

## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

### Our Curriculum Vision – PRAY

<p><b>P</b>rotecting our Planet – learn and contribute to protecting God’s creation – in our community and wider work. Caring about the world we live in;</p>	<p><b>R</b>esilience – be able to face challenges and use them to help us progress. Overcome difficulties that challenge us;</p>	<p><b>A</b>spiration – we are created by God to do amazing things – each one of us. Ambitious / belief in ourselves and in what we can achieve.</p>	<p><b>Y</b>es to equality – we are all equal and important in God’s eyes. Everyone is equal and deserves to be valued and respected.</p>
<p>Through our lessons children will be reminded how their choices impact the environment around them both physically but also the emotional impact they can have on others.</p> <p>Children will be encouraged to find ways to play their part in their local, national and international communities that we are all part of.</p>	<p>Through learning about emotions and emotional wellbeing children will be supported to learn techniques to support their own emotional regulation and therefore resilience.</p> <p>Children will learn how to keep themselves safe mentally and physically.</p> <p>They will learn who is safe to reach out to help from and when to.</p> <p>Through class discussions they will be able to reflect on a range of scenarios that will enable them to learn how to develop greater resilience.</p>	<p>Children will be taught how to understand that images in the media do not always reflect reality and can affect how people feel about themselves and to therefore have healthy aspirations for their own lives.</p> <p>Children are encouraged to aspire to have healthy relationships with themselves and those around them.</p>	<p>Through studying about their bodies and others, children will be reminded that we are all created the same by God and deserve to be treated with equity.</p> <p>Children will be taught about the similarities and differences that occur between people and families and how together we create community.</p> <p>Children will be supported to understand what healthy relationships should look like and how to build them and how to identify unhealthy relationships and how to access support.</p>

### Our Subject Philosophy

*'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' - (Jn. 10.10)*

At St Cuthbert Mayne, our teaching of sex, relationships and health related matters goes beyond our statutory obligation to. We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE, at St Cuthbert Mayne, RSE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All RSE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

### Aims

In partnership with parents, to provide children and young people with a "positive and prudent sexual education" which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

- To develop attitudes and virtues concerning love and relationships.

## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

- To develop personal and social skills to enable them to build and recognise healthy relationships.
- To know and understand the teachings of the Church in relation to love and relationships.

### Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance

By the end of primary school:

Relationships Education	
Families and people who care for me	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that families are important for children growing up because they can give love, security and stability.</li> <li>• the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.</li> <li>• that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.</li> <li>• that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.</li> <li>• that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</li> <li>• how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</li> </ul>
Caring Friendships	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends.</li> <li>• the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</li> <li>• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</li> <li>• that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</li> <li>• how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</li> </ul>
Respectful	<p>Pupils should know:</p>

## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

relationships	<ul style="list-style-type: none"> <li>• the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</li> <li>• practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• the conventions of courtesy and manners.</li> <li>• the importance of self-respect and how this links to their own happiness.</li> <li>• that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</li> <li>• about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</li> <li>• what a stereotype is, and how stereotypes can be unfair, negative or destructive.</li> <li>• the importance of permission-seeking and giving in relationships with friends, peers and adults.</li> </ul>
Online relationships	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that people sometimes behave differently online, including by pretending to be someone they are not.</li> <li>• that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.</li> <li>• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> <li>• how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</li> <li>• how information and data is shared and used online.</li> </ul>
Being safe	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li> <li>• about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li> <li>• that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li> <li>• how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</li> <li>• how to recognise and report feelings of being unsafe or feeling bad about any adult.</li> <li>• how to ask for advice or help for themselves or others, and to keep trying until they are heard.</li> <li>• how to report concerns or abuse, and the vocabulary and confidence needed to do so.</li> </ul>

## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

	<ul style="list-style-type: none"> <li>• where to get advice e.g. family, school and/or other sources.</li> </ul>
--	---

Health Education	
Mental wellbeing	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that mental wellbeing is a normal part of daily life, in the same way as physical health.</li> <li>• that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</li> <li>• how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</li> <li>• how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</li> <li>• the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</li> <li>• simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</li> <li>• isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</li> <li>• that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</li> <li>• where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</li> <li>• it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</li> </ul>
Internet safety and harms	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• that for most people the internet is an integral part of life and has many benefits.</li> <li>• about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</li> <li>• how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</li> <li>• why social media, some computer games and online gaming, for example, are age restricted.</li> <li>• that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can</li> </ul>

## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

	<p>have a negative impact on mental health.</p> <ul style="list-style-type: none"> <li>• how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</li> <li>• where and how to report concerns and get support with issues online.</li> </ul>
Physical health and fitness	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• the characteristics and mental and physical benefits of an active lifestyle.</li> <li>• the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</li> <li>• the risks associated with an inactive lifestyle (including obesity).</li> <li>• how and when to seek support including which adults to speak to in school if they are worried about their health.</li> </ul>
Healthy Eating	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• what constitutes a healthy diet (including understanding calories and other nutritional content).</li> <li>• the principles of planning and preparing a range of healthy meals.</li> <li>• the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</li> </ul>
Drugs, alcohol and tobacco	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drugtaking.</li> </ul>
Health and prevention	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</li> <li>• about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</li> <li>• the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</li> <li>• about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li> <li>• about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</li> <li>• the facts and science relating to immunisation and vaccination</li> </ul>
Basic first aid	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• How to make a clear and efficient call to emergency services if necessary.</li> <li>• concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li> </ul>
Changing adolescent body	<p>Pupils should know:</p> <ul style="list-style-type: none"> <li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> </ul>

## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

- about menstrual wellbeing including the key facts about the menstrual cycle.

### PSHE & RSE Long term plan:

We are following the Ten:Ten scheme of work – Life to the Full. The Curriculum Map below shows what modules and units will be taught in which year group.

PSHE & RSE Curriculum Map 2023-24						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	LKS2 Module 1, Unit 1 Story Sessions: Get Up! Session 2: The Sacraments	LKS2 Module 2, Unit 1 Story Sessions: Jesus, My Friend	LKS2 Module 2, Unit 2 Session 1: Family, Friends and Others... Session 2: When Things Feel Bad LKS2 Module 2, Unit 3 Session 1: Sharing Session 2: Chatting	LKS2 Module 2, Unit 4 Session 1: Safe In My Body + Classroom Session 2: Drugs, Alcohol and Tobacco Session 3: First Aid Heroes Session 4: Rights and Responsibilities + Classroom Shorts	LKS2 Module 3, Unit 1 Session 1: A Community of Love Session 2: What is the Church?	LKS2 Module 3, Unit 2 Session 1: How Do I Love Others? Session 2: Working Together + Classroom Shorts
Year 4	LKS2 Module 1, Unit 1 Story Sessions: Get Up!	LKS2 Module 1, Unit 2 Session 1: We Don't Have to be the Same Session 2: Respecting our Bodies	LKS2 Module 1, Session 3: What is Puberty? Session 4: Changing Bodies Session 5: Male/Female	LKS2 Module 1, Unit 3 Session 1: What Am I Feeling? Session 2: What Am I Looking At? Session 3: I Am Thankful	LKS2 Module 1, Unit 4 Session 1: Life Cycles 4 Session 2: A Time For Everything Session 3: Big Changes, Little Changes + Classroom Shorts	LKS2 Module 3, Unit 1 Session 1: A Community of Love Session 2: What is the Church? LKS2 Module 3, Unit 2 Session 1: How Do I Love

## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

						Others? Session 3: Money Matters + Classroom Shorts
<b>Year 5</b>	UKS2 Module 1, Unit 1 Story Sessions: Calming the Storm UKS2 Module 2, Unit 1 Session 1: God Is Calling You	UKS2 Module 2, Unit 2 Session 1: Under Pressure Session 2: Do You Want A Piece of Cake? Session 3: Self-Talk	UKS2 Module 2, Unit 3 Session 1: Sharing Isn't Always Caring Session 2: Cyberbullying + Classroom Shorts	UKS2 Module 2, Unit 4 Session 1: Types of Abuse + Classroom Shorts Session 2: Impacted Lifestyles + Classroom Shorts Session 3: Making Good Choices Session 4: Giving Assistance	UKS2 Module 3, Unit 1 Session 1: The Holy Trinity Session 2: Catholic Social Teaching	UKS2 Module 3, Unit 2 Session 1: Reaching Out Session 2: The World of Work + Classroom Shorts
<b>Year 6</b>	UKS2 Module 1, Unit 1 Story Sessions: Calming the Storm	UKS2 Module 1, Unit 2 Session 1: Gifts and Talents Session 2: Girls' Bodies Session 3: Boys' Bodies Session 4: Spots and Sleep	UKS2 Module 1, Unit 3 Session 1: Body Image Session 2: Peculiar Feelings Session 3: Emotional Changes Session 4: Seeing Stuff Online	UKS2 Module 1, Unit 4 Session 1: Making Babies (Part 1) Session 2: Making Babies (Part 2) Session 3: Menstruation Session 4: Hope Beyond Death Session 5: Coping with Change + Classroom Shorts	UKS2 Module 2, Unit 2 Session 4: Build Others Up + Classroom Shorts	UKS2 Module 3, Unit 1 Session 1: The Holy Trinity Session 2: Catholic Social Teaching UKS2 Module 3, Unit 2 Session 1: Reaching Out Session 3: Money and Me + Classroom Shorts



## RSE and PSHE Curriculum – St Cuthbert Mayne Junior School – 2023/2024

- [Lower KS2](#)
- [Upper KS2](#)