Holy Family Catholic Primary School
Relationships, Sex and Health Education including Physical, Social and Health Education – Intent and Long-Term Plan

In our holy family, we all thrive socially, academically and spiritually to our fullest potential.

The understanding of PSHE / RSE supports all aspects of our pupils' lives, including their spiritual, moral and personal development. Being able to confidently talk, apply and follow a wide range of concepts will enable pupils to access a wide range of experiences as well as being able to support them in their learning in other areas of the curriculum Therefore, we intend to provide the highest quality PSHE / RSE education for all, creating confident learners of this subject area so that they can thrive as they continue their development journey into successful adults.

Purpose of study	In England, Relationship and Health Education became statutory for all primary schools from September 2020. In Wales, Relationships and Sexuality Education became statutory from September 2022. We have based the structure of Life to the Full on 'A Model Catholic RSE Curriculum' by the Catholic Education Service, which was highlighted as a work of good practice by the Department of Education. Therefore, we have a good foundation for a programme that will be fit for purpose over the coming years.

Implementation

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Following extensive research and work with other Catholic schools across the Diocese, the school moved to using the Ten: Ten – Life to the Full program to support the implementation of Relationships. Sex and Health Education within a program that supports the faith character of the school. This programme is shared by all schools in St. Francis CMAT including moving into the Secondary schools in the Trust. This is overseen by a Director of Learning. We have chosen to go beyond the statutory Primary curriculum as we feel that it is important that our children learn about Sex, at an age appropriate manner, within the context of our faith. This is particularly important because many of our children will experience RSHE at a local Secondary school that does not have a faith characteristic. The Ten:Ten programme is continuously being updated and incorporates all relevant aspects of PSHE.

Life to the full adopts a spiral curriculum approach so that as a child goes through the programme year after year, the learning will develop and grow, with each stage building on the last. We use PathWay 2, in line with the CMAT and resources, including high quality booklets.

There are three modules.

Module One: Created and Loved by God. This explores the individual: we are made in the image and likeness of God and helps the children develop an understanding of the importance of valuing themselves as the basis for personal relationships.

Module Two: Created to Love Others. This explores the individuals relationship with others, building on the understanding that we have been created out of love and for love. It explores how we take this calling in our family, friendships and relationships and teaches strategies for developing healthy relationships including online and in our daily lives.

Module Three: Created to Live in Community. This explores the individual's relationship with the wider world. They explore how they are called to love others in the wider community through service, through dialogue and through working for the Common Good.

Each unit is accompanied by music, prayer and stories.

From Nursery to Y6, we use the Ten:Ten online program "Life to the Program" which is recommended for Catholic schools and is used by the majority of schools in the St. Francis Catholic Multi – academy trust.

Modules are identified on the Recommended Pathway which is also given on the Long Term Plan. Please note that some modules, that are repeated, have specific lessons for year groups e.g. Year 4 have additional modules that should not be introduced in Year 3 and likewise Y5/6

At the start of each lesson a prayer and/or song is used to set the scene within the context of the Catholic ethos.

Assessment is included in the programme. Marking should be minimal, using the marking scheme.

Teachers adapt lessons and resources for the needs of the pupils however the content must remain within the resources. It is essential that teachers view the resources beforehand including the teaching guide and the resources (some require printing or preparation) Support for SEND is provided on the online resource and extended activities.

Lesson lengths vary and teachers may decide to block units together or separate them.

Each lesson should end with a prayer.

Teachers are provided with a simple lesson sequence which provides an outline of order of modules, the Learning Intentions, clear names of units, vocabulary.

Parents are informed of the content of the units at the start of each academic year and parents can access the full range of resources (passwords shared on the school website) and there is a central consultation completed, where results are collated and analysed. Where necessary, actions are taken at school level.

