St Mary's Horsforth Catholic Voluntary Academy Long term plan for RSE 2026-2027

	Spring term 1	Spring term 2
Reception	**Module 1: Unit 1: Religious Understanding** ***Story Sessions: Handmade With Love*** Children will know that: • We are created individually by God as part of His creation plan • We are all God's children and are special • Our bodies were created by God and are good • We can give thanks to God! **Module 1: Unit 2: Me, My Body, My Health** ***Session 1: I Am Me*** ***Session 2: Heads, Shoulders, Knees and Toes*** ***Session 3: Ready Teddy?*** Children will learn that: • We are each unique, with individual gifts, talents and skills. • Whilst we all have similarities because we are made in God's image, difference is part of God's plan! • That their bodies are good and made by God • The names of the parts of the body (not genitalia) • That our bodies are good and we need to look after them • What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene **Module 1: Unit 3: Emotional Well-Being** ***Session 1: I like, you like, we all like!*** ***Session 2: All the feelings!*** ***Session 3: Let's get real*** Children will learn that: • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • That it is natural for us to relate to and trust one another	**Module 1: Unit 4: Life Cycles** ***Session 1: Growing up*** Children will learn that: • That there are natural life stages from birth to death, and what these are **Module 3: Unit 1: Religious Understanding** ***Session 1: God is love*** ***Session 2: Loving God, loving others*** Children will learn: • That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others • What a community is, and that God calls us to live in community with one another • Some Scripture illustrating the importance of living in a community • No matter how small our offerings, they are valuable to God and He can use them for His glory. **Module 3: Unit 2: Living in the Wider World** ***Session 1: Me, You, Us*** Children will learn: • That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. • That we have a duty of care for others and for the world we live in (charity work, recycling, etc.) • About what harms and what improves the world in which they live

	• Simple strategies for managing emotions and behaviour • That we have choices and these choices can impact how we feel and respond. • We can say sorry and forgive like Jesus Children will develop: • A language to describe their feelings • An understanding that everyone experiences feelings, both good and bad • Simple strategies for managing feelings	
Year 1	**Module 1: Unit 1: Religious Understanding** ***Story Sessions: Let the children come*** Children will learn that: • We are created individually by God • God wants us to talk to Him often through the day and treat Him as our best friend • God has created us, His children, to know, love and serve Him • We are created as a unity of body, mind and spirit: who we are matters and what we do matters • We can give thanks to God in different ways **Module 2: Unit 1: Religious Understanding** ***Session 1: God loves you*** Children will learn that: • We are part of God's family • Saying sorry is important and can mend friendships • Jesus cared for others and had expectations of them and how they should act • We should love other people in the same way God loves us	**Module 2: Unit 4: Keeping Safe (sessions 3-6)** ***Session 3: Harmful substances*** ***Session 4: Can you help me? (Part 1)*** ***Session 5: Can you help me? (Part 2)*** Children will learn: • To know that they are entitled to bodily privacy. • That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest. • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume. • About what is and isn't an emergency • That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade • To call 999 in an emergency and ask for ambulance, police and/or fire brigade • That if they require medical help but it is not an emergency, basic First Aid should be used instead of calling 999 • Some basic principles of First Aid

	Module 2: Unit 2: Personal Relationships ***Session 1: Special people*** ***Session 2: Treat others well*** ***Session 3: …and say sorry*** Children will learn: • To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special • The importance of nuclear and wider family • The importance of being close to and trusting special people and telling them if something is troubling them • How their behaviour affects other people, and that there is appropriate and inappropriate behaviour • The characteristics of positive and negative relationships • About different types of teasing, and that all bullying is wrong and unacceptable • To recognise when they have been unkind and say sorry • To recognise when people are being unkind to them and others and how to respond • That when we are unkind to others, we hurt God also and should say sorry to Him as well • That we should forgive like Jesus forgives **Module 2: Unit 4: Keeping Safe (sessions 1&2)** ***Session 1: Good and bad secrets*** ***Session 2: Physical Contact*** In this session, children will learn the difference between good secrets that are safe to keep, and bad secrets that are unsafe to keep Children will learn: • The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them	**Module 3: Unit 1: Religious Understanding** ***Session 1: Three in one*** ***Session 2: Who is my neighbour?*** Children will learn that: • God is love: Father, Son and Holy Spirit • Being made in His image means being called to be loved and to love others • To know what a community is, and that God calls us to live in community with one another • A scripture illustrating the importance of living in community as a consequence of this • Jesus' teaching on neighbours **Module 3: Unit 2: Living in the Wider World** ***Session 1: The communities we live in*** Children will learn: • That they belong to various communities such as home, school, parish, the wider local community, nation and global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc. • That we have a duty of care for others and for the world we live in (charity work, recycling etc.) • About what harms and what improves the world in which we live

