



# The Federation of St. Mary's Catholic Schools

## Year 6

### 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 6</b>	Teacher training Parent consultations	<b>Module 1 – Unit 1</b> Calming the Storm  Social – <b>JIL</b> Emotional - <b>JIL</b>	<b>Module 1 – Unit 2</b> Gifts and Talents Girls' Bodies Boys' Bodies Spots and Sleep <b>Module 1 – Unit 3</b> Body Image Funny Feelings Emotional Changes Seeing Stuff Online <b>Module 1 – Unit 4</b> Making Babies (Part 1) Making Babies (Part 2) Menstruation  Physical - <b>JIL</b>		<b>Module 3 – Unit 1</b> The Trinity Catholic Social Teaching <b>Module 3 – Unit 2</b> Reaching Out  Spiritual - <b>JIL</b>	

	Module 1	Module 2	Module 3	JIL
<b>Aut 1</b>	Teacher training Parent consultations			

<b>Aut 2</b>	<p style="text-align: center;"><b>Unit 1</b></p> <ul style="list-style-type: none"> <li>• We were created individually by God who cares for us and wants us to put our faith in Him.</li> <li>• Physically becoming an adult is a natural phase of life.</li> <li>• 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!</li> </ul>			<p style="text-align: center;"><b>SOCIAL AND EMOTIONAL</b></p> <ul style="list-style-type: none"> <li>• To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.</li> </ul>
<b>Spr 1</b> <b>Spr 2</b>	<p style="text-align: center;"><b>Unit 2</b></p> <ul style="list-style-type: none"> <li>• Self-confidence arises from being loved by God (not status, etc).</li> <li>• That human beings are different to other animals;</li> <li>• About the unique growth and development of humans, and the changes that girls will experience during puberty;</li> <li>• About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</li> <li>• The need for modesty and appropriate boundaries.</li> <li>• That human beings are different in kind to other animals;</li> <li>• About the unique growth and development of humans, and the changes that boys will experience during puberty;</li> <li>• About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</li> </ul>			<p style="text-align: center;"><b>PHYSICAL</b></p> <ul style="list-style-type: none"> <li>• Explain how human life is conceived.</li> </ul>

- 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.

### **Unit 3**

- To recognise 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
- To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.
- That some behaviour is wrong, unacceptable, unhealthy or risky.
- Emotions change as they grow up (including hormonal effects);
- To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;
- About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.

	<ul style="list-style-type: none"> <li>• The difference between harmful and harmless videos and images;</li> <li>• The impact that harmful videos and images can have on young minds;</li> <li>• Ways to combat and deal with viewing harmful videos and images</li> </ul> <p style="text-align: center;"><b>Unit 4</b></p> <ul style="list-style-type: none"> <li>• How a baby grows and develops in its mother's womb.</li> <li>• Basic scientific facts about sexual intercourse between a man and woman;</li> <li>• The physical, emotional, moral and spiritual implications of sexual intercourse;</li> <li>• The Christian viewpoint that sexual intercourse should be saved for marriage.</li> <li>• About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life;</li> <li>• Some practical help on how to manage the onset of menstruation.</li> </ul>			
<p><b>Sum 1</b> <b>Sum 2</b></p>	<ul style="list-style-type: none"> <li>•</li> </ul>		<p style="text-align: center;"><b>Unit 1</b></p> <ul style="list-style-type: none"> <li>• Children will know that God is Trinity - a community of persons</li> <li>• Children will know that the Church is the Body of Christ -</li> <li>• Children will develop a deeper understanding of Catholic Social</li> </ul>	<p style="text-align: center;"><b>SPIRITUAL</b></p> <ul style="list-style-type: none"> <li>• Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.</li> </ul>

			<p>Teaching, so that pupils are growing to be:</p> <ul style="list-style-type: none"><li>• Just, understanding that the way we live has an impact on others locally, nationally and globally</li><li>• Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation</li><li>• Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice</li></ul> <p style="text-align: center;"><b>Unit 2</b></p> <ul style="list-style-type: none"><li>• Pupils will learn to apply the principles of Catholic Social Teaching to current issues.</li><li>• Pupils will find ways in which they can spread God's love in their community.</li></ul>	
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