Teachers are able to access training through the Ten:Ten / Life to the Full program

RSHE / PSHE – Unit Organisation and Vocabulary							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Settling in, getting to know you and Return to Learning	Return to Learning	Return to Learning	Return to Learning	Return to Learning	Return to Learning	Return to Learning
Autumn 2	Module 1 Created and loved by God Unit 1 & 2	Module 1 Unit 1 - Let the Children Come Module 2 Unit 1 - God Loves You - Session 1	KS1 Module 1 Unit 1 Let the children come	Module 1 Unit 1 Story sessions Session 2 Get Up The sacraments Module 2 Unit 1 Story sessions Jesus, my friend	Module 1 Unit 1 Story sessions - Get up	Module 1, Unit 1 Story sessions Module 2, Unit 1Session 1 God is calling you	Module 1 Unit 1 story sessions Module 1, Unit 2 Sessions 1,2,3,4 Gifts and Talents Girls' Bodies Boys' Bodies Spots and sleep
Spring 1	Module 1 Created and loved by God Unit 3 & 4	Feelings, likes and dislikes Module 2 Unit 2 - Session 1/2/3 Special People Treat Others Well And say Sorry	Module 1 Unit 2 Session 1,2,3,4 I am unique Girls and boys Clean and Healthy	Module 2 Unit 2 Session 1,2 Module 2 Unit 3 Session 1,2 Family, Friends and Others When things feel bad Sharing online Chatting online and classroom shorts	Module 1, Unit 2 Sessions 1,2,3,4,5 We don't have to be the same Respecting our videos What is puberty Changing bodies Male/female discussion groups	Module 2, Unit 2 Sessions 1,2,3 Under pressure Do you want a piece of cake? Self-Talk Module 2 Unit 3 Session 1,2 Sharing isn't always caring Cyberbullying and classroom shorts	Module 1 Unit 3 session 1,2,3,4 Body Image Peculiar feelings Emotional changes See stuff online
Spring 2	Module 2 Created to love others Unit 1 & 2	Module 2 Unit 4 Session 1,2,3,4,5 Good and Bad Secrets Physical contact Harmful Substances Can you help me? (part 1 & 2)	Module 1 Unit 3 Session 1,2,3 Feelings, likes and dislikes Feeling Inside out Super susie gets angry	Module 2 Unit 4 Session 1,2,3,4 Safe in my body and classroom shorts Drugs, alcohol and tobacco First aid heroes Rights and responsibilities and classroom shorts	Module 1, Unit 3 Session 1,2,3 What am I feeling? What am I looking at? I am thankful	Module 2, Uni t 4 Session 1,2,3,4 Types of abuse and classroom shorts Impacted lifestyles and classroom shorts Making good choices Giving assistance	Module 1 Unit 4 Session 1,2,3,4,5 Making babies part ½ Menstruation Hope beyond death Coping with change and classroom shorts
Summer 1	Module 2 Created to love others Unit 3	Module 3 Unit 1 Session 1 & 2 Module 3 Unit 2 Session 1 & 2 Three in One Who is my neighbour? The communities we live in Who will I be (and classroom shorts)	Module 1 Unit 4 Session 1,2,3 The cycle of life Beginnings and ending Change is all around and classroom shorts Module 2, Unit 3 Session 1,2 Real life online Rules to help us	Module 3 Unit 1 Session 1,2 Module 3, Unit 2 Session 1,2 A community of love What is the Church? How do I love others? Working together + classroom shorts	Module 1 Unit 4 Sessions 1,2,3 Life cycles At time for everything Big changes, little changes and classroom shorts	Module 3, Unit 1 Session 1,2 Module 3, Unit 2 Session 1,2 The Holy Trinity Catholic Social Teaching Reaching Out The world of work and classroom shorts	Module 2 Unit 2 Session 4 Module 3 Unit 1 Session 1,2 Module 3, Unit 2 Session 1,3 Build others up and classroom shorts The Holy Trinity Catholic Social Teaching Reaching Out Money and Me and classroom shorts
Summer 2	Module 3 Created to live in a community Unit 1 & 2		Module 3 Unit 1 Session 1,2 Three in One Whos is my neighbour? Module 3 Unit 2 Session 1,3 The communities we live in Needs and Wants & classroom shorts		Module 3, Unit 1 Session 1,2 Module 3, Unit 2 Session 1,3 A community of love What is the Chrch How do I love others Money mattress and classroom shorts		