



# The Federation of St. Mary's Catholic Schools

## Year 2

### 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
<b>RSHE Year 2</b>	Teacher training Parent consultations  <b>Journey in Love</b> Social and Emotional Spiritual	<b>Module 1 – Unit 1</b> Let the Children Come	<b>Module 1 – Unit 2</b> I am Unique (Me) Girls and Boys (My Body) Clean and Healthy (My Health)	<b>Module 1 – Unit 3</b> Feelings, Likes and Dislikes Feeling Inside Out Super Susie gets Angry  <b>Module 1 – Unit 4</b> The Cycle of Life  <b>Journey in Love</b> Physical	<b>Module 3 – Unit 1</b> Three in One Who is My Neighbour?  <b>Module 3 – Unit 2</b> The Communities we Live In	

	Module 1	Module 2	Module 3	Journey in Love
<b>Aut 1</b>		Teacher training Parent consultations		<b>Social and Emotional</b> <ul style="list-style-type: none"> <li>To recognise the joy and friendship of belonging to a diverse community.</li> </ul> <b>Spiritual</b>

				<ul style="list-style-type: none"> <li>To celebrate ways of meeting God in our communities.</li> </ul>
<b>Aut 2</b>	<p style="text-align: center;"><b>Unit 1</b></p> <ul style="list-style-type: none"> <li>We are created individually by God</li> <li>God wants us to talk to Him often through the day and treat Him as our best friend</li> <li>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</li> <li>We are created as a unity of body, mind and spirit: who we are matters and what we do matters</li> <li>We can give thanks to God in different ways</li> </ul>			
<b>Spr 1</b>	<p style="text-align: center;"><b>Unit 2</b></p> <ul style="list-style-type: none"> <li>That we are unique, with individual gifts, talents and skills</li> <li>That our bodies are good</li> <li>The names of the parts of our bodies (naming genitalia will depend on key decision made by individual schools)</li> <li>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</li> <li>Our bodies are good and we need to look after them</li> </ul>			

**Spr 2**

- 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

**Unit 3**

- 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)
- A 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

**Unit 4**

- That there are natural life stages from birth to death, and what these are – typically

**Physical**

- To describe ways of being safe in communities.

	naming baby, child, teenager, adult, old age adult			
<b>Sum 1</b> <b>Sum 2</b>	•		<p style="text-align: center;"><b>Unit 1</b></p> <ul style="list-style-type: none"> <li>• That God is love: Father, Son and Holy Spirit</li> <li>• That being made in His image means being called to be loved and to love others</li> <li>• What a community is, and that God calls us to live in community with one another</li> <li>• A scripture illustrating the importance of living in community as a consequence of this</li> <li>• Jesus' teaching on who is my neighbour</li> </ul> <p style="text-align: center;"><b>Unit 2</b></p> <ul style="list-style-type: none"> <li>• That they belong to various communities such as home, school, parish, the wider local community, nation and global community</li> <li>• That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc</li> <li>• That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</li> <li>• What harms and what improves the world in which we live in simple terms</li> </ul>	.