



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



<b>EYFS – Nursery and Reception</b>					
<b>Making Friends Understanding routines</b>	<b>Decision making Turn taking</b>	<b>Respecting each other Compromise Negotiation</b>	<b>Disappointment and losing Empathy for others</b>	<b>Showing care for animals</b>	<b>Getting ready for change (N-R/R-Y1)</b>
<b>Nursery</b>					
<p>Begin to follow the Nursery rules and routines with support</p> <p>Learn to share resources with others</p> <p>Become more confident with unfamiliar people</p> <p>Begin to play with one other child and a new friend</p> <p>Begin to accept praise for things they have done</p>	<p>Begin to develop decision making select and use some of their own resources</p> <p>Show more confidence in new situations e.g. performing in the Christmas performance</p> <p>Begin to extend play ideas and decision making when playing with another child</p> <p>Begin to develop an awareness of taking turns with a friend</p>	<p>Begin to join others in their play, beginning to demonstrate respect for others</p> <p>Begin to show an understanding negotiation and of how to solve conflicts with support</p> <p>Use talk to solve conflicts</p> <p>Show greater independence in selecting own resources and activities, including compromise between others, if needed</p>	<p>Continue to develop their independence in selecting their resources and activities</p> <p>Begin to accept responsibility for carrying out tasks in the setting</p> <p>Develop appropriate ways of showing empathy</p> <p>Participating in circle and group games, with emphasis on losing – how do we feel? What is disappointment?</p> <p>Engaging in activities aimed at working alongside others – developing empathy for others – how would they feel?</p>	<p>Increasingly follow the rules and understand why they are important</p> <p>Begin to play with more than one child</p> <p>Extend own play ideas</p> <p>Talk about and recognise simple ways to help look after their pets.</p>	<p>Play in a group extending play ideas</p> <p>Remember the rules without an adult needing to remind them</p> <p>Show an understanding of how others are feeling</p> <p>Recognise simple emotions relating to change and moving on – excited, scared, happy</p> <p>Talk about how they feel about starting Reception.</p>



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



EYFS – Nursery and Reception					
Making Friends Understanding routines	Decision making Turn taking	Respecting each other Compromise Negotiation	Disappointment and losing Empathy for others	Showing care for animals	Getting ready for change (N-R/R-Y1)
Reception					
<p>Begin to follow Reception rules and routines</p> <p>Learn to share resources with others showing understanding of sharing</p> <p>Begin to take turns with occasional adult support</p> <p>Join in a growing range of activities with new friends</p> <p>Interact with a circle of friends</p>	<p>Develop decision making further and more concisely in their independent play</p> <p>Build constructive and respectful relationships: sharing, taking turns and cooperating with friends and other peers during independent play.</p>	<p>Show respect for others.</p> <p>Show an understanding negotiation and of how to solve conflicts with increasing independence</p> <p>Compromise and negotiate on a regular basis.</p>	<p>Know and talk about the different factors that support their overall health and wellbeing</p> <p>Show resilience and perseverance in the face of challenge - develop problem-solving skills by talking through how they, you and others resolved a problem or difficulty.</p>	<p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions</p> <p>Recognise simple ways to help look after their pets.</p> <p>Show empathy to animals – looking after animals – RSPCA and other animal charities</p>	<p>Recognise simple emotions relating to change and moving on – excited, scared, happy, worried, shy,</p> <p>Talk about how they feel about starting Year 1</p> <p>Share their thoughts with others</p> <p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p>



