



The Federation of St. Mary's Catholic Schools

RSHE Overview

2021-2022



"I can do all things through Christ who strengthens me" Philippians 4:13

	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
RSHE Year 3	Teacher training Parent consultations	Module 1 – Unit 1 Get Up! The Sacraments Module 2 – Unit 1 Jesus, My Friend Social - JIL Emotional - JIL	Module 2 – Unit 2 Friends, Family and Others When Things Feel Bad	Module 2 – Unit 3 Sharing Online Chatting Online Safe in My Body Drugs, Alcohol and Tobacco First Aid Heroes Physical - JIL	Module 3 – Unit 1 A Community of Love What is the Church? Module 3 – Unit 2 How Do I Love Others? Spiritual - JIL	
RSHE Year 4	Teacher training Parent consultations	Module 1 – Unit 1 Get Up! Social - JIL Emotional - JIL	Module 1 – Unit 2 We Don't Have To Be The Same Respecting Our Bodies What is Puberty? Changing Bodies Boy/Girl Discussion Groups	Module 1 – Unit 3 What am I Feeling? What Am I Looking At? I Am Thankful! Physical - JIL	Module 1 – Unit 4 Life Cycles	Module 3 – Unit 1 A Community of Love What is the Church? Module 3 – Unit 2 How Do I Love Others? Spiritual - JIL
RSHE Year 5	Teacher training Parent consultations	Module 1 – Unit 1 Calming the Storm Module 2 – Unit 1 Is God Calling You? Social - JIL Emotional - JIL	Module 2 – Unit 2 Under Pressure Do You Want a Piece of Cake? Self-Talk	Module 2 – Unit 3 Sharing Isn't Always Caring Cyberbullying Types of Abuse Impacted Lifestyles Making Good Choices Giving Assistance Physical - JIL	Module 3 – Unit 1 The Trinity Catholic Social Teaching Module 3 – Unit 2 Reaching Out Spiritual - JIL	
RSHE Year 6	Teacher training Parent consultations	Module 1 – Unit 1 Calming the Storm Social – JIL Emotional - JIL	Module 1 – Unit 2 Gifts and Talents Girls' Bodies Boys' Bodies Spots and Sleep Module 1 – Unit 3 Body Image Funny Feelings Emotional Changes Seeing Stuff Online Module 1 – Unit 4		Module 3 – Unit 1 The Trinity Catholic Social Teaching Module 3 – Unit 2 Reaching Out Spiritual - JIL	

			Making Babies (Part 1) Making Babies (Part 2) Menstruation Physical - JIL	
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