

RHE Scheme (Life to the Full): Summer Term Overview

EYFS

Spring Units	Overview	Learning Objectives (what children will learn)
Safe Inside and Out	Through an interactive story where children have to help Freddy Teddy stay safe in various situations, children will explore different ways they can stay safe outside, inside and inside themselves too. All this is underpinned by the religious teaching that we are created and loved by God, with bodies and minds that He wants us to keep safe.	<ul style="list-style-type: none"> About safe and unsafe situations indoors and outdoors, including online. That they can ask for help from their special people.
My Body, My Rules	This session introduces children to the idea of bodily privacy (including the NSPCC PANTS message that 'privates are privates') and the importance of talking to their 'special people' if anything troubles them. This is all underpinned by the religious teaching that we are created and loved by God, with bodies and minds that He wants us to keep safe.	<ul style="list-style-type: none"> To know they are entitled to bodily privacy That they can and should be open with 'special people' they trust if anything troubles them That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest
Feeling Poorly	In this session, pupils will be introduced to the idea of medicines as drugs and learn how to be safe around them. Children will draw on their own experiences of feeling poorly and taking medicines, as well as input from an animated expert, Dr Datfa. This session is underpinned with the religious teaching that our bodies are a gift from God which we should take care of.	<ul style="list-style-type: none"> Medicines should only be taken when a parent or doctor gives them to us Medicines are not sweets. We should always try to look after our bodies because God created them and gifted them to us.
People Who Help Us	This session ties in with the EYFS 'People Who Help Us' topic, enabling pupils to identify those who help us in an emergency, including police, firefighters and paramedics. Children will learn what an emergency is and discuss which emergency service they might need in specific scenarios. Children will also discuss the principle of emergency and non-emergency First Aid. This teaching is underpinned by the religious understanding that we are created to love God and love others, and we should therefore look out and care for one another and the bodies we have been given.	<ul style="list-style-type: none"> There are lots of jobs designed to help us. Paramedics help us in a medical emergency. First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance
God Is Love	This session introduces in a very simple way the concept of the Trinity, where God is three-in-one and each part loves the others and loves us. Children will	<ul style="list-style-type: none"> That God is love: Father, Son and Holy Spirit

	come to understand that as we are made in the image of God, we are designed to love God and love one another too.	<ul style="list-style-type: none"> • That being made in His image means being called to be loved and to love others
Loving God, Loving Others	Building on the previous session, where children learned that we are made to love others just like God love us, this session helps children consider their wider communities. Through the story of Jesus feeding the 5000 with just the humble offering of a small boy, children will learn that our loving actions can be used by God to do incredible things.	<ul style="list-style-type: none"> • What a community is, and that God calls us to live in community with one another • Some Scripture illustrating the importance of living in a community • No matter how small our offerings, they are valuable to God and He can use them for His glory.
Me, You, Us	Extending their understanding of communities from Unit 1, this session helps children to understand the responsibilities they have to people, places and the planet now and increasingly as they get older.	<ul style="list-style-type: none"> • That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. • That we have a duty of care for others and for the world we live in (charity work, recycling, etc.) • About what harms and what improves the world in which they live

RHE Scheme (Life to the Full): Summer Term Overview

Years 1 and 2

Spring Units	Overview	Learning Objectives (what children will learn)
Being Safe	This session helps children to recognise safe and unsafe situations in real life and online. Through activities and the story of Smartie the Penguin, children will understand that being safe is not just about physical precautions, <i>they need to feel safe on the inside too.</i>	<ul style="list-style-type: none"> To understand safe and unsafe situations, including online.
Good Secrets and Bad Secrets	<p>In this session, children will learn the difference between good secrets that are safe to keep, and bad secrets that are unsafe to keep.</p> <p>They will help Super Susie to decide whether some secrets she is asked to keep are good or bad, and what to do about it.</p>	<ul style="list-style-type: none"> The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; How to resist pressure when feeling unsafe.
Physical Contact	<p>This session incorporates (with kind permission) the PANTS resources from the NSPCC that teach children:</p> <ol style="list-style-type: none"> Privates are private. Always remember your body belongs to you. No means no. Talk about secrets that upset you. Speak up, someone can help. <p>This is framed in the core belief that our bodies are made by God and given to us as wonderful gifts that deserve our and others respect.</p>	<ul style="list-style-type: none"> To know that they are entitled to bodily privacy; That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.
Harmful Substances	<p>In this session, pupils will relate their prior knowledge of medicines and the need to be safe around them to new learning about harmful substances. Children will receive input from an animated expert, Dr Datfa, on the harm substances such as alcohol and tobacco can have on our bodies. This session</p>	<ul style="list-style-type: none"> Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances.