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



## Cycle A – Key Stage 1 – Years 1 and 2

Respecting Ourselves and Others and Safe Relationships	Physical and Mental Wellbeing	Belonging to a Community	Growing and Changing	Y1 - We Meet God's love in our Family	Y2 - We Meet God's love in the community	Money and Work
<p>recognise kind and unkind behaviour in school and outside of school</p> <p>how kind and unkind behaviour can make people feel</p> <p>about class rules, being polite to others, showing courtesy, sharing and taking turns</p> <p>to know what it means to show respect to people in authority</p> <p>about situations when someone's body or feelings might be hurt and whom to go to for help</p> <p>NSPCC Lesson Objectives: <a href="https://learn.pants.org/">https://learn.pants.org/</a></p>	<p>what it means to be healthy and why it is important</p> <p>ways to take care of themselves on a daily basis</p> <p>about basic hygiene routines, e.g. hand washing</p> <p>about healthy and unhealthy foods, including sugar intake</p> <p>about physical activity and how it keeps people healthy mentally as well as physically</p> <p>about different types of play, including balancing indoor, outdoor and screen-based play</p> <p>about people who can</p>	<p>about homes around the world that are different to their own homes</p> <p>about what schools are like in different places around the world</p> <p>about different places that people live</p> <p>about using different things from the earth and the problems this can cause</p> <p>about why it is important to care for the environment and suggest ways to do this</p>	<p>recognise what makes them special and unique including their likes, dislikes and what they are good at</p> <p>how to manage and whom to tell when finding things difficult, or when things go wrong</p> <p>how they are the same and different to others</p> <p>about different kinds of feelings</p> <p>how to recognise feelings in themselves and others</p> <p>how feelings can affect how people behave</p>	<p>Who is in my family? Explore different types of families and recognise ways in which they are similar.</p> <p>To know that all babies are different and how they change as they grow.</p> <p>What are the happiest and saddest times as a family?</p> <p>How do families show love in these times?</p> <p>Why do we need to grow up in families?</p> <p>How would your life be different without a family? What would you miss?</p> <p>How were we born into God's family?</p>	<p>Which communities do you belong to?</p> <p>How do you belong to these communities?</p> <p>Why is it important to belong to a community?</p> <p>What do we give and receive to the community we belong to?</p> <p>How does a community help us to develop our feelings and emotions?</p> <p>Are we always happy in our community, or are we sometimes upset?</p> <p>Could people feel alone even though they belong to a community?</p>	<p>that everyone has different strengths, in and out of school</p> <p>about how different strengths and interests are needed to do different jobs</p> <p>about people whose job it is to help us in the community</p> <p>about different jobs and the work people do</p>



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



<p><a href="http://www.nspcc.org.uk/research-resources/schools/pants-teaching">ning.nspcc.org.uk/research-resources/schools/pants-teaching</a></p> <p>about what it means to keep something private, including parts of the body that are private</p> <p>to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</p> <p>how to respond if being touched makes them feel uncomfortable or unsafe</p> <p>when it is important to ask for permission to touch others</p> <p>how to ask for and give/not give permission</p> <p>different between secrets and surprises and not keeping secrets that make us uncomfortable</p>	<p>help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors</p> <p>how to keep safe in the sun</p>				<p>What are the advantages of being on your own? What would you miss out on?</p> <p>As children of God how should we treat each other?</p>	
---	--	--	--	--	--	--



