

## Relationships and Sex Education (RSE) and Health Education – Progression **Module 1: Created and Loved by God**

Oak EYFS	Sycamore Year 1 & 2	Ash Year 3	Ash & Hazel Year 4	Hazel Year 5	Maple Year 6
EYFS Religious Understanding	KS1 Religious Understanding	Lower KS2 Religious Understanding		Upper KS2 Religious Understanding	
Prayer - Thank you for making me Handmade with love 5 sessions over 5 days, each lasting 10-15 minutes	Morning, Afternoon and Night prayers Let the children come 5 sessions over 5 days, each lasting 10-15 minutes	Prayer - The Examen Get Up! The Sacraments		Prayer - The Examen Calming the storm	Prayer - The Examen Calming the storm
EYFS Me, My Body, My Health	KS1 Me, My Body, My Health	Lower KS2 Me, My Body, My Health		Upper KS2 Me, My Body, My Health	
Prayer: You made me! I am me Heads, shoulders, knees and toes Ready Teddy	Prayer: Help me as I grow I am unique Girls and Boys <i>(Year 2 only to know the names for genitalia)</i> Clean and healthy (My Body)	Thankfulness prayer We don't have to be the same Respecting our bodies	Thankfulness prayer What is puberty? Changing bodies	Four Reflections Gifts & talents Girl's bodies Boys' bodies Spots & sleep	
EYFS Emotional Well-Being	KS1 Emotional Well-Being	Lower KS2 Emotional Well-Being		Upper KS2 Emotional Well-Being	
Prayer - Jesus is with me I like, you like, we all like! All the feelings Let's get real	Prayer - Thank you for Our Feelings Feelings, likes and dislikes Feeling inside out Super Susie gets angry	Prayer - I am special What am I feeling? <i>(not mentioning hormones)</i> What am I looking at?	Prayer - I am special What am I feeling? <i>(mentioning hormones)</i> I am thankful	Four Reflections Body image Peculiar feelings Emotional changes Seeing stuff online	Four Reflections Body image Peculiar feelings Emotional changes Seeing stuff online
EYFS Life Cycles	KS1 Life Cycles	Lower KS2 Life Cycles		Upper KS2 Life Cycles	
When I was young Growing up	Body Prayers The cycle of life A time for everything <i>(bereavement)</i>	Thanksgiving Meditation Life cycles	Thanksgiving Meditation Menstruation A time for everything <i>(bereavement)</i>	Three Reflections Menstruation <i>(repeated)</i>	Three Reflections Making babies Part 1 Making babies Part 2 <i>(Sexual intercourse not taught)</i> Menstruation repeated A time for everything <i>(bereavement)</i>

## Relationships and Sex Education (RSE) and Health Education – Progression Module 2 Created to Love Others

Oak EYFS	Sycamore Years 1 & 2		Ash Year 3	Ash & Hazel Year 4	Hazel Year 5	Maple Year 6
<span style="color: #0070C0;">EYFS Religious Understanding</span>	<span style="color: #0070C0;">KS1 Religious Understanding</span>		<span style="color: #0070C0;">Lower KS2 Religious Understanding</span>		<span style="color: #0070C0;">Upper KS2 Religious Understanding</span>	
Prayers - Thank you, sorry, God loves me Role model	Prayer - God made me God loves you		Prayer - God loves us Jesus, my friend		Prayer - Talking to God God is calling you	Prayer - The Examen Calming the storm
<span style="color: #0070C0;">EYFS Personal Relationships</span>	<span style="color: #0070C0;">KS1 Personal Relationships</span>		<span style="color: #0070C0;">Lower KS2 Personal Relationships</span>		<span style="color: #0070C0;">Upper KS2 Personal Relationships</span>	
Prayer - Thank you for ... Who's who You've got a friend in me Forever friends	Prayer - Thank you for the special people in my life Special people Treat others well... ... and say sorry		Prayer - Lectio Divina Friends, family and others... When things feel bad			<span style="color: #0070C0;">Three Reflections Under pressure</span> Do you want a piece of cake? Self talk
<span style="color: #0070C0;">EYFS Life Online</span>	<span style="color: #0070C0;">KS1 Life Online</span>		<span style="color: #0070C0;">LKS2 Life Online</span>		<span style="color: #0070C0;">UKS2 Life Online</span>	
What is the internet? Playing online	Real life online Rules to help us		Sharing online Chatting online		Sharing isn't always caring Cyberbullying	
<span style="color: #0070C0;">EYFS Keeping Safe</span>	<span style="color: #0070C0;">KS1 Keeping Safe</span>		<span style="color: #0070C0;">Lower KS2 Keeping Safe</span>		<span style="color: #0070C0;">Upper KS2 Keeping Safe</span>	
Five finger prayer Safe inside and out My body, my rules Feeling poorly People who help us	Prayer - The little children and Jesus Being safe Physical contact	Good and bad secrets Physical contact (each year) Harmful substances Can you help me? (part 1) Can you help me? (part 2)	Body scan Meditation	Body scan Meditation Safe in my body <span style="color: red;">(Private parts abuse/FGM not taught)</span> Drugs, alcohol and tobacco First aid heroes	<span style="color: #0070C0;">Three Reflections</span> Types of abuse includes private parts abuse. <span style="color: red;">(FGM not taught)</span>	<span style="color: #0070C0;">Three Reflections</span> Types of abuse includes private parts abuse. <span style="color: red;">FGM not taught</span> Impacted lifestyles Making good choices Giving Assistance

## Relationships and Sex Education (RSE) and Health Education – Progression **Module 3 Created to live as a community**

Oak EYFS	Sycamore Years 1 & 2	Ash Year 3	Ash & Hazel Year 4	Hazel Year 5	Maple Year 6
EYFS Religious Understanding	KS1 Religious Understanding	Lower KS2 Religious Understanding		Upper KS2 Religious Understanding	
Father, Son and Holy Spirit God is love Loving God, loving others	The Glory Be Three in one Who is my neighbour?	The Lord's Prayer and Glory Be A community of love What is the church?	The Lord's Prayer and Glory Be A community of love What is the church?	Prayer - Caring for Others The Holy Trinity	Prayer - Caring for Others Catholic Social Teaching
EYFS Living in the wider world	KS1 Living in the wider world	Lower KS2 Living in the wider world		Upper KS2 Living in the wider world	
Prayer - Lord, sometimes Me, you, us	Prayer - One small act of kindness The communities we live in		Prayer - Creator God How do I love others?		Popcorn prayer Reaching out