



**SAINT NORBERT'S CATHOLIC VOLUNTARY ACADEMY**

---

Mission Statement: To live, love and learn in the footprints of Jesus.

---

# Our RSHE Curriculum





# SAINT NORBERT'S CATHOLIC VOLUNTARY ACADEMY

Mission Statement: To live, love and learn in the footprints of Jesus.

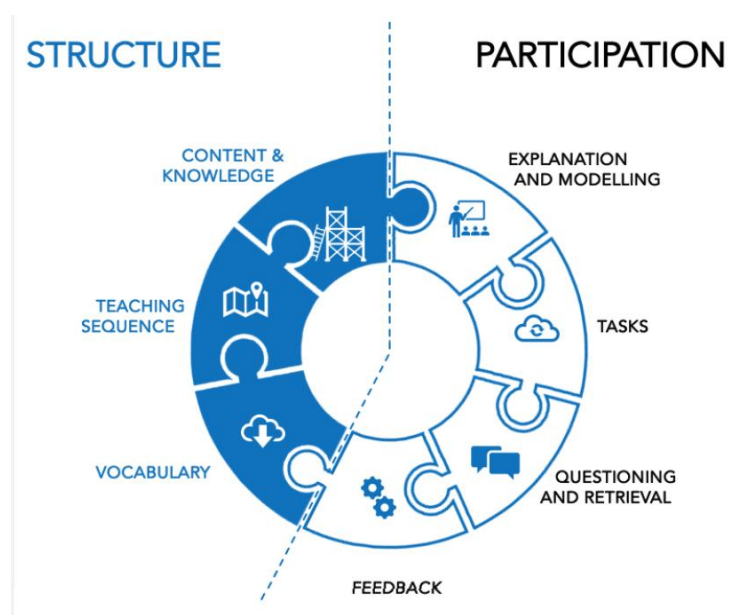
## Our RSHE Curriculum

*'I have come that you might have life and have it to the full' (Jn.10.10)*

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to R(S)HE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. R(S)HE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

All R(S)HE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.





## Saint Norbert's Catholic Voluntary Academy

---

### ANNUAL SEQUENCE

Contents:

**Reception**

**Year 1/2**

**Year 3/4**

**Year 5/6**



Classes 1 / 2 : EYFS

## Annual R(S)HE curriculum sequence on a page

| Autumn I              |                                             |                                      | Spring I              |                                           |                        | Summer I              |                                          |                |
|-----------------------|---------------------------------------------|--------------------------------------|-----------------------|-------------------------------------------|------------------------|-----------------------|------------------------------------------|----------------|
| Module and Unit       | Session Title                               | Session Length                       | Module and Unit       | Session Title                             | Session Length         | Module and Unit       | Session Title                            | Session Length |
|                       |                                             |                                      | EYFS Module 1, Unit 3 | Session 1: I Like, You Like, We All Like! | 20 minutes             | EYFS Module 2, Unit 3 | Session 1: What is the Internet?         | 20 minutes     |
|                       |                                             |                                      |                       | Session 2: All The Feelings!              | 20 minutes             |                       | Session 2: Playing Online                | 20 minutes     |
|                       |                                             |                                      |                       | Session 3: Let's Get Real!                | 20 minutes             |                       |                                          |                |
|                       |                                             |                                      | EYFS Module 1, Unit 4 | Session 1: Growing Up                     | 20 minutes             | EYFS Module 2, Unit 4 | Session 1: Safe Inside And Out           | 20 minutes     |
|                       |                                             |                                      |                       | Session 2: New People, New Places         | 20 minutes             |                       | Session 2: My Body, My Rules             | 20 minutes     |
|                       |                                             |                                      |                       |                                           |                        |                       | Session 3: Feeling Poorly                | 20 minutes     |
|                       |                                             |                                      |                       |                                           |                        |                       | Session 4: People Who Help Us            | 20 minutes     |
| Autumn II             |                                             |                                      | Spring II             |                                           |                        | Summer II             |                                          |                |
| Module and Unit       | Session Title                               | Session Length                       | Module and Unit       | Session Title                             | Session Length         | Module and Unit       | Session Title                            | Session Length |
| EYFS Module 1, Unit 1 | Story Sessions: Handmade with Love          | 5 x 5-10 minute sessions over 5 days | EYFS Module 2, Unit 1 | Session 1: Role Model                     | 2 x 15-minute sessions | EYFS Module 3, Unit 1 | Session 1: God is Love                   | 20 minutes     |
|                       |                                             |                                      |                       |                                           |                        |                       | Session 2: Loving God, Loving Others     | 20 minutes     |
| EYFS Module 1, Unit 2 | Session 1: I Am Me                          | 20 minutes                           | EYFS Module 2, Unit 2 | Session 1: Who's Who?                     | 20 minutes             | EYFS Module 3, Unit 2 | Session 1: Me, You, Us                   | 20 minutes     |
|                       | Session 2: Heads, Shoulders, Knees and Toes | 20 minutes                           |                       | Session 2: You've Got A Friend in Me      | 20 minutes             |                       | Session 2: When I Grow Up                | 20 minutes     |
|                       | Session 3: Ready Teddy?                     | 20 minutes                           |                       | Session 3: Forever Friends                | 20 minutes             |                       | Session 3: 'Money Doesn't Grow On Trees' | 20 minutes     |