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



## Cycle A – Lower Key Stage 2 – Years 3 and 4

Family Relationships	Physical and Mental Wellbeing	Belonging to a Community	Keeping Safe	Y3 - How We Live in Love	Y4 - God Loves us in our Differences	Money and Work
<p>to recognise and respect that there are different types of families, including single parents, same sex parents, step-parents, blended families, foster and adoptive parents</p> <p>that being part of a family provides support, stability and love</p> <p>about the positive aspects of being part of a family, such as spending time together and caring for each other</p> <p>about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty</p> <p>to identify if/when something in a family might make someone upset or worried</p>	<p>about the choices that people make in daily life that could affect their health</p> <p>to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)</p> <p>what can help people to make healthy choices and what might negatively influence them</p> <p>about habits and that sometimes they can be maintained, changed or stopped</p> <p>the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle</p> <p>what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally</p>	<p>the reasons for rules and laws in wider society</p> <p>the importance of abiding by the law and what might happen if rules and laws are broken</p> <p>what human rights are and how they protect people</p> <p>to identify basic examples of human rights including the rights of children</p> <p>about how they have rights and also responsibilities</p> <p>that with every right there is also a responsibility e.g. the right to an education and the responsibility to learn</p>	<p>how to identify typical hazards at home and in school</p> <p>how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen</p> <p>about fire safety at home including the need for smoke alarms</p> <p>the importance of following safety rules from parents and other adults</p> <p>how to help keep themselves safe in the local environment or unfamiliar places including road, rail, water and firework safety</p>	<p>Who takes care of me?</p> <p>How do I look after myself? E.g. safety crossing the road, healthy eating</p> <p>How am I changing?</p> <p>How do I keep myself safe?</p> <p>How do I help others to make and keep friends?</p> <p>How do I take care of others?</p> <p>How do you feel when a friend is not there for you?</p> <p>How do your friends feel when you are not there for them?</p> <p>How can you be a more supportive friend?</p> <p>Can you recognise the difference between</p>	<p>To know that all pupils grow and develop at different rates</p> <p>To name the different male and female body parts and introduce their various functions</p> <p>Identify the development of the baby in the womb</p> <p>How do I learn to accept and celebrate who I am?</p> <p>How do I accept the difference in others?</p> <p>How do I deal with differences and manage the conflicts that arise?</p> <p>How do I appreciate my own gifts, talents and all that makes me unique?</p> <p>How do I appreciate others and the gifts they have been given?</p>	<p>about jobs that people may have from different sectors e.g. teachers, business people, charity work</p> <p>that people can have more than one job at once or over their lifetime</p> <p>about common myths and gender stereotypes related to work</p> <p>to challenge stereotypes through examples of role models in different fields of work e.g. women in STEM</p> <p>about some of the skills needed to do a job, such as teamwork and decision-making</p> <p>to recognise their interests, skills and achievements and how these might link to future jobs</p>



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



<p>what to do and whom to tell if family relationships are making them feel unhappy or unsafe</p> <p>to recognise respectful behaviours e.g. helping or including others, being responsible</p> <p>how to model respectful behaviour in different situations e.g. at home, at school, online</p> <p>the importance of self-respect and their right to be treated respectfully by others</p> <p>what it means to treat others, and be treated, politely</p> <p>the ways in which people show respect and courtesy in different cultures and in wider society</p>	<p>that regular exercise such as walking or cycling has positive benefits for their mental and physical health</p> <p>about the things that affect feelings both positively and negatively</p> <p>strategies to identify and talk about their feelings</p> <p>about some of the different ways people express feelings e.g. words, actions, body language</p> <p>to recognise how feelings can change overtime and become more or less powerful</p>			<p>being alone and being lonely?</p> <p>To recognise the need for personal privacy e.g. personal space</p> <p>How can I forgive and include others as Jesus did?</p>	<p>How do I deal with the natural, negative emotions that present themselves?</p> <p>Can I identify and name my feelings?</p> <p>Do I know and understand what these feelings are?</p> <p>How do I deal with what I feel and can I analyse my feelings and actions?</p>	<p>how to set goals that they would like to achieve such as learning a new hobby</p>
---	---	--	--	--	---	--



