies for managing emotions and behaviour • Understand that we have choices and these choices can impact how we feel and respond. • Know that we can say sorry and forgive like Jesus <p><u>Life Cycles:</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> • That there are natural life stages from birth to death, and what these are 	<p><u>Religious Understanding:</u></p> <p>Children will learn that:</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><u>Personal Relationships:</u></p> <p>Children will learn:</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 'special people', and telling them when something is troubling them • 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 • 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 <p>That we should forgive like Jesus forgives</p> <p><u>Life Online:</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> • That the internet connects us to others • That the internet helps us in lots of ways • That only Jesus can help us with everything • About safe and unsafe situations online • That they can ask for help from their special people 	<p><u>Keeping Safe:</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> • About safe and unsafe situations outdoors and indoors. • That they can ask for help from their special people. • That 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 us who care for us, including our teachers and our parish priest. • That medicines should only be taken when a parent or doctor gives them to us. • That medicines are not sweets. • That we should always try to look after our bodies, because God created them and gifted them to us. • There are lots of people who do jobs to help us • That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade • That paramedics help us in a medical emergency • That First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance <p><u>Religious Understanding:</u></p> <p>Children will learn:</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 • What a community is, and that God calls us to live in community with one another • A Scripture illustrating the importance of living in a community • That no matter how small our offerings, they are valuable to God and He can use them for His glory. <p><u>Living in the Wider World:</u></p> <p>Children will learn:</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

Year 1 and 2

Religious Understanding:

Children will learn that:

- 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 and forever – this is our purpose and goal and will bring us true happiness
- 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

Me, My Body, My Health:

Children will learn:

- That we are unique, with individual gifts, talents and skills
- That 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
- That our bodies are good and we need to look after them
- About what constitutes a healthy lifestyle, including physical activity, dental health and healthy eating
- The importance of sleep, rest and recreation for our health
- How to maintain personal hygiene

Emotional Well-being:

Children will learn:

- 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)
- About language to describe our feelings
- In a simple way, that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character
- 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

Life Cycles:

Children will learn:

- That there are natural life stages from birth to death, and what these are – typically naming baby, child, teenager, adult, old age adult
- What 'death' means
- About some feelings often connected with grief
- What the Christian faith says about death and eternal life
- Some ways to support themselves and others when they are grieving

Religious Understanding:

Children will learn that:

- 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 same way God loves us

Personal Relationships:

Children will learn:

- About '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
- How their behaviour affects other people, and that there is appropriate and inappropriate behaviour
- About the characteristics of positive and negative relationships
- About different types of teasing and that all bullying is wrong and unacceptable
- To recognise when they have been unkind and say sorry
- That when people are being unkind to them and others and how to respond
- That when we are unkind to others, we hurt God also and should say sorry to Him as well
- That we should forgive like Jesus forgives

Life Online:

Children will learn:

- That the internet connects us to others and helps us in lots of ways.
- Our feelings matter – both online and offline.
- That Jesus cares about our feelings and gives us peace.
- To understand what situations are safe and unsafe, including online.
- To ask for adult help with anything that worries them or makes them feel unsafe.

Keeping Safe:

Children will learn:

- 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
- 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
- That medicines are drugs, but not all drugs are good for us
- That alcohol and tobacco are harmful substances
- That our bodies are created by God, so we should take care of them and be careful about what we consume
- About what is and isn't an emergency
- That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade
- That 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

Religious Understanding:

Children will learn:

- 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
- 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
- Jesus' teaching on who is my neighbour

Living in the Wider World:

Children will learn:

- 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.)
- What harms and what improves the world in which we live in simple terms

Year 3 and 4

Religious Understanding:

Children will learn that:

- We are created individually by God who is Love, designed in His own image and likeness
- God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)
- Every human life is precious from the beginning of life (conception) to natural death
- Personal and communal prayer and worship are necessary ways of growing in our relationship with God
- In Baptism God makes us His adopted children and 'receivers' of His love
- By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue)
- It is important to make a nightly examination of conscience
- Receiving the Sacraments helps them to develop healthy relationships with others

Me, My Body, My Health:

Children will learn that:

- 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)
- They 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

Emotional Well-being:

Children will learn:

- That emotions change as they grow up (including hormonal effects)
- To understand the range and intensity of their feelings more deeply; that 'feelings' alone are not good guides for action
- That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act
- What emotional well-being means and that positive actions help emotional well-being
- That talking to trusted people helps emotional well-being (e.g. parents/carer/teacher/parish priest)
- That images in the media do not always reflect reality and can affect how people feel about themselves
- That God made us and loves us as we are.
- That some behaviour is wrong, unacceptable, unhealthy and risky
- That thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media

