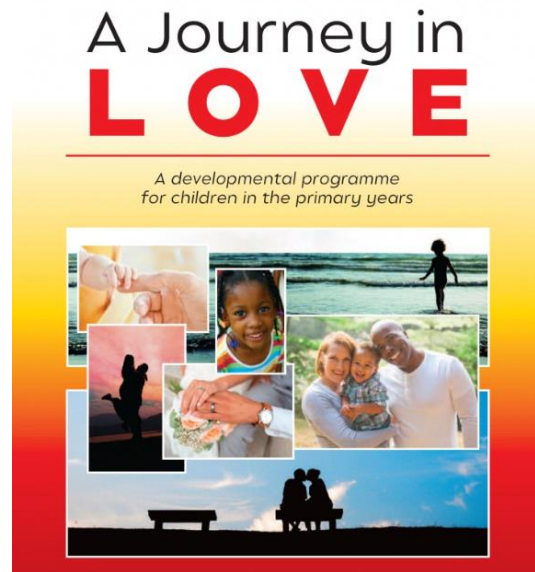




St Lewis' Catholic Primary School

RSHE Long Term Overview



YEAR ONE / TWO

CYCLE A

Aim: To describe how we are growing and developing in diverse communities that are God-given

Key Words: community, local, global, impact, responsibility, harm, improve, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes, respect, equal
Key Skills: listening, observing, relating, speaking, respecting, praying, reflecting, understanding, recognising, supporting, celebrating, deciding.

<u>Social and Emotional</u>	<u>Physical</u>	<u>Spiritual</u>
LI: To recognise the joy and friendship of belonging to a diverse community.	LI: To describe ways of being safe in communities.	LI: To celebrate ways of meeting God in our communities.
<u>Activities:</u> 1. Discuss what a community is and create a class poster where each adds a word to show what a community means to them. Draw individuals who are important in the community and write about them. 2. Draw / Paint or write about how we welcome a new person to our home, school, parish or club. 3. Decorate a present template and write inside the gifts that they bring to the community as an individual. <u>Scripture:</u>	<u>Activities:</u> 1. Split a page in half and illustrate or write about a scenario where you feel safe and a scenario where you feel unsafe. 2. Create a 'being safe' poster for the classroom detailing what to do if you do not feel safe. 3. Make a list of things that are harming our world and paint pictures to show solutions to these problems. <u>Prayer:</u>	<u>Activities:</u> 1. Create a class display depicting pupils in the school living out the school's mission statement. 2. Discuss ways that we meet God in our communities. Make lists of communities in the school and parish. 3. Paint or draw pictures showing people being generous with their time and talents, contributing to building strong, safe, caring communities an engaging in charity work. Make links to Cafod. <u>Prayer:</u>

Philippians 2:1, 2, 3 Your life in Christ, makes you strong and his love comforts you. I urge you, then, to make me completely happy by having the same thoughts, sharing the same love, and being in one soul and mind. Look out for one another's interests and not your own. <u>Sing:</u> Share the light of Jesus	Loving father, we thank you for the wonder and gift of each person made in your image and likeness. Help us to be courageous in loving all despite our uniqueness and difference. Amen. <u>Sing:</u> He's got the whole world in his hands.	Loving God, we praise you and thank you for the great generosity of so many people who volunteer their time, talents and skills to various communities in order to spread joy, hope, love, and improve the lives of others. <u>Sing:</u> Share the light of Jesus
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CYCLE B

Aim: To focus on families and specially growing up in a loving, secure and stable home.

Key Words: unique, friend, respect, secure, God, love, care, commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes.

Key Skills: listening, observing, relating, speaking, respecting, praying, reflecting, understanding, recognising, supporting, celebrating, deciding.

<u>Social and Emotional</u>	<u>Physical</u>	<u>Spiritual</u>
LI: To recognise signs that I am loved in my family.	LI: to recognise how I am cared for and kept safe in my family.	To celebrate ways that God loves and cares for us.
<u>Activities:</u> 1. Draw your family showing some of the ways they show you love and kindness. 2. Encourage children to retell situations when their families kept them safe and protected. 3. Create a collage of pictures showing the happy, exciting, enjoyable things you do as a family	<u>Activities:</u> 1. Paint and draw your family tree. 2. Draw each member of your family, including yourself and even your pets. Cut them out, write their names on their backs and hang them to make a mobile. 3. Create a set of responses for children to use with people when they feel unsafe.	<u>Activities:</u> 1. Create a set of family rules to show how we can live in peace and harmony (include the words please, thank you and sorry). 2. Compose a 'Litany of Thanksgiving to God, for his constant love, care, protection and keeping us safe.

4. Design a card to cheer someone up who is sad or upset.
5. Compose a prayer together thanking God for all the signs of his love and care for each person, especially in your families.

Prayer

‘Prayer of thanksgiving’.

Sing

My God is a Great Big God

‘Sing a simple song unto the Lord’.

4. Draw around your hand and on each finger, write ways you have grown and changed.
5. Identify, name, draw and label each part of the body and say what part is associated with each sense.
6. Create a collage showing all the ways we can stay fit and healthy.

Prayer

Prayer for our Families

Loving Father, thank you for my mum, dad, brothers, sisters and all who love and care for me.

You love me so much that you have my name carved on the palm of your hand.

Amen

Sing

My God is a Great Big God

‘Sing a simple song unto the Lord’.

Prayer

Pray each ‘Litany of thanksgiving’ and at the end of each all say ‘Bless (name) and his/her family’.

Sing

My God is a Great Big God

‘Sing a simple song unto the Lord’.