	• How to resist pressure when feeling unsafe	
Year 2	**Module 1: Unit 1: Religious Understanding** **Story sessions: Let the children come** Children will learn that: • We are created individually by God • God wants us to talk to Him often through the day and treat Him as our best friend • God has created us, His children, to know, love and serve Him • We are created as a unity of body, mind and spirit: who we are matters and what we do matters • We can give thanks to God in different ways **Module 1: Unit 2: Me, My Body, My Health** ***Session 1: I am unique*** ***Session 2: Girls and boys*** ***Sessions 3&4: Clean and healthy (my body)*** Children will learn that we are unique, with individual gifts, talents and skills. Children will learn: • That our bodies are good • The names of our body parts (please refer to the Module Overview for important guidance on discussing genitalia) • That girls and boys have been created by God to be both similar and different, together making up the richness of the human family • That our bodies are good and we need to look after them	**Module 1: Unit 3: Emotional Well-Being (session 3)** ***Session 3: Super Susie gets angry*** Children will learn: • Simple strategies for managing feelings and maintaining good behaviour • That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they make mistakes • That Jesus died on the cross so that we would be forgiven **Module 1: Unit 4: Life Cycles** ***Session 1: The cycle of life*** ***Session 2: Beginnings and endings*** Children will: • Learn and appreciate that there are natural life stages from birth to death, and what these are **Module 2: Unit 3: Life Online** ***Session 1: Real life online*** ***Session 2: Rules to help us*** Children will learn: • That the internet connects us to others and helps us in lots of ways. • Our feelings matter – both online and offline.

	• 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 **Module 1: Unit 3: Emotional Well-Being (sessions 1 & 2)** ***Session 1: Feelings, likes and dislikes*** ***Session 2: Feeling inside out*** Children will learn: • 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 • Gain a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character	• That Jesus cares about our feelings and gives us peace. **Module 3: Unit 1: Religious Understanding** ***Session 1: Three in one*** ***Session 2: Who is my neighbour?*** Children will learn that: • God is love: Father, Son and Holy Spirit • Being made in His image means being called to be loved and to love others • To know what a community is, and that God calls us to live in community with one another • A scripture illustrating the importance of living in community as a consequence of this • Jesus' teaching on neighbours **Module 3: Unit 2: Living in the Wider World** ***Session 1: The communities we live in*** Children will learn: • That they belong to various communities such as home, school, parish, the wider local community, nation and global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc. • That we have a duty of care for others and for the world we live in (charity work, recycling etc.) • About what harms and what improves the world in which we live
Year 3	**Module 1: Unit 1: Religious Understanding** ***Story sessions: Get Up!*** ***Session 2: The sacraments***	**Module 2: Unit 3: Life Online** ***Session 1: Sharing online*** ***Session 2: Chatting online***

	Children will know that: • 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) • 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 Children will learn that: • In Baptism God makes us His adopted children and 'receivers' of His love • By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). • It is important to make a nightly examination of conscience. • Receiving the Sacraments helps them to develop healthy relationships with others **Module 2: Unit 1: Religious Understanding** ***Story sessions: Jesus, My friend*** Children will learn: • That God loves, embraces, guides and forgives us; He reconciles us with Him and one another. • The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. • That relationships take time and effort to sustain. • We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness. **Module 2: Unit 2: Personal Relationships**	Children will learn: • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. • How to use technology safely. • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. • How to report and get help if they encounter inappropriate materials or messages. **Module 2: Unit 4: Keeping Safe** ***Session 1: Safe in my body*** ***Session 2: Recognising Risk*** ***Session 3: Drugs, alcohol and tobacco*** ***Session 4: First Aid Heroes*** Pupils will: • Understand the effect that a range of substances including drugs, alcohol and tobacco can have on the body. • Know that our bodies are created by God, so we should take care of them and be careful about what we consume. • Know what risk means and how to recognise risks and hazards that may cause harm or injury. • Know how to reduce and manage risk responsibly and use rules and boundaries to keep safe around fire, roads, railways, including level crossings, and water, including the water safety code. • Know how to get help or advice if they feel unsafe. Pupils will know that: • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life.