## Class 3: Years 1/2

### Annual R(S)HE curriculum sequence on a page

| Autumn I             |                                                                                        |                                                                     | Spring I             |                                                                                                               |                                        | Summer I             |                                                                                                                                                                                 |                                                                    |
|----------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Module and Unit      | Session Title                                                                          | Session Length                                                      | Module and Unit      | Session Title                                                                                                 | Session Length                         | Module and Unit      | Session Title                                                                                                                                                                   | Session Length                                                     |
|                      |                                                                                        |                                                                     | KS1 Module 1, Unit 3 | Session 1: Feelings, Likes and Dislikes<br>Session 2: Feeling Inside Out<br>Session 3: Super Susie Gets Angry | 40 minutes<br>30 minutes<br>40 minutes | KS1 Module 2, Unit 4 | Session 1: Good and Bad Secrets<br>Session 2: Physical Contact<br>Session 3: Harmful Substances<br>Session 4: Can You Help Me? (Part 1)<br>Session 5: Can You Help Me? (Part 2) | 35 minutes<br>40 minutes<br>30 minutes<br>35 minutes<br>35 minutes |
|                      |                                                                                        |                                                                     | KS1 Module 1, Unit 4 | Session 1: The Cycle of Life<br>Session 2: Beginnings and Endings<br>Session 3: Change Is All Around          | 30 minutes<br>40 minutes<br>40 minutes |                      |                                                                                                                                                                                 |                                                                    |
| Autumn II            |                                                                                        |                                                                     | Spring II            |                                                                                                               |                                        | Summer II            |                                                                                                                                                                                 |                                                                    |
| Module and Unit      | Session Title                                                                          | Session Length                                                      | Module and Unit      | Session Title                                                                                                 | Session Length                         | Module and Unit      | Session Title                                                                                                                                                                   | Session Length                                                     |
| KS1 Module 1, Unit 1 | Story Sessions: Let The Children Come                                                  | 5 x 5-10 minute sessions over 5 days                                | KS1 Module 2, Unit 1 | Session 1: God Loves You                                                                                      | 40 minutes                             | KS1 Module 3, Unit 1 | Session 1: Three In One<br>Session 2: Who is My Neighbour?                                                                                                                      | 25 minutes<br>30 minutes                                           |
| KS1 Module 1, Unit 2 | Session 1: I Am Unique<br>Session 2: Girls and Boys<br>Sessions 3&4: Clean and Healthy | 30 minutes<br>30-40 minutes<br>75 minutes (split over two sessions) | KS1 Module 2, Unit 2 | Session 1: Special People<br>Session 2: Treat Others Well...<br>Session 3: ...and Say Sorry                   | 40 minutes<br>35 minutes<br>30 minutes | KS1 Module 3, Unit 2 | Session 1: The Communities We Live In<br>Session 2: Who Will I Be?<br>Session 3: Needs and Wants                                                                                | 35 minutes<br>30 minutes<br>30 minutes                             |
|                      |                                                                                        |                                                                     | KS1 Module 2, Unit 3 | Session 1: Real Life Online                                                                                   | 40 minutes                             |                      |                                                                                                                                                                                 |                                                                    |



