



# **ST. HELEN'S CATHOLIC INFANT SCHOOL**

Primary Curriculum Framework for  
Relationships Education, Sex  
and Health Education

## Primary Curriculum Framework for Relationships Education, Sex and Health Education

In March 2017 the Catholic Bishops' Conference of England and Wales published *Learning to Love: An Introduction to Catholic Relationship and Sex Education (RSE) for Catholic Educators*. This framework has been informed by *Learning to Love*. In a Catholic school all teaching about love and sexual relationships and the Catholic Church's teaching about what it is to be truly human in Christ and what it means to live well in relationship with others must be rooted in Gospel values (from which British values are derived). This curriculum framework is being offered to help schools deliver quality Relationships Education, Relationships and Sex Education and Health Education adhering to guidance from the Department for Education which states:

*'To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships... High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society'.*

*(Relationships Education, Relationships and Sex Education and Health Education DfE February 2019)*

### Structure

This Relationships Education, Relationships Sex and Health Education curriculum framework, is offered as guidance, to be adapted by schools as required. It covers EYFS and KS1 and it is based on five core themes within which there will be some overlap. It is adaptable to the age and ability of the pupils. The five themes are:

#### **Moral** (this explores the individual)

Children will learn: about the Christian belief to love self, made in the image and likeness of God, and an understanding of the importance of respecting, valuing and understanding themselves as the basis for personal relationships.

#### **Spiritual** (this explore the individual's approach to the world and relationships through their relationship with God)

Children will learn: about the Christian belief in a personal relationship with God which will guide their relationships with others.

#### **Physical** (this explores the individual's response to the world as they change and develop physically)

Children will learn: about how they change and grow, the changes that will take place in their body and rooted in the command to love, the basis of all Christian life.

#### **Emotional** (this explores the individual's relationships through their emotional responses and how to deal with them)

Children will learn: about the changes which happen in life, how to manage their feelings and behaviour rooted in Gospel values.

#### **Social** (this explores the individual's relationships with others in the local community and the wider world)

Children will learn: how human beings live in the wider community, including how to keep safe in situations with others and how to spread the Gospel for the good of individuals and the wider world.

This curriculum framework refers to resources being used across our Diocesan schools including *Come and See* and *Journey in Love*. It shows how and where the learning takes place using these resources. In addition, it shows where issues concerning safety and behaviour for example cyber bullying are covered in the curriculum. There are some other suggested resources on the back page of this document.

# Progress in Relationships Education and Health Education Early Years to Key Stage One

	EYFS	KS1
Moral	I can: Say 'please' and 'thankyou'	I can: Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting
	Say 'sorry'	Be forgiving, able to say sorry to mend relationships
	Talk about the good things in my life	Give thanks for the good things in my life
		Look after myself and show respect to others
		Be honest, able to tell the truth about my actions
	Be patient when I do not always get what I want straight away	Accept that I do not always get what I want
	Show care for others	Be caring, aware of the needs of others

	EYFS	KS1
Spiritual	I know: That I am made by God	I know: That I am special because I am made and loved by God
	That God loves me and I can talk to God through prayer	That prayer is listening to God as well as talking to Him
	That Jesus cares for me and I am part of God's family	That Catholics belong to the Church family and that Jesus cares for all
	That Jesus tells us to love one another	That Jesus tells us to forgive one another
	What I am good at	That I have individual gifts, talents and abilities, given by God

	EYFS	KS1
Physical	I know: That I am living and growing	I know: That babies change and grow and that there are life stages from conception to death
	That a baby grows inside its mother's womb before birth	That a baby moves as it grows in its mother's womb
	I can: Identify living things	I can: Identify the needs of people and other living things
	Name similarities and differences between myself and others	Describe the similarities and differences between different people (general)
	Keep clean by washing and drying my hands	Say what I should do to keep my body healthy, (exercise, food, teeth, sleep, keeping clean)
		Describe how to keep safe in the sun

	EYFS	KS1
Emotional	I know: What I like and dislike	I know: That we all have different likes and dislikes
		That how I act can have consequences
	I can: Say how I feel at different times	I can: Name happy and sad times in my life
		Manage my feelings and behaviour
		Talk about my mood and know that how I am feeling is a normal part of daily life

