

Holy Cross Catholic Primary - Skills & Knowledge Progression in RHE

	EYFS - Reception	KS1 - Year 1 & 2	LKS2 - Year 3 & 4	UKS2 - Year 5 & 6
Created and Loved by God	Unit 1: Religious Understanding: 1. Handmade with Love	Unit 1: Religious Understanding: 1. Let the Children Come	Unit 1: Religious Understanding: 1. Get Up! 2. The Sacraments	Unit 1: Religious Understanding: 1. Calming the Storm
	Unit 2: Me, My Body, My Health: 1. I Am Me 2. Head, Shoulders, Knees and Toes 3. Ready Teddy	Unit 2: Me, My Body, My Health: 1. I Am Unique 2. Girls and Boys 3. Clean and Healthy Key Decision: Girls and Boys unit - vocabulary for genitalia is taught in Year 3.	Unit 2: Me, My Body, My Health: 1. We Don't Have to be the Same 2. Respecting Our Bodies 3. What is Puberty? 4. Changing Bodies Key Decision: What is Puberty? unit and Changing Bodies unit are taught in Year 4.	Unit 2: Me, My Body, My Health: 1. Gifts and Talents 2. Girls' Bodies 3. Boys' Bodies 4. Spots and Sleep
	Unit 3: Emotional Well-being: 1. I Like, You Like, We All Like! 2. All the Feelings! 3. Let's Get Real	Unit 3: Emotional Well-being: 1. Feelings, Likes and Dislikes 2. Feeling Inside Out 3. Super Susie Gets Angry	Unit 3: Emotional Well-being: 1. What Am I Feeling? 2. What Am I Looking At? 3. I Am Thankful! Additional sessions which may be used to supplement these units: Lurking Trolls: Self-Image Lurking Trolls: Anxiety and Mental Health	Unit 3: Emotional well-being: 1. Body Image 2. Peculiar Feelings 3. Emotional Changes 4. Seeing Stuff Online Additional sessions which may be used to supplement these units: Lurking Trolls: Self-Image Lurking Trolls: Anxiety and Mental Health
	Unit 4: Life Cycles: 1. Growing Up	Unit 4: Life Cycles: 1. The Cycle of Life	Unit 4: Life Cycles: 1. Life Cycles 2. A Time for Everything Sexual intercourse is not discussed in the Life Cycles unit.	Unit 4: Life cycles: 1. Making babies part 1 2. Making babies part 2 Key Decision: Making Babies part 2 is not part of the statutory curriculum, and is not taught in school 3. Menstruation 4. Hope Beyond Death Key Decision: Session 4 – Hope Beyond Death is taught in Year 6.
Created to Love Others	Unit 1: Religious Understanding: 1. Role Model	Unit 1: Religious Understanding: 1. God Loves You	Unit 1: Religious Understanding: 1. Jesus, My Friend	Unit 1: Religious Understanding: 1. Is God Calling You?
	Unit 2: Personal Relationships: 1. Who's Who? 2. You've Got a Friend in Me 3. Forever Friends	Unit 2: Personal Relationships: 1. Special People 2. Treat Others Well... 3. ... and Say Sorry!	Unit 2: Personal Relationships: 1. Friends, Family & Others 2. When Things Feel Bad	Unit 2: Personal Relationships: 1. Under Pressure 2. Do You Want a Piece of Cake? 3. Self-talk
	Unit 3: Keeping Safe: 1. Safe Inside and Out 2. My Body, My Rules 3. Feeling Poorly People Who Help Us	Unit 3: Keeping Safe: 1. Being Safe 2. Good Secrets/ Bad Secrets 3. Physical Contact 4. Harmful Substances	Unit 3: Keeping Safe: 1. Sharing Online 2. Chatting Online 3. Physical Contact 4. Drugs, Alcohol and Tobacco Additional sessions which may be used to supplement these units: Lurking Trolls: Fake News Lurking Trolls: Online Bullying	Unit 3: Keeping Safe: 1. Sharing Isn't Always Caring 2. Cyber Bullying 3. Types of Abuse Key Decision: 'Types of Abuse' unit to be taught through other resources, not through the TenTen lesson. 4. Impacted Lifestyles 5. Making Good Choices 6. Giving assistance Additional sessions which may be used to supplement these units: Lurking Trolls: Radicalisation Lurking Trolls: Online Bullying Lurking Trolls: Exploitation

Created to Live in the Community	Unit 1: Religious Understanding: 1. God's Love 2. Loving God and Loving Others	Unit 1: Religious Understanding: 1. Three in One 2. Who is My Neighbour?	Unit 1: Religious Understanding: 1. Trinity House 2. What is the Church	Unit 1: Religious Understanding: 1. The Trinity 2. Catholic Social Teaching
	Unit 2: Living in the Wider World: 1. Me, You, Us Twinkl – My Family and Community: British Values and We are All Different Own lesson and resources: Aspirations	Unit 2: Living in the Wider World: 1. The Communities We Live In Twinkl – Money Matters Twinkl – British Values and Diverse Britain Twinkl – Aspirations, Goals and Careers	Unit 2: Living in the Wider World: 1. How Do I Love Others? Twinkl – Money Matters Twinkl – British Values and Diverse Britain Twinkl – One World Twinkl – Aiming High, Aspirations	Unit 2: Living in the Wider World: 1. Reaching Out Twinkl – Money Matters Twinkl – British Values and Diverse Britain Twinkl – Prejudice and Discrimination Twinkl – One World Twinkl – Aiming High, Aspirations
Yellow highlighted information shows where our 'Key Decisions' have been made about what non-statutory lessons to include in our RSHE curriculum, and in which year groups other specific lessons will be taught.				
Green highlighted information shows additional 'Beware of Lurking Trolls' lessons, which teachers may choose to include to provide further teaching. The 'Lurking Trolls' campaign is backed by the Safeguarding Children Partnerships in Portsmouth, Southampton, Isle of Wight and Hampshire and has been developed with support from schools, child and adolescent mental health services (CAMHS), the police, local authority children and education services, public health and library services. Resources can be accessed here: https://lurkingtrolls.com/teacher-resources/				
Pink highlights show additional supplementary PSHE sessions which can be used to supplement the curriculum in the Summer term.				
Online safety and digital resilience and awareness is also taught through Internet Safety week, visits from external professionals such as the Police and MHST, and referred to throughout the year.				