## Class 4: Years 3/4

### Annual R(S)HE curriculum sequence on a page

| Autumn I              |                                         |                                    | Spring I              |                                                                  |                                    | Summer I              |                                        |                |
|-----------------------|-----------------------------------------|------------------------------------|-----------------------|------------------------------------------------------------------|------------------------------------|-----------------------|----------------------------------------|----------------|
| Module and Unit       | Session Title                           | Session Length                     | Module and Unit       | Session Title                                                    | Session Length                     | Module and Unit       | Session Title                          | Session Length |
|                       |                                         |                                    | LKS2 Module 1, Unit 3 | Session 1: What Am I Feeling? (omit teaching on hormones for Y3) | 40 minutes                         | LKS2 Module 2, Unit 4 | Session 1: Safe In My Body             | 45 minutes     |
|                       |                                         |                                    |                       | Session 2: What Am I Looking At?                                 | 35 minutes                         |                       | Session 2: Drugs, Alcohol and Tobacco  | 45 minutes     |
|                       |                                         |                                    |                       | Session 3: I Am Thankful                                         | 40 minutes                         |                       | Session 3: First Aid Heroes            | 45 minutes     |
|                       |                                         |                                    |                       |                                                                  |                                    |                       | Session 4: Rights and Responsibilities | 40 minutes     |
|                       |                                         |                                    | LKS2 Module 1, Unit 4 | Session 1: Life Cycles (Y4 only)                                 | 40 minutes                         |                       |                                        |                |
|                       |                                         |                                    |                       | Session 2: A Time For Everything                                 | 45 minutes                         |                       |                                        |                |
|                       |                                         |                                    |                       | Session 3: Big Changes, Little Changes                           | 40 minutes                         |                       |                                        |                |
| Autumn II             |                                         |                                    | Spring II             |                                                                  |                                    | Summer II             |                                        |                |
| Module and Unit       | Session Title                           | Session Length                     | Module and Unit       | Session Title                                                    | Session Length                     | Module and Unit       | Session Title                          | Session Length |
| LKS2 Module 1, Unit 1 | Story Sessions: Get Up!                 | 5 x 15-minute sessions over 5 days | LKS2 Module 2, Unit 1 | Story Sessions: Jesus, My Friend                                 | 4 x 15-minute sessions over 4 days | LKS2 Module 3, Unit 1 | Session 1: A Community of Love         | 40 minutes     |
|                       |                                         |                                    |                       |                                                                  |                                    |                       | Session 2: What Is the Church?         | 35 minutes     |
| LKS2 Module 1, Unit 2 | Session 1: We Don't Have to be the Same | 40 minutes                         | LKS2 Module 2, Unit 2 | Session 1: Family, Friends and Others...                         | 45 minutes                         | LKS2 Module 3, Unit 2 | Session 1: How Do I Love Others?       | 45 minutes     |
|                       | Session 2: Respecting our Bodies        | 40 minutes                         |                       | Session 2: When Things Feel Bad                                  | 45 minutes                         |                       | Session 2: Working Together            | 40 minutes     |
|                       | Session 3: What is Puberty? (Y4 only)   | 40 minutes                         |                       |                                                                  |                                    |                       | Session 3: Money Matters               | 40 minutes     |
|                       | Session 4: Changing Bodies (Y4 only)    | 40 minutes                         |                       |                                                                  |                                    |                       |                                        |                |
|                       |                                         |                                    | LKS2 Module 2, Unit 3 | Session 1: Sharing Online                                        | 35 minutes                         |                       |                                        |                |
|                       |                                         |                                    |                       | Session 2: Chatting Online                                       | 35 minutes                         |                       |                                        |                |