	EYFS	KS1
Social	I know: Who can help me in school	I know: Who to go to if I am worried or need help
	That I belong to a family and can name my family members	That healthy families love, care and protect one another and that there are different family structures and these should be respected.
	When people are being unkind to me and others and how to respond	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond
		How my behaviour affects other people and that there are appropriate and inappropriate behaviours
		Recognise the characteristics of positive and negative relationships
		How to use simple rules for resisting pressure when I feel unsafe or uncomfortable

	EYFS	KS1
	I can: Identify special people (family, carers, friends) in my life	I can: Recognise what makes people special
	Show friendly behaviour towards others	Be friendly and can make friends
		Recognise that I belong to a variety of communities locally, nationally and globally
	Ask questions about the wider world	Show awareness of differences between my life and others in the wider world
		Get adult help if someone is hurt

# Curriculum Overview

		Come and See	Journey in Love	Links to CAFOD Resources	Links to Global Calendar	Personal, Social, Emotional Development	Understanding The World	Physical Development	Communication & Language
Moral	I can: Say 'please' and 'thankyou'			Picture my World resource		Managing feelings and behaviour (40-60+mths)			
	Say 'sorry'	Friends (Reconciliation-Summer term)			International Day of Peace 21 September	Managing feelings and behaviour (40-60+mths)			
	Talk about the good things in my life	Myself (Domestic Church Autumn term) Celebrating (Local Church-Spring term)	God loves each of us in our uniqueness Early Years p.8-9	Picture My World resource	World Environment Day 5 June	Self-confidence and Awareness (40-60+mths)			
	Be patient when I do not get what I want straight away					Managing feelings and behaviour (30-50mths)			
	Show care for others	Family (Domestic Church Autumn term) Friends (Reconciliation- Summer term)	God loves each of us in our uniqueness Early Years p.12-14		Fair Trade Fortnight February  Refugee Week June	Making relationships (22–36mths)			

		Come and See	Journey in Love	Links to CAFOD Resources	Links to Global Calendar	Personal, Social, Emotional Development	Understanding The World	Physical Development	Communication & Language
Spiritual	<b>I know: That I am made by God</b>	Myself (Domestic Church- Autumn term)	God loves each of us in our uniqueness Early Years p.12-14	Picture my World resource			People and Communities (40-60+mths)		
	<b>That God loves me and I can talk to God through prayer</b>	All Topics	God loves each of us in our uniqueness Early Years p.12-14				People and Communities (40-60+mths)		
	<b>That Jesus cares for me and I am part of God's family</b>	Myself (Domestic Church- Autumn term)	God loves each of us in our uniqueness Early Years p.12-14		International Day for Children 13 <sup>th</sup> April		People and Communities (40-60+mths)		
	<b>That Jesus tells us to love one another</b>	Friends (Reconciliation- Summer term)					People and Communities (40-60+mths)		

EYFS

	What I am good at		God loves each of us in our uniqueness Early Years p.12-14	Picture My World		Self-confidence and self-awareness (40-60+mths)			
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		Come and See	Journey in Love	Links to CAFOD Resources	Links to Global Calendar	Personal, Social, Emotional Development	Understanding The World	Physical Development	Communication & Language
Physical	I know: That I am living and growing	Growing (Lent/Easter Spring term)		Harvest Resources			The world (30 – 50mths)		
	That a baby grows inside its mother's womb before birth		God loves each of us in our uniqueness Early Years p.10-11		International Women's Day 8 <sup>th</sup> March				
	I can: Identify living things						The World (30 – 50mths)		
	Name similarities and differences between myself and others		God loves each of us in our uniqueness Early Years p.10-11		World Day for Cultural Diversity 21 June		The world (40-60+mths)  People and Communities (30-50mths)		

## EYFS

	Keep clean by washing and drying my hands				World Health Day 7 April			Health and self – care (30-50mths)	
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## EYFS

		Come and See	Journey in Love	Links to CAFOD Resources	Links to Global Calendar	Personal, Social, Emotional Development	Understanding The World	Physical Development	Communication & Language
					World Water Day 22 March				
Emotional	I know : What I like and dislike		God loves each of us in our uniqueness Early Years p.8-9	Picture my world		Self-confidence and self-awareness (40-60+mths)			
	Say how I feel at different times		God loves each of us in our uniqueness Early Years p.8-9			Self-confidence and self-awareness (40-60+mths)			Speaking (30-50mths)

