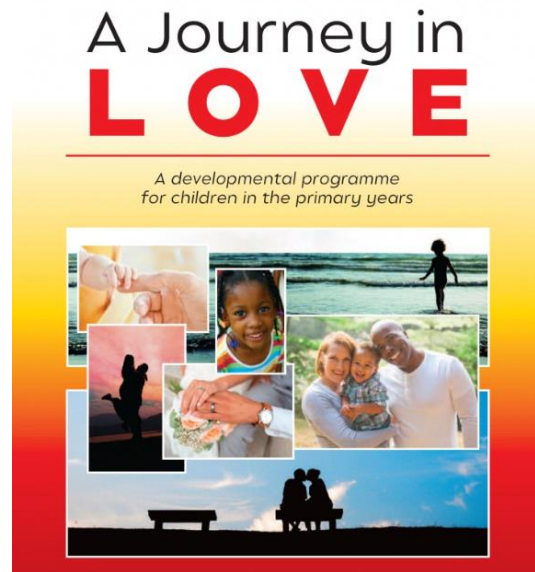




St Lewis' Catholic Primary School

RSHE Long Term Overview



YEAR FIVE / SIX

CYCLE A

Aim: to show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.

Key Words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period.

Key Skills: Respecting, adapting, relating, developing, considering, supporting, deciding, accepting, helping

<u>Social and Emotional</u>	<u>Physical</u>	<u>Spiritual</u>
LI: to show knowledge and understanding of emotional relationship changes as we grow and develop.	LI: to show knowledge and understanding of the physical changes.	LI: to celebrate the joy of growing physically and spiritually.
Activities: 1. List some social and emotional changes and how these might present themselves within friendships. Pupils may include some of the following- easily embarrassed, need for privacy, mood swings up or down, seeking independence, risk taking behaviour etc. 2. Consider how to recognise and report feelings of being unsafe; feeling threatened; feeling anxious due to the way you are being treated. 3. Design an A5 pamphlet with information on how to seek for help or advice for yourself or others? Include	Activities: 1. Discuss the physical changes that take place during puberty. Discuss how it is normal for children to go through these changes at different times. 2. Recognise that sexual development is a natural part of human growth and that physical change from child to adult means the ability and potential to become a mother or a father. 3. Discuss how, as well as physical changes, emotions may change and/or become more intense as they grow and move through puberty. Discuss how these changes can positively and negatively affect physical, emotional & mental health.	Activities: Parental love; Romantic love; Affectionate love; Selfless love and Sexual love. Each of these forms of human love should be respectful with the awareness that the choices we make in our relationships can have positive, neutral and negative consequences. We should be aware of how we feel if we are in a relationship that threatens our physical and emotional well-being and where and who we can go to if we need to seek support. Changes to relationships can, and often do, happen in life, such as loss, separation, divorce and bereavement. These changes can affect the way we feel about those we love and the emotions that will accompany these changes.

strategies that could be used to help someone when they are feeling low or not confident, promoting positive mental positive health and well-being. <u>Prayer:</u> Lord, make me an instrument of your peace; Where there is hatred; let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness; Where there is sadness, light; O Divine Master, grant that I may not be so much to seek to be consoled as to console; To be understood as to understand; To be loved as to love. For it is in loving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Sing: Make Me a Channel of Your Peace	4. As our bodies change there is pressure from outside including social media to look and feel a certain way. This can include images in the media that do not always reflect reality. How can we deal with these external pressures and who can we talk to if we are unsure or do not understand the changes that are happening. <u>Prayer:</u> Loving Father and Creator of all, we thank you for the beauty, dignity and gift of human life. Help us to respect and treasure its sadness from the moment of conception until its natural end. Amen. Sing: Make Me a Channel of Your Peace	1. Create a table showing each aspect of love and say why it is important. Debate the beauty and joy of each and the challenges they may pose e.g. Gospel values, societal values, and peer pressure, sexual behaviour, and gender, acceptance of mental and physical well-being biologically determined. 2. Create a piece of artwork that depicts yourself in the flourishing image of God that He created you to be. Surround yourself with the people in your life who will/have support/ed you on this journey/adventure. <u>Prayer:</u> Christ has no body now but yours No hands, no feet on earth, but yours Yours are the eyes through which He looks With compassion on this world Yours are the feet with which He walks To do good Yours are the hands With which He blesses all the world Yours are the hands Yours are the feet Yours are the eyes You are His body Christ has no body now but yours
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		Christ has no body now but yours No hands, no feet on earth, but yours Yours are the eyes through which He looks With compassion on this world Christ has no body now on earth but yours Sing: The Prayer of St Teresa of Avila
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CYCLE B

Aim: To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.

Key Words: God, Christian, appropriate, sexuality, dignity, fallopian, intercourse, relationship, conceive, cervix, uterus, fiancé, fiancée.

Key Skills: categorising, observing, classifying, listening, questioning, speaking, respecting, thinking, relating, reflecting, thinking, identifying, accepting, empathising, understanding, communicating, presenting, evaluating, researching.

<u>Social and Emotional</u>	<u>Physical</u>	<u>Spiritual</u>
LI: to develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.	LI: to explain how human life is conceived	LI: to show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.
<u>Activities:</u> 1. To write a poem showing an understanding of the meaning of love. 2. To discuss as a class the importance of friendship and list the characteristics that makes a good friend. 3. Create a poster/piece of a jigsaw showing the impact that bullying, teasing and unkindness has on ourselves and others and the responsibilities we have as children of God.	<u>Activities:</u> 1. To discuss the meaning of love and how new life is made through God's love. 2. To label and look at the organs of the human body including male and female reproductive organs. 3. To discuss and order the stages of pregnancy from conception to birth.	<u>Activities:</u> 1. Discuss diverse families. What is a family? Write a prayer thanking God for our families. 2. Write your own ten commandments about respect, choices and staying safe. 3. Children to look at the order of service of the marriage sacrament and discuss some positive steps undertaken by the couple to ensure life-long relationships.

<u>Prayer</u> For our families and all families, we pray our family prayer: Our Father Our Father, Who art in heaven, Hallowed be Thy Name. Thy Kingdom come. Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen Sing Don Moen 'Our Father'	<u>Prayer</u> Dear Lord, I am so newly come, I do not know my name. I do not even know yet, Lord, If I am glad I came. Grant me the time to grow in love, Rejoice that I am here. Bless those who make me warm and dry, Lord, keep my mother near. Sing Don Moen 'Our Father'	<u>Prayer/Song</u> Children to sing 'I the lord of sea and sky'. Sing Don Moen 'Our Father'
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