## Class 5: Years 5/6

### Annual R(S)HE curriculum sequence on a page

| Autumn I              |                                                                                                                                                                                                  |                                                          | Spring I              |                                                                                                                                                                        |                                                      | Summer I              |                                                                                                                               |                                                      |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| Module and Unit       | Session Title                                                                                                                                                                                    | Session Length                                           | Module and Unit       | Session Title                                                                                                                                                          | Session Length                                       | Module and Unit       | Session Title                                                                                                                 | Session Length                                       |
|                       |                                                                                                                                                                                                  |                                                          | UKS2 Module 1, Unit 3 | Session 1: Body Image<br>Session 2: Peculiar Feelings<br>Session 3: Emotional Changes<br>Session 4: Seeing Stuff Online                                                | 60 minutes<br>60 minutes<br>60 minutes<br>60 minutes | UKS2 Module 2, Unit 3 | Session 1: Sharing Isn't Always Caring<br>Session 2: Cyberbullying                                                            | 60 minutes<br>60 minutes                             |
|                       |                                                                                                                                                                                                  |                                                          | UKS2 Module 1, Unit 4 | Identical content taught in separate boy/girl groups:<br>Session 1: Making Babies (Part 1)<br>Session 2: Making Babies (Part 2) – (Y6 only)<br>Session 3: Menstruation | <br>60 minutes<br>60 minutes<br>60 minutes           | UKS2 Module 2, Unit 4 | Session 1: Types of Abuse<br>Session 2: Impacted Lifestyles<br>Session 3: Making Good Choices<br>Session 4: Giving Assistance | 60 minutes<br>60 minutes<br>60 minutes<br>60 minutes |
| Autumn II             |                                                                                                                                                                                                  |                                                          | Spring II             |                                                                                                                                                                        |                                                      | Summer II             |                                                                                                                               |                                                      |
| Module and Unit       | Session Title                                                                                                                                                                                    | Session Length                                           | Module and Unit       | Session Title                                                                                                                                                          | Session Length                                       | Module and Unit       | Session Title                                                                                                                 | Session Length                                       |
| UKS2 Module 1, Unit 1 | Story Sessions: Calming the Storm                                                                                                                                                                | 5 x 15-minute sessions over 5 days                       | UKS2 Module 1, Unit 4 | Session 4: Hope Beyond Death<br>Session 5: Coping with Change                                                                                                          | 60 minutes<br>60 minutes                             | UKS2 Module 3, Unit 1 | Session 1: The Holy Trinity<br>Session 2: Catholic Social Teaching                                                            | 60 minutes<br>60 minutes                             |
| UKS2 Module 1, Unit 2 | Session 1: Gifts and Talents<br><br>Identical content taught in separate boy/girl groups:<br>Session 2: Girls' Bodies<br>Session 3: Boys' Bodies<br>Class regroup:<br>Session 4: Spots and Sleep | 60 minutes<br><br>60 minutes<br>60 minutes<br>60 minutes | UKS2 Module 2, Unit 1 | Session 1: God Is Calling You                                                                                                                                          | 60 minutes                                           | UKS2 Module 3, Unit 2 | Session 1: Reaching Out<br>Session 2: The World of Work<br>Session 3: Money and Me                                            | 60 minutes<br>60 minutes<br>60 minutes               |
|                       |                                                                                                                                                                                                  |                                                          | UKS2 Module 2, Unit 2 | Session 1: Under Pressure<br>Session 2: Do You Want A Piece of Cake?<br>Session 3: Self-Talk<br>Session 4: Build Others Up                                             | 60 minutes<br>60 minutes<br>60 minutes<br>60 minutes |                       |                                                                                                                               |                                                      |