	Session 1: Family, friends and others… ***Session 2: When things feed bad*** Children will learn: • Ways to maintain and develop good, positive, trusting relationships and strategies to use when relationships go wrong • That there are different types of relationships including those between acquaintances, friends, family and relatives • That good friendship is when both persons enjoy each other's company and also want what is truly best for the other • The difference between a group of friends and a 'clique'	• Children can help in an emergency using their First Aid knowledge. **Module 3: Unit 1: Religious Understanding** ***Session 1: A community of love*** ***Session 2: What is the Church?*** Children will learn that: • God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship. • The human family reflects the Holy Trinity in mutual charity and generosity. • We are made in the image of God, which means we are made to love God and others, and be loved by God and others. • The human family reflects the Holy Trinity in charity and generosity • The Church family comprises of home, school and parish (which is part of the diocese) **Module 3: Unit 2: Living in the Wider World** ***Session 1: How do I love others?*** Children will learn: • That God wants His Church to love and care for others. • To devise practical ways of loving and caring for others.
Year 4	**Module 1: Unit 1: Religious Understanding** ***Story sessions: Get up!*** Children will know that: • We are created individually by God who is Love, designed in His own image and likeness	**Module 1: Unit 3: Emotional Well-Being (session 2 & 3)** ***Session 1: What am I feeling?*** ***Session 2: What am I looking at?*** ***Session 3: I am thankful*** Children will learn:

	• 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) • 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 **Module 1: Unit 2: Me, My Body, My Health** ***Session 1: We don't have to be the same*** ***Session 2: Respecting our bodies*** ***Session 3: What is puberty?*** ***Session 4: Changing bodies*** ***Session 5: Male/female discussion groups (optional)*** Children will learn that: • 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. • Learn correct naming of genitalia • Learn what changes will happen to boys during puberty • Learn what changes will happen to girls during puberty **Module 1: Unit 3: Emotional Well-Being (session 1)** ***Session 1: What am I feeling?*** Children will learn:	• To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. • That God made us and loves us as we are. • Some behaviour is wrong, unacceptable, unhealthy and/or risky. • Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media **Module 1: Unit 4: Life Cycles** ***Session 1: Life Cycles*** ***Session 2: A time for everything*** Children will learn: • 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. **Module 3: Unit 1: Religious Understanding** ***Session 1: A community of love*** ***Session 2: What is the Church?*** Children will learn that: • God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship. • The human family reflects the Holy Trinity in mutual charity and generosity. • We are made in the image of God, which means we are made to love God and others, and be loved by God and others.

	• That emotions change as they grow up (including hormonal effects – Version 2 only) • About the range and intensity of their feelings and that 'feelings' are not good guides for action • That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act • What 'emotional well-being' means and that positive actions and talking to trusted people enhance emotional well-being	• The human family reflects the Holy Trinity in charity and generosity • The Church family comprises of home, school and parish (which is part of the diocese) **Module 3: Unit 2: Living in the Wider World** ***Session 1: How do I love others?*** Children will learn: • That God wants His Church to love and care for others. • To devise practical ways of loving and caring for others.
Year 5	**Module 1: Unit 1: Religious Understanding** ***Story sessions: Calming the storm*** Children will learn that: • We were created individually by God who cares for us and wants us to put our faith in Him. • Physically becoming an adult is a natural phase of life. • 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! **Module 2: Unit 1: Religious Understanding** ***Session 1: God is calling you*** Pupils will learn: • That God calls us to love others • About ways in which we can participate in God's call for us to love others **Module 2: Unit 2: Personal Relationships** ***Session 1: Under pressure***	**Module 2: Unit 4: Keeping Safe** ***Session 1: Types of abuse*** ***Session 2: Impacted lifestyles*** ***Session 3: Making good choices*** ***Session 4: Giving assistance*** Children will learn: • To judge well what kind of physical contact is acceptable or unacceptable and how to respond • That abuse violates the rights of children • That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests • About the effect that a range of substances including drugs, tobacco and alcohol can have on the body. • How to make good choices about substances that would have an impact on their health. • That our bodies are created by God, so we should take care of them and be careful about what we consume. • Consider how, as they get older, they may come under pressure when it comes to drugs, alcohol and tobacco