Life Cycles:

Children will learn:

- What 'death' means
- About some feelings often connected with grief
- What the Christian faith says about death and eternal life
- Some ways to support themselves and others when they are grieving

Religious Understanding:

Children will learn:

- 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
- That we reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness

Personal Relationships:

Children will learn:

- 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, family and relatives
- 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'
- To increase their awareness of bullying (including cyberbullying), that all bullying is wrong, and how to respond to bullying
- About harassment and exploitation in relationships, including physical and emotional abuse and how to respond

Life Online:

Children will learn:

- 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
- That bad language and bad behaviour are inappropriate

Keeping Safe:

Children will learn:

- To judge well what kind of physical contact is acceptable or unacceptable and how to respond
- About different kinds of abuse, including 'abuse of private parts'
- That there are different people we can trust for help, especially those who care for us, including our teachers and parish priest
- Understand the effect that a range of substances including drugs, alcohol and tobacco can have on the body
- That our bodies are created by God, so we should take care of them and be careful about what we consume
- That in an emergency, it is important to remain calm
- That quick reactions in an emergency can save a life
- How to help in an emergency using their First Aid knowledge

Religious Understanding:

Children will learn that:

- God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'
- The human family reflects the Holy Trinity in charity and generosity
- We are made in the image of God, which means we are made to love God and others, and be loved by God and others
- The Church family comprises home, school and parish (which is part of the diocese)

Living in the Wider World:

Children will learn:

- That God wants His Church to love and care for others
- Practical ways of loving and caring for others

Year 5 and 6

Religious Understanding:

Children will learn that that:

- 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!

Me, My Body, My Health:

Children will learn about:

- How similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community
- How there are many different types of family set up
- How self-confidence arises from being loved by God (not status, etc)
- How human beings are different to other animals
- The unique growth and development of humans, and the changes that girls and boys will experience during puberty
- 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
- 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

Emotional Well-being

Children will learn:

- 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
- A deeper understanding of the range and intensity of their feelings; that 'feelings' are not the only good guides for action
- That some behaviour is wrong, unacceptable, unhealthy or risky
- That emotions change as they grow up (including hormonal effects)
- That openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being
- That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.

Life Cycles:

Children will learn:

- How a baby grows and develops in its mother's womb
- That pregnancy and childbirth are God's way of giving the gift of life: He creates new life, but entrusts parents with the job of making us.
- About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life
- Some practical ways to manage the onset of menstruation
- What 'death' means
- About some feelings often connected with grief
- What the Christian faith says about death and eternal life
- Some ways to support themselves and others when they are grieving

Religious Understanding:

Children will learn:

- That God calls us to love others
- About ways in which we can participate in God's call for us to love others

Personal Relationships:

Children will learn:

- That pressure comes in different forms, and what some of those different forms are
- That there are strategies that they can adopt to resist pressure
- What consent and bodily autonomy means
- About different scenarios in which it is right to say 'no'
- How thoughts and feelings impact actions, and develop strategies that will positively impact their actions and apply this in their relationships
- About prejudice, bullying and discrimination: what they mean and how to challenge them.
- About protected characteristics from the Equality Act 2010 such as race, age and disability.
- That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.

Life Online:

Children will learn:

- To recognise that their increasing independence brings increased responsibility to keep themselves and others safe
- How to use technology safely

Keeping Safe:

Children will learn:

- To judge well what kind of physical contact is acceptable or unacceptable and how to respond
- That abuse violates the rights of children
- That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests
- About the effect that a range of substances including drugs, tobacco and alcohol can have on the body.
- How to make good choices about substances that would have an impact on their health.
- That our bodies are created by God, so we should take care of them and be careful about what we consume.
- Consider how, as they get older, 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
- 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

Religious Understanding:

Children will learn:

- That God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity.
- That the Holy Spirit works through us to bring God's love and goodness to others
- The principles of Catholic Social Teaching
- That God formed them out of love, to know and share His love with others

Living in the Wider World:

Children will learn:

- How to apply the principles of Catholic Social Teaching to current issues
- About ways in which they can spread God's love in their community

		<ul style="list-style-type: none">• 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• What the term cyberbullying means and examples of it• What cyberbullying feels like for the victim• How to get help if they experience cyberbullying	
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The Personal Development Curriculum works alongside this RSE and PSHE curriculum – see the Personal Development Curriculum separately