		Come and See	Journey in Love	Links to CAFOD Resources	Links to Global Calendar	Personal, Social, Emotional Development	Understanding The World	Physical Development	Communication & Language
Social	I know: Who can help me in school					Self-confidence and self-awareness (30-50mths)			
	That I belong to a family and can name my family members	Myself (Domestic Church Autumn term	God loves each of us in our uniqueness Early Years p.8-9		International Day of Families 15th May		People and Communities(22-36mths)		
	When people are being unkind to me or others and how to respond					Making relationships (30-50mths)  Managing Feelings and Behaviour (40-60+mths)			
	I can: Identify special people (family, carers, friends) in my life		God loves each of us in our uniqueness Early Years p.8-9, 12-13			Making relationships (30-50mths)	People and Communities (30-50mths)		
	Show friendly behaviour towards others		God loves each of us in our uniqueness Early Years p.8-9		Fair Trade Fortnight February	Making relationships (30-50mths)			

## EYFS

	Ask questions about the wider world	Our World (Universal Church Summer term)		God's Wonderful World linked to (Come and See Universal Church)	World Environment Day 5th June		Understanding the world –the world (40-60+mths)		Understanding (30-50mths)  Speaking (30-50mths)
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## Key Stage One

		Come and See	Journey in Love	Links to CAFOD	Links to Global Calendar	PSHE	P.E.	Science	D.T.	Computing
Moral	I can: Be courteous, for example, remembering to say, 'please' and 'thank you' without prompting					Relationships and Feelings Spring 2				
	Be forgiving, able to say sorry to mend relationships	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)			International day of Peace 21 <sup>st</sup> September	Relationships and Feelings Spring 2				
	Give thanks for the good things in my life	Families Y1 Beginnings Y2 (Domestic Church Summer term)	We meet God's love in our family Y1 p.15-16	Picture My World resource  A Day with Musa resource	World Environment Day 5 June	Relationships and Feelings Spring 2				
	Look after myself and show respect to others		We meet God's love in our family Y1 p.15-21  We meet God's love in the community Y2 p.22-23	Picture My World resource  A Day with Musa resource	Inter Faith Week 9 <sup>th</sup> – 13 <sup>th</sup> November	Be Safe E- Safety Autumn 1  Relationships and Feelings Spring 2	Opportunities to competitive and cooperative in small sided games and other activities which help to embed values	Animals including humans year Y1 Aut 1  Healthy living Y12 spring 1	Making a healthy snack Summer 1 Y1  Making a winter soup Spring 1 Y2	

Key Stage One

							such as fairness and respect.			
Be honest, able to tell the truth about my actions	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	We meet God's love in our family Y1 p.15-16				Relationships and Feelings Spring 2				

## Key Stage One

		Come and See	Journey in Love	Links to CAFOD	Links to Global Calendar	PSHE	P.E.	Science	D.T.	Computing
Moral	Accept that I do not always get what I want	Change Y1 Opportunities Y2 (Lent/ Easter Spring term)				Relationships and Feelings Spring 2				
	Be caring, aware of the needs of others	Holidays and Holydays Y1 Spread the Word Y2 (Pentecost Summer term)	We meet God's love in our family Y1 p.15-16  We meet God's love in the community Y2 p.22-23	Picture My World resource  A Day with Musa resource	Refugee Day 18 <sup>th</sup> June  International Day of Families 15 May	Relationships and Feelings Spring 2				

## Key Stage One

		Come and See	Journey in Love	Links to CAFOD	Links to Global Calendar	PSHE	P.E.	Science	D.T.	Computing
Spiritual	I know: That I am special because I am made and loved by God	Belonging Y1 Signs and Symbols Y2 (Baptism-Autumn term)	We meet God's love in our family Y1 p.15-16  We meet God's love in the community Y2 p.27-28	Universal Children's Day 20 November		Enjoy and Achieve Spring 1				
	That prayer is listening to God as well as talking to Him	All Topics	We meet God's love in our family Y1 p.20-21  We meet God's love in the community Y2 p.27-28							
	That Catholics belong to the Church family and that Jesus cares for all	Special People Y1 (Local church-Spring term) Neighbours Y1 (Universal Church-Summer term)	We meet God's love in the community Y2 p.27-28	Refugees resource  Universal Church topics	World Refugee Day 18th June	Positive Contribution Summer 1			Creating a Nativity shoebox Autumn 2 term Y1	
	That Jesus tells us to forgive one another	Being Sorry Y1 Rules Y2 (Reconciliation- Summer term)			International Day of Peace 21 <sup>st</sup> September	Relationships and Feelings Spring 2				