	Session 2: Do you want a piece of cake? ***Session 3: Self-talk*** Pupils will learn that: • Pressure comes in different forms, and what some of those different forms are • There are strategies that they can adopt to resist pressure • Understand what consent and bodily autonomy means • Discuss and reflect on different scenarios where it is right to say 'no' • Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions • Apply this approach to personal friendships and relationships **Module 2: Unit 3: Life Online** ***Session 1: Sharing isn't always caring*** ***Session 2: Cyberbullying*** Children will learn: • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe • How to use technology safely • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others • How to report and get help if they encounter inappropriate materials or messages • What the term cyberbullying means and examples of it • What cyberbullying feels like for the victim • How to get help if they experience cyberbullying	• Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies • The recovery position can be used when a person is unconscious but breathing • DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance **Module 3: Unit 1: Religious Understanding** ***Session 1: The Holy Trinity*** ***Session 2: Catholic Social Teaching*** Children will learn that: • God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity. • The Holy Spirit works through us to share God's love and goodness with others. Children will learn: • The principles of Catholic Social Teaching • That God formed them out of love, to know and share His love with others **Module 3: Unit 2: Living in the Wider World** ***Session 1: Reaching out*** Pupils will: • Apply the principles of Catholic Social Teaching to current issues. • Find ways in which they can spread God's love in their community.

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Year 6	**Module 1: Unit 1: Religious Understanding** ***Story sessions: Calming the storm*** Children will learn that: • We were created individually by God who cares for us and wants us to put our faith in Him. • Physically becoming an adult is a natural phase of life. • 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! **Module 1: Unit 2: Me, My Body, My Health** ***Session 1: Gifts and talents*** ***Session 2: Girls' bodies*** ***Session 3: Boys' bodies*** ***Session 4: Spots and sleep*** Children will learn that: • Similarities and differences between people arise as they grow and mature • By living and working together ('teamwork') we create community. • There are many different types of family set up • Self-confidence arises from being loved by God (not status, etc.) • That human beings are different to other animals • About the unique growth and development of humans, and the changes that girls and boys will experience during puberty • About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately • The need for modesty and appropriate boundaries • That human beings are different to other animals • 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.	**Module 1: Unit 3: Emotional Well-Being (session 3 & 4)** ***Session 3: Emotional changes*** ***Session 4: Seeing stuff online*** Pupils will learn: • 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 • That openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being. • That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being. • The difference between harmful and harmless videos and images • The impact that harmful videos and images can have on young minds • Ways to combat and deal with viewing harmful videos and images **Module 1: Unit 4: Life Cycles** ***Session 1: Making babies (Part 1)*** ***Session 2: Making babies (Part 2- can be omitted or given as homework)*** ***Session 3: Menstruation*** ***Session 4: Hope beyond death*** Pupils will learn: • How a baby grows and develops in its mother's womb • Pregnancy and childbirth are God's way of giving the gift of life: He creates new life, but entrusts parents with the job of making us • Basic scientific facts about sexual intercourse between a man and woman • The physical, emotional, moral and spiritual implications of sexual intercourse

	Module 1: Unit 3: Emotional Well-Being (session 1 & 2) ***Session 1: Body Image*** ***Session 2: Peculiar feelings*** Children will learn: • 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 the media Pupils will: • Deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action • Learn that some behaviour is wrong, unacceptable, unhealthy or risky	• The Christian viewpoint that sexual intercourse should be saved for marriage • About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life • Some practical ways to manage the onset of menstruation **Module 2: Unit 2: Personal Relationships** ***Session 4: Confidence vs Control*** ***Session 5: Build others up*** Pupils will learn that: • Pressure comes in different forms, and what some of those different forms are • There are strategies that they can adopt to resist pressure **Module 3: Unit 1: Religious Understanding** ***Session 1: The Holy Trinity*** ***Session 2: Catholic Social Teaching*** Children will learn that: • God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity. • The Holy Spirit works through us to share God's love and goodness with others. • The principles of Catholic Social Teaching • That God formed them out of love, to know and share His love with others **Module 3: Unit 2: Living in the Wider World** ***Session 1: Reaching out***

		Pupils will: • Apply the principles of Catholic Social Teaching to current issues. • Find ways in which they can spread God's love in their community.