



St. Peter's Relationship and Health Education Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	• Story Sessions: Handmade With Love	• Who's Who? • You've Got A Friend In Me • Forever Friends	• I Am Me! • Head Shoulders Knees and Toes • Ready Teddy • What is the Internet? • Playing Online	• I Like You Like, We All Like • All the Feelings • Let's Get Real	• Growing Up • God Is Love • Loving God, Loving Others • Me, You Us • When I Grow Up... • Money Doesn't Grow on Trees	• Safe Inside and Out • My Body My Rules • Feeling Poorly • People Who Help Us
Year 1	• Rights and Responsibilities • Rewards and Feeling Proud • Good/Not So Good Choices	• God Loves You • Same As/Different To • Special People • Treat Others Well • Say Sorry	• Star Qualities • Positive Learners • Go Getters • Be Mindful	• Good and Bad Secrets • Physical Contact • Harmful Substances • Can You Help Me?	• Being Healthy • Healthy Choices • Clean and Healthy • Medicine Safety • Road Safety	• Three in One • Who is my Neighbour? • The Communities We Live in. • Who will I Be? • Coping With Change
Year 2	• Hopes and Fears for the Year • Rights and Responsibilities	• I Am Unique • Pink and Blue • Bullying and Teasing • Families	• Feelings, Likes and Dislikes • Feeling Inside and Out	• Real Life Online • Rules to Help Us	• Where Money Comes From • Look After It • Wants and Needs	• Girls and Boys (My Body) • Clean and Healthy • Looking Ahead

Loved by Jesus, we love, we learn, we live and grow together for Him

	• Story Sessions: Let The Children Come		• Super Susie Gets Angry • Bright Futures • Jobs for All	• Staying Safe Around Strangers • Safe Secrets and Surprises	• The Cycle of Life • Beginnings and Endings • Change is All Around	
Year 3	• Getting to Know Each other • Our Nightmare School • Our Dream School • Rewards and Consequences • Story Sessions: Jesus My Friend	• The Sacraments • Fabulous Friends • Witness and Feelings • Witness and Solutions • Family, Friends and Others • When Things Feel Bad	• Families • Stereotypes • Thoughts and Feelings • You're The Boss	• Sharing Online • Chatting Online • Safe in My Body • Drugs Alcohol and Tobacco • First Aid Heroes • Rights and Responsibilities	• Risks, Hazards and Dangers • Safety When Out and About • Jobs and Skills • No Limits • Working Together	• A Community of Love • What is the Church • How Do Love Others • Looking Ahead
Year 4	• Story Sessions: Get Up! • Rules, Laws and Responsibilities • Rights, Responsibilities and Democracy • Liberty • Tolerance and Respect	• Judging By Appearances • Understanding Influence • Understanding Bullying • Digital Kindness • Do I Know You? • My Digital Wellness	• What Am I Feeling? • What Am I Looking At? • I am Thankful • Happy Minds, Happy People • Keep Calm and Relax	• Money Matters • Reasons to Borrow • Priorities • Keeping Track	• We Don't Have to Be The Same • Respecting Our Bodies • What is Puberty? • Changing Bodies • Boy/Girl Discussion Groups	• Life Cycles • A Time for Everything • Big Changes, Little Changes
Year 5	• Transition to Y5	• You Are Unique • Racism	• Under Pressure	• Sharing Isn't Always Caring • Cyber Bullying	• When I Grow Up (My Dream Lifestyle)	• Menstruation • The Holy Trinity

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	- You Can Achieve Anything - Breaking Down Barriers - Story Sessions: Calming The Story	- Rumours and Name Calling - Types of Bullying - Build Others Up	- Do You Want a Piece of Cake - Self Talk - Body Image - How We Think an Feel About Our Bodies	- Types of Abuse - Impacted Lifestyles - Making Good Choices - Giving Assistance	- Investigate Jobs and Careers - My Dream Job - Look After It - Critical Consumers - Value For Money and Ethical Spending	- Catholic Social Teaching - Reaching Out - Global Warming - Looking Ahead
Year 6	- My Year Ahead - Yes I Can! - Shared Responsibilities - Is God Calling You	- Gifts and Talents - Am I Normal? - Celebrating Difference - Why Bully? - Online Bullying?	- The Cognitive Triangle - Thoughts Are Not Facts - Face Your Feelings - Body Image - Peculiar Feelings - Emotional Changes	- Girls' Bodies - Boys' Bodies - Spots and Sleep - Taking Care Of Our Bodies	Money and Me	- Menstruation - Making Babies (Part 1) - Hope Beyond Death - Coping With Change