



The Federation of St Mary's Catholic Schools

Reception

RSHE Long Term Planner



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

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RSHE Reception	Teacher training Parent consultations Journey in Love Social and Emotional Spiritual	Module 1 – Unit 1 Handmade with Love	Module 1 – Unit 2 I Am Me Heads, Shoulders, Knees and Toes Ready Teddy?	Module 1 – Unit 3 I Like, You Like, We All Like Good Feelings, Bad Feelings Let's Get Real Journey in Love Physical	Module 1 – Unit 4 Growing Up	Module 3 – Unit 1 God is Love Loving God, Loving Others Module 3 – Unit 2 Me, You, Us

	Module 1	Module 2	Module 3	JIL
Aut 1	Teacher training Parent consultations			Social and Emotional To recognise the joy of being a special person in my family. Spiritual To celebrate the joy of being a special person in God's family.
Aut 2	Unit 1			

	<p>We are created individually by God as part of His creation plan</p> <ul style="list-style-type: none"> • We are all God's children and are special • Our bodies were created by God and are good • We can give thanks to God 			
Spr 1	<p>Unit 2</p> <ul style="list-style-type: none"> • We are each unique, with individual gifts, talents and skills • 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 			
Spr 2	<p>Unit 3</p> <ul style="list-style-type: none"> • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • That it is natural for us to relate to and trust one another • A language to describe their feelings • An understanding that everyone experiences feelings, both good and bad • Simple strategies for managing feelings 			<p>Physical</p> <ul style="list-style-type: none"> • To recognise that we are all different and unique.

	<ul style="list-style-type: none"> • Simple strategies for managing emotions and behaviour • That we have choices and these choices can impact how we feel and respond. • We can say sorry and forgive like Jesus 			
Sum 1	<p style="text-align: center;">Unit 4</p> <ul style="list-style-type: none"> • That there are natural life stages from birth to death, and what these are - typically naming baby, child, adult. 			
Sum 2			<p style="text-align: center;">Unit 1</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 • Some 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 style="text-align: center;">Unit 2</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 	<ul style="list-style-type: none"> • SPIRITUAL

			<ul style="list-style-type: none">• 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	
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