	is underpinned with the religious teaching that our bodies are a gift from God which we should take care of.	<ul style="list-style-type: none"> • Our bodies are created by God, so we should take care of them and be careful about what we consume.
Can You Help Me?	Underpinned by the religious understanding that we are created to love God and love others, and we should therefore look out for and care for one another, this session explores what makes a situation a 999 emergency and introduces children to the principles of basic First Aid through animated teaching, role play and discussions.	<ul style="list-style-type: none"> • They should call 999 in an emergency and ask for ambulance, police and/or fire brigade • If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. • Some basic principles of First Aid
Three In One	At the heart of this session is a story about Lucy and her family, which you may wish to play during a carpet time session. Through the story, pupils will be introduced to the concept of the Trinity and think about what the Trinity means for them. This is a simple teaching that we will return to in more complexity in later years.	<ul style="list-style-type: none"> • That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others
Who Is My Neighbour?	<p>Through the story of The Good Samaritan, children will learn who their neighbour is – everyone.</p> <p>They will have an opportunity to reflect on what this means for them and their communities.</p>	<ul style="list-style-type: none"> • To know what a community is, and that God calls us to live in community with one another; • A scripture illustrating the importance of living in community as a consequence of this; • Jesus’ teaching on who is my neighbour.
The Communities We Live In	<p>In this session, children will learn about the different communities that they are part of, local and global. They will think about what it means to belong to a community and the rights and responsibilities that come with it.</p> <p>Children will also learn that how they act can help or harm their communities.</p>	<ul style="list-style-type: none"> • That they belong to various communities such as home, school, parish, the wider local community, nation and global community; • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; • That we have a duty of care for others and for the world we live in (charity work, recycling etc.); • About what harms and what improves the world in which we live

RHE Scheme (Life to the Full): Summer Term Overview

Years 3 and 4

Spring Units	Overview	Learning Objectives (what children will learn)
Sharing Online	Integrating the NSPCC Share Aware programme, this session introduces the digital world as one that children need to take steps to stay safe in, just like the real world. This session focuses on how quickly things can be shared around the world online, including photos, passwords and other personal information. Children will discuss how this can be damaging and dangerous, and will learn steps they can use to keep themselves safe.	<ul style="list-style-type: none"> ● To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; ● How to use technology safely; ● That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; ● How to report and get help if they encounter inappropriate materials or messages
Chatting Online	Integrating the NSPCC Share Aware programme, this session continues discussing steps children need to take to stay safe online. This session focuses particularly on chatting and cyberbullying; it helps children to know how they can report and get help if they encounter inappropriate messages or material.	<ul style="list-style-type: none"> ● How to use technology safely; ● That bad language and bad behaviour are inappropriate; ● That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; ● How to report and get help if they encounter inappropriate materials or messages.
Safe In My Body	This session follows on from the previous two internet safety sessions, by moving into the real world and considering what physical contact is appropriate and inappropriate. Children will be introduced to the term 'abuse' and discuss different kinds of abuse, including sexual abuse, here referred to as 'abuse of private parts'. Children will be asked to think of trusted adults that they can talk to about any issues they may face.	<ul style="list-style-type: none"> ● To judge well what kind of physical contact is acceptable or unacceptable and how to respond; ● That there are different people we can trust for help, especially those closest to

		us who care for us, including our teachers and parish priest.
Drugs, Alcohol and Tobacco	In this session, pupils will learn some key information and facts about drugs, alcohol and tobacco, with input from animated expert Dr Datfa. The teaching is underpinned with the religious understanding that consuming these substances is harmful to our bodies, and therefore God's creation. Pupils will consider a range of scenarios in order to learn about making the right choices when it comes to substances.	<ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume.
First Aid Heroes	In this session, pupils will learn how First Aid, quick reactions and staying calm during an emergency can make the difference between life and death. Pupils will role play some 'Pride of Britain' style scenarios in which children save lives, with Dr Datfa featuring as host. Children will learn that they don't need to feel daunted, because God holds us up and gives us strength.	<ul style="list-style-type: none"> • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life. • Children can help in an emergency using their First Aid knowledge.
A Community Of Love	<p>At the heart of this session is a short film about Lucy and her family, who children have met before in KS1. After the film, children will apply Lucy's story to their developing understanding of the community aspect of the Trinity and be encouraged to think about what the Trinity means for them and their communities.</p> <p>This session briefly discusses marriage and likens the love of a family to the love between the Trinity. Be sensitive around this topic, as some children might be adopted or have unmarried parents etc.</p>	<ul style="list-style-type: none"> • God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship' • The human family is to reflect the Holy Trinity in mutual charity and generosity
What Is The Church?	In this session, children will learn about the wider Church and its mission to reflect the Holy Trinity through love for others. The charity 'Together For The Common Good' gives us some ideas about how to reflect the love of the Holy Trinity in our lives and as part of the Church family, the Body of Christ. 'Together for the Common Good' is a Christian charity that encourages ecumenical collaboration.	<ul style="list-style-type: none"> • The human family can reflect the Holy Trinity in charity and generosity. • The Church family comprises of home, school and parish (which is part of the diocese).

