

“As unique individuals, we do our best at work and play for the love of God and others.”



Sticky Knowledge: RSHE

Year 1	Year 2
That we are created individually by God.	To use words to describe our feelings.
To learn that we are unique, with individual gifts, talents and skills.	That feelings and actions are two different things.
The names of the parts of our bodies (introducing genitals).	Simple strategies for managing feelings and for good behaviour. That choices have consequences.
How to be clean and healthy.	To know and appreciate that there are natural life stages from birth to death, and what these are.
That Saying sorry is important and can mend friendships.	To identify 'special people' and the importance of nuclear and wider family.
To understand safe and unsafe situations, including online.	How our behaviour affects other people, and that there is appropriate and inappropriate behaviour; that bullying is wrong.
The difference between 'good' and 'bad' secrets and that we can and should be open with 'special people' we trust.	To recognise when we have been unkind and say sorry; how to react when people are unkind to us.
That God is love: Father, Son and Holy Spirit	To know that we are entitled to bodily privacy.
To know what a community is, and that God calls us to live in community with one another.	That medicines are drugs, but not all drugs are good for us . Alcohol and tobacco are harmful substances.
	To call 999 in an emergency and ask for ambulance, police and/or fire brigade.
	That we should help at home with practical tasks. That we have a duty of care for others and for the world we live in.

<p>Key Vocabulary:</p> <p>Body Mind Spirit Unique Body Healthy Clean Sleep Talents Skills Sorry Safe Secrets Love Friendship Father, Son and Holy Spirit Community Neighbour Penis Testicles Vulva Vagina</p>	<p>Key Vocabulary:</p> <p>Trust Respect Feelings Actions Choices Consequences Mistakes Forgiveness Birth Death Special people Behaviour Bullying Harmful Help Community Charity Emergency</p>
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Year 3	Year 4
That every human life is precious from the beginning of life to natural death.	The need to respect and look after our bodies as a gift from God through what we wear, what we eat and what we physically do.
That emotions change as we grow. What emotional wellbeing means.	What the term puberty means and when it will take place.
To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.	Learn correct naming of genitalia and what changes will happen to boys and girls during puberty.
That some behaviour is wrong, unacceptable, unhealthy, and risky.	How a baby grows and develops in its mother's womb. (Sexual Intercourse is not discussed).

How to use technology safely. How to report and get help if we encounter inappropriate materials or messages.	Ways to maintain and develop good relationships and strategies to use when relationships go wrong. That there are different types of relationships. To develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying. What physical and emotional abuse is.
How to use technology safely. That bad language and bad behaviour are inappropriate.	To judge what kind of physical contact is acceptable or unacceptable and how to respond.
The Church family comprises of home, school and parish (which is part of the diocese).	That medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances.
	In an emergency, it is important to remain calm. Quick reactions in an emergency can save a life.
	To know that God wants His Church to love and care for others
Key Vocabulary: God is love Image and likeness Prayer and worship Baptism Receivers Reconciliation Conscience Emotional wellbeing Media Reality Thankfulness Resilience Pressure Forgiveness Relationships Independence Responsibility Holy Trinity Diocese	Key Vocabulary: Teamwork Self-confidence Respect Puberty Penis Testicles Vulva Vagina Cycle of life Relationships Friends Relatives Family Clique Cyberbullying Physical Abuse Emotional Abuse Trust Church

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Year 5	Year 6
Physically becoming an adult is a natural phase of life, lots of changes will happen during puberty	The unique growth and development of humans and the changes that boys and girls will experience during puberty.
To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.	How to make good choices that have an impact on our health: rest and sleep, exercise, personal hygiene, overuse of electronic devices.
To understand emotional changes as they grow up (including hormonal effects) To deepen their understanding of the range and intensity of their feelings.	How a baby grows and develops in its mother's womb.
About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life.	Basic scientific facts about sexual intercourse between a man and woman – the Christian viewpoint that sexual intercourse should be saved for marriage, and the moral and spiritual implications of sexual intercourse.
To recognise that our increasing independence brings increased responsibility, to keep ourselves and others safe. How to use technology safely.	To understand what consent and bodily autonomy means: when it is right to say no.
What the term cyberbullying means. What cyberbullying feels like for the victim. How to get help if we experience cyberbullying	What the different types of abuse are (emotional, physical, neglect, sexual).
To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity.	To understand the effect that substances including drugs, tobacco and alcohol can have on the body and to learn how to make good choices about substances that will have a positive impact on our health.
The principles of Catholic Social Teaching.	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
	Learn to apply the principles of Catholic Social Teaching to current issues.
Key Vocabulary: Faith Puberty Media Envy	Key Vocabulary: Teamwork Self-Confidence Puberty

Inadequacy	Boundaries
Resilience	Womb
Pressure	Pressure
Feelings	Bodily Autonomy
Behaviour	No
Menstruation	Friendship
Fertility	Relationships
Independence	Physical Abuse
Responsibility	Emotional Abuse
Cyberbullying	Sexual Abuse
Victim	Neglect
Trinity	Substances
	Catholic Social Teaching
	Community