



The Federation of St. Mary's Catholic Schools

Year 4

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 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

	Module 1	Module 2	Module 3	JIL
Aut 1	Teacher training Parent consultations			
Aut 2	Unit 1 <ul style="list-style-type: none"> 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); 			SOCIAL AND EMOTIONAL <ul style="list-style-type: none"> To describe how we all should be accepted and respected.

	<ul style="list-style-type: none"> • 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; • 			
Spr 1	<p style="text-align: center;">Unit 2</p> <ul style="list-style-type: none"> • 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). • About the 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 • Learn what the term puberty means; • Learn when they can expect puberty to take place; • Understand that puberty is part of God's plan for our bodies. 			

	<ul style="list-style-type: none"> • Learn correct naming of genitalia; • Learn what changes will happen to boys during puberty; • Learn what changes will happen to girls during puberty. 			
Spr 2	<p style="text-align: center;">Unit 3</p> <ul style="list-style-type: none"> • That 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; • What emotional well-being means; • Positive actions help emotional well-being (beauty, art, etc. lift the spirit); • Talking to trusted people help emotional well-being (eg. parents/carer/teacher/parish priest). • To recognise that images in the media do not always reflect reality and can affect 			<p style="text-align: center;">PHYSICAL</p> <ul style="list-style-type: none"> • To describe how we should treat others making links with the diverse modern society we live in.

	<p>how people feel about themselves.</p> <ul style="list-style-type: none"> • Some behaviour is wrong, unacceptable, unhealthy and risky; • Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media. 			
Sum 1	<p>Unit 4</p> <ul style="list-style-type: none"> • That they were handmade by God with the help of their parents; • How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; • How conception and life in the womb fits into the cycle of life; • That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual. 			
Sum 2			<p>Unit 1</p> <ul style="list-style-type: none"> • God is Love as shown by the Trinity – a 'communion of persons 	<p>SPIRITUAL</p> <ul style="list-style-type: none"> • To celebrate the uniqueness and innate beauty of each of us.

			<p>supporting each other in their self-giving relationship’;</p> <ul style="list-style-type: none">• The human family is to reflect the Holy Trinity in mutual charity and generosity.• That the human family is to reflect the Holy Trinity in mutual charity and generosity;• The Church family comprises of home, school and parish (which is part of the diocese). <p style="text-align: center;">Unit 2</p> <ul style="list-style-type: none">• To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.	
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