<p>How Do I Love Others?</p>	<p>This lesson explores how we can put love into action in the communities we live in. We look at how the Church has grown out of God's love for us and how it can be an example and a means of loving and caring for others.</p>	<ul style="list-style-type: none">• To know that God wants His Church to love and care for others.• To devise practical ways of loving and caring for others.
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RHE Scheme (Life to the Full): Summer Term Overview

Years 5 and 6

Spring Units	Overview	Learning Objectives (what children will learn)
Sharing Isn't Always Caring	<p>Continuing from the NSPCC resources used in LKS2, this session presents the digital world as one that children need to take steps to stay safe in, just like the real world.</p> <p>This session focuses children making safe and sensible decisions about what content to share or not share, including photos, passwords and other personal information. Children will discuss how this can be damaging and dangerous, and will rules to remember to keep themselves safe.</p>	<ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. • How to use technology safely. • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. • How to report and get help if they encounter inappropriate materials or messages.
Cyberbullying	<p>Building on the NSPCC Share Aware programme which pupils covered in Lower Key Stage 2, this session investigates cyberbullying. It explores how children can chat safely, the impact cyberbullying can have, and what behaviour is acceptable and unacceptable online. Children will also learn how they can report and get help if they encounter inappropriate messages or material.</p>	<ul style="list-style-type: none"> • What the term cyberbullying means and examples of it; • What cyberbullying feels like for the victim; • How to get help if they experience cyberbullying
Typesf Abuse	<p>This session follows on from the previous two internet safety sessions, by moving into the real world and considering what physical contact is appropriate and inappropriate. Children will be introduced to the term 'abuse' and discuss the different kinds of abuse, including sexual. Children will be asked to think of trusted adults that they can talk to about any issues they may face.</p>	<ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond. • That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priest.

Impacted Lifestyles	The first of two UKS2 sessions on drugs, alcohol and tobacco, pupils will build on their existing knowledge through learning facts and taking part in activities to demonstrate how using these substances can impact on people's lifestyles and inhibit the body's natural functioning. The teaching of this session is underpinned with the religious understanding that consuming these substances is harmful to our bodies, and therefore God's creation.	<ul style="list-style-type: none"> • Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. • Learn how to make good choices about substances that will have a positive impact on their health. • Know that our bodies are created by God, so we should take care of them and be careful about what we consume.
Making Good Choices	In this second UKS2 session on drugs, alcohol and tobacco, pupils will consider scenarios where people feel pressured to use them. Children will be encouraged to use their scientific knowledge and religious understanding to cope with pressured situations and make good choices. The teaching is underpinned with the religious understanding that consuming harmful substances is harmful to our bodies, and therefore God's creation.	<ul style="list-style-type: none"> • Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco • Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies
Giving Assistance	The animated Dr Datfa features to equip children with some basic First Aid knowledge, including the recovery position and DR ABC. This involves children practising/re-enacting scenarios, so you might want to clear tables and chairs or use the hall for this session. This is underpinned with the religious teaching that God created us to love Him and to love others, so we should look out for and care for one another.	<ul style="list-style-type: none"> • The recovery position can be used when a person is unconscious but breathing. • DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.
The Trinity	In both KS1 and LKS2, children learnt about the Trinity through films about Lucy and her family. This session returns to Lucy for one last time, and helps pupils increase their understanding of the Holy Trinity using scripture activities and prayer. Children will also consider how they can allow the Holy Spirit to work through them to bring God's love into the world.	<ul style="list-style-type: none"> • To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. • To know that the Holy Spirit works through us to bring God's love and goodness to others.
Catholic Social Teaching	This lesson introduces the idea of Catholic Social Teaching (CST). Through examples of God's love in action throughout Scripture, children will learn how God wants us to live in society with each other. They will learn the principles of CST, how we can apply these to daily life and how 'loving our	<ul style="list-style-type: none"> • The principles of Catholic Social Teaching. • That God formed them out of love, to know and share His love with others

	neighbour' might mean acting in ways that affect global organisations as well as individuals.	
Reaching Out	This lesson continues pupils' learning on Catholic Social Teaching (CST), recapping the principles and showing how they are relevant day to day. Children will look at current news stories, applying Catholic Social Teaching to analyse the issues and come up with ways of reaching out to others and spreading God's love in their communities.	<ul style="list-style-type: none">• Learn to apply the principles of Catholic Social Teaching to current issues.• Find ways in which they can spread God's love in their community.