## Key Stage One

	That I have individual gifts, talents and abilities, given by God	Beginnings Y2 (Domestic Church- Autumn term)				Enjoy and Achieve Spring 1	Strengths and skills in P.E. celebrate but support others.		Design purposeful, functional, appealing products for themselves and other users based on design criteria.	
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		Come and See	Journey in Love	Links to CAFOD	Links to Global Calendar	PSHE	P.E.	Science	D.T.	Computing
Physical	I know: That babies change and grow and that there are life stages from conception to death	Change Y1 (Lent/Easter Spring term)				Be Healthy Autumn 2		Animals inc humans year 1 Aut 1  Living things and their habitats Y2 Summer 1  Animals including humans Y2 Spring 1		
	That a baby moves as it grows in its mother's womb	Waiting Y1 (Advent Autumn term)			International Women's Day 8 <sup>th</sup> March			Animals including humans Y2 Spring		
	I can: Identify the needs of people and other living things.		We meet God's love in our family Y1 p.15-16		Human Rights Day 10 December	Relationships and Feelings Spring 2		Animals including humans Y1 Aut 1 Types of		

## Key Stage One

			We meet God's love in the community Y2 p.27-28					animals Y1 summer 2 Animals including humans Y2 Spring 1 Living things Y2 Spring 2		
	Describe the similarities and differences between people (general)			A Day with Musa resource	World Day for Cultural Diversity 21 <sup>st</sup> June	Enjoy and Achieve Spring 1		Animals including humans year 1 Aut 1 Types of animals year 1 summer 2 Animals including humans Y2 Spring 1		
	Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean)		We meet God's love in our family Y1 p.18-19  We meet God's love in the community Y2 p.22-28	Health resource  Water resource	World Health Day 7th April  World Water Day 22nd March	Be Healthy Autumn 2	Chn are reminded of the importance of exercise at the start of each topic and during some lessons.	Animals inc humans year 1 Aut 1 Healthy living – Y2 Spring 1	Making a healthy snack Summer 1 YR1  Making a winter soup Spring 1 Y2	
	Describe how to keep safe in the sun			Health resource	World Health Day 7 <sup>th</sup> April	Summer 2		Animals including humans Y2 Y2 Spring 1		

## Key Stage One

		Come and See	Journey in Love	Links to CAFOD	Links to Global Calendar	PSHE	P.E.	Science	D.T.	Computing
Emotional	I know: That we all have different likes and dislikes			A Day with Musa resource  One Day One World resource		Relationships and Feelings Spring 2				
	That how I act can have consequences	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	We meet God's love in our family Y1 p.15-21  We meet God's love in the community Y2 p.22-28			Relationships and Feelings Spring 2				
	I can: Name happy and sad times in my life	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)	We meet God's love in our family Y1 p.15-16  We meet God's love in the community Y2 p.22-24		International Day of Families 15th May	Relationships and Feelings Spring 2				
	Manage my feelings and behaviour	Being Sorry Y1 Rules Y2 (Reconciliation Summer term)				Relationships and Feelings Spring 2				
	Talk about my mood and know that how I am feeling is a normal part of daily life.					Relationships and Feelings Spring 2				