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



## Cycle A – Upper Key Stage 2 – Years 5 and 6

Families, Friendships and Safe Relationships	Physical Health and Mental Wellbeing	Media literacy and Digital resilience	Keeping Safe	Y5 - God loves me in my changing body and development	Y6 - The Wonder of God's Love in Creating New Life	Money and Work
<p>what makes a healthy friendship and how they make people feel included</p> <p>strategies to help someone feel included</p> <p>about peer influence and how it can make people feel or behave</p> <p>the impact of the need for peer approval in different situations, including online</p> <p>strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication</p> <p>that it is common for friendships to experience challenges</p> <p>strategies to positively resolve disputes and reconcile differences in friendships</p>	<p>how sleep contributes to a healthy lifestyle</p> <p>healthy sleep strategies and how to maintain them</p> <p>about the benefits of being outdoors and in the sun for physical and mental health</p> <p>how to manage risk in relation to sun exposure, including skin damage and heat stroke</p> <p>how medicines can contribute to health and how allergies can be managed</p> <p>that some diseases can be prevented by vaccinations and immunisations</p> <p>that bacteria and viruses can affect health</p> <p>how they can prevent</p>	<p>to identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise</p> <p>basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased</p> <p>that some media and online content promote stereotypes</p> <p>how to assess which search results are more reliable than others</p> <p>to recognise unsafe or suspicious content online</p> <p>how devices store and share information</p>	<p>to identify when situations are becoming risky, unsafe or an emergency</p> <p>to identify occasions where they can help take responsibility for their own safety</p> <p>to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour</p> <p>how to deal with common injuries using basic first aid techniques</p> <p>how to respond in an emergency, including when and how to contact different emergency services</p>	<p>Identify and celebrate the ways I have changed since birth</p> <p>Discuss the external and internal changes which happen to boys and girls during puberty</p> <p>Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability to become a mother or father.</p> <p>The purposes of the menstrual cycle is to prepare the female body for reproduction</p> <p>Recognise behaviour changes as we grow up.</p> <p>Expectations are different and often dependent on our experiences, and</p>	<p>Explain how human life is conceived</p> <p>Look at the illustrations of the organs of the human body including male and female reproductive organs</p> <p>Understand how a child grows within the mother's womb</p> <p>Love is caring and sharing with another person. We can love many people. However, two people can be drawn to a love that at its deeper level become more and more exclusive. Intimacies are shared with the loved one and not with others.</p> <p>There is a need for a basis of love, which is not only one dimensional, such as, a common interest in music, sexual</p>	<p>to identify jobs that they might like to do in the future</p> <p>about the role ambition can play in achieving a future career and the power of positivity</p> <p>how or why someone might choose a certain career</p> <p>about what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values</p> <p>the importance of diversity and inclusion to promote people's career opportunities</p> <p>about stereotyping in the workplace, its impact and how to challenge it</p>



# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



<p>that friendships can change over time and the benefits of having new and different types of friends</p> <p>how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable</p> <p>when and how to seek support in relation to friendships</p> <p><b>Safe Relationships Lesson</b></p> <p>to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations</p> <p>how to ask for, give and not give permission for physical contact</p> <p>how it feels in a person's mind and body when they are uncomfortable</p> <p>that it is never someone's fault if they have experienced unacceptable contact</p>	<p>the spread of bacteria and viruses with everyday hygiene routines</p> <p>to recognise the shared responsibility of keeping a clean environment</p> <p>about the importance of a healthy, balanced diet and regular physical exercise (problems of obesity)</p> <p>how to recognise physical changes in their body that could be linked to illness (unexplained weight loss, fatigue, bruising etc) and how to seek advice when they are concerned</p>			<p>treatment by others and our view of the world in which we live.</p> <p>Reflect on ways to become more sensitive to the emotional development of oneself and others</p>	<p>attraction, a shared interest in sport. A basis for love needs to grow and develop, so that the two people are more and more generous is their shared love.</p> <p>The relationship requires time to mature and develop and ultimately people may decide to get married. Without love, relationships will fail because living with another human being means that they will find out exactly what you are like, what kind of person you are.</p> <p>It comes back to the kind of person you are and what qualities you bring to that relationship.</p> <p>Recognise and compile a list of the signs of love expressed in those around us</p> <p>Reflect on the different degrees of friendship that exist</p>	<p>that there is a variety of routes into work e.g. college, apprenticeships, university, training</p>
---	--	--	--	---	--	--





# Holy Family Catholic Primary School – Personal Development Topic Overviews

(Relationships Education, Relationships and Sex Education (RSE) and Health Education)



<p>how to respond to unwanted or unacceptable physical contact</p> <p>that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about</p> <p>whom to tell if they are concerned about unwanted physical contact</p>					<p>Understand that God causes new life to begin through the love that parents have for each other</p> <p>Celebrate God's creative love in creating us as his children and recognise that we grow as human beings to the extent we give and receive love. The on-going understanding of marriage is living out love.</p> <p>As Christians, we can appreciate the sheer wonder of the sexual act. God created the incredible natural process by which husband and wife bring new life into the world. The Church celebrates all this in the Sacrament of Marriage.</p>	
---	--	--	--	--	--	--