## Key Stage One

		Come and See	Journey in Love	Links to CAFOD	Links to Global Calendar	PSHE	P.E.	Science	D.T.	Computing
Social	I know: Who to go to if I am worried or need help		We meet God's love in our family Y1 p.18-19  We meet God's love in the community Y2 p.27-28			Relationships and Feelings Spring 2				
	That healthy families love, care and protect one another and that there are different family structures and these should be respected	Families Y1 (Domestic Church Autumn term)	We meet God's love in the community Y2 p.15-19  We meet God's love in the community Y2 p.22-28		Refugee Day 18 <sup>th</sup> June  International Day of Families 15 May	Relationships and Feelings Spring 2		Healthy living Y2 Spring 1		
	That there are different types of teasing and bullying which are wrong and unacceptable and how to respond		We meet God's love in our family Y1 p.15-16  We meet God's love in the community Y2 p.25-26		Anti-Bullying Week 16 <sup>th</sup> - 20 <sup>th</sup> November  Internet Safety 11th February	Relationships and Feelings Spring 2				Anti-Bullying Week November  Internet Safety Week February
	How my behaviour affects other people and that there are appropriate and inappropriate behaviours	Rules Y2 (Reconciliation Autumn term)	We meet God's love in the community Y2 p.19  We meet God's love in the community Y2 p.25-26		Anti-Bullying Week 16 <sup>th</sup> - 20 <sup>th</sup> November  Internet Safety Day February	Relationships and Feelings Spring 2				Anti-Bullying Week November  Internet Safety Week February

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Recognise the characteristics of positive and negative relationships		We meet God's love in our family Y1 p.15-19  We meet God's love in the community Y2 p.22-26			Relationships and Feelings Spring 2				
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		Come and See	Journey in Love	Links to CAFOD	Links to Global Calendar	PSHE	P.E.	Science	D.T.	Computing
Social	How to use simple rules for resisting pressure when I feel unsafe or uncomfortable		We meet God's love in our family Y1 p.15-19  We meet God's love in the community Y2 p.22-26		Anti-Bullying Week November  Internet Safety Day February	Relationships and Feelings Spring 2				
	I can: Recognise what makes people special.			KS1 Bangladesh resource	International Day for Children 12 April	Relationships and Feelings Spring 2  Enjoy and Achieve Spring 1				
	Be friendly and can make friends					Relationships and Feelings Spring 2				
	Recognise that I can belong to a variety of communities locally, nationally and globally	Special People Y1 Books Y2 (Local church Spring term)  Neighbours Y1 (Universal Church-Summer term)	We meet God's love in the community Y2 p.22-28	KS1 Bangladesh resource  Laudato Si Care for our Common Home	Fair Trade Fortnight February	Positive Contribution Summer 1		Healthy living Y2 Spring 1  Life & living processes Y2 Spring 2		
	Show awareness of differences between my life and others in the wider world	Neighbours Y1 (Universal Church-Summer term)	We meet God's love in the community Y2 p.22-28	Fair Trade Resource  Laudato Si Care for our Common Home	Fair Trade Fortnight February	Positive Contribution Summer 1		Life & living processes Y2 Spring 2		

	Get adult help if someone is hurt		love in the community Y2 p.22-26		Emergency Services Day	Relationships and Feelings Spring 2				
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## Resources referenced in this document:

Come and See – Sr Victoria Hummel – Matthew James Publishing Co Ltd <http://www.comeandseere.co.uk/>

Early Learning Goals from Statutory Framework for Early Years/Foundation Stage

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/596629/EYFS\\_STATUTORY\\_FRAMEWORK\\_2017.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/596629/EYFS_STATUTORY_FRAMEWORK_2017.pdf)

Science Curriculum 2014 <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study>

A Journey in Love – Sr Jude Groden RSM McCrimmon Publishing Co Ltd <http://www.mccrimmons.com/shop/relationships/>

CAFOD – Catholic Agency for Overseas Development <http://cafod.org.uk/Education/Primary-schools>

<http://www.anamcara.org.uk/Nurturing%20Human%20Whole.html>

[Global Calendar](#)

<https://globaldimension.org.uk/calendar/>

## Suggested additional Resources

All That I Am - Relationships and Sex education for Upper KS2 published by the Archdiocese of Birmingham

<http://all-that-i-am.co.uk/>

Social and Emotional Aspects of Learning (SEAL) published by Department for Education - National Strategies

<http://webarchive.nationalarchives.gov.uk/20110809101133/nsonline.org.uk/node/87009>

PSHE guidance from PSHE Association <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>

<https://www.pshe-association.org.uk/>

It is recommend that schools include in their annual curriculum planning some focused lessons about internet safety and all forms of bullying e.g. Internet safety week and anti – bullying week (see global calendar).