

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

EYFS

Autumn Units	Overview	Learning Objectives (what children will learn)
I am Me	Children learn that they are uniquely created by God and special because they are made and loved by Him. As children explore in more detail their uniqueness and what that means in real terms, this session aims to celebrate difference as well as individual gifts, talents and abilities.	<ul style="list-style-type: none">• We are each unique, with individual gifts, talents and skills.• Whilst we all have similarities because we are made in God's image, difference is part of God's plan!
Heads, Shoulders, Knees and Toes	The first part of this session requires children moving around and exploring the movements their bodies can make by taking part in a story where Freddy Teddy and Mollie the Cat take a morning walk. The rest of the session helps children realise how wonderful their unique, God-given bodies are. The session also briefly discusses, in an age-appropriate way, that privates are private.	<ul style="list-style-type: none">• That their bodies are good and made by God• The names of the parts of the body (not genitalia)
Ready Teddy?	This session involves children helping Freddy Teddy to make good, healthy lifestyle decisions, including about exercise, diet, sleep and personal hygiene. Note that this session is not exhaustive and these topics will need to be revisited multiple times for children to really grasp them; rather, this session offers spiritual reasoning for why we should look after our bodies, and consolidates on the good practice being taught in schools.	<ul style="list-style-type: none">• That our bodies are good and we need to look after them• What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene

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

Years 1 and 2

Autumn Units	Overview	Learning Objectives (what children will learn)
I am Unique	This session helps pupils to remember that they're all special because they are made and loved by God. Children will be encouraged to notice similarities and celebrate differences between fictional people and each other as things that make us unique and special. They will start learning a song to reinforce learning; this song will be added to in each session of this Unit.	<ul style="list-style-type: none"> • To learn that we are unique, with individual gifts, talents and skills.
Girls and Boys	This session is all about celebrating our God-given bodies and the things they enable us to do! In an age-appropriate way, children will be encouraged to notice similarities and celebrate differences between girls and boys on physical, emotional and spiritual levels. There is also an optional section for discussing external body parts (genitalia).	<ul style="list-style-type: none"> • Our bodies are good; • The names of the parts of our bodies (please refer to the Module Overview for important guidance on discussing genitalia); • That girls and boys have been created by God to be both similar and different and together make up the richness of the human family.
Clean and Healthy	This session teaches children how to take care of their bodies. Children will meet Super Susie and help teach her how to take care of herself. They will finish learning "God Made Me, God Made You" and remember that their bodies are a special gift from God that they need to look after!	<ul style="list-style-type: none"> • Our bodies are good and we need to look after them; • What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; • The importance of sleep, rest and recreation for our health; • How to maintain personal hygiene.

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

Years 3 and 4

Autumn Units	Overview	Learning Objectives (what children will learn)
Get Up!	Children will hear and experience the Gospel story of Jesus healing Jairus' daughter. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God out of love and for love: they were designed for this purpose, which should inform how they live.	<ul style="list-style-type: none"> • We are created individually by God who is Love, designed in His own image and likeness • God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation) • Every human life is precious from the beginning of life (conception) to natural death • Personal and communal prayer and worship are necessary ways of growing in our relationship with God
The Sacraments	This session unpacks the Sacraments of Baptism and Reconciliation. Children will understand that through prayer, the Sacraments and our friendships and relationships with others, we can have a foretaste of heaven.	<ul style="list-style-type: none"> • That in Baptism God makes us His adopted children and 'receivers' of His love • That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue) • It is important to make a nightly examination of conscience.
We Don't Have to be the Same	This session introduces the animated characters of AJ, who will reappear throughout the Lower Key Stage Two scheme of work. Children in class will also role-play the characters of Sophie and Aidan who have questions and dilemmas for AJ. In this session, children help Sophie and Aidan learn that similarities and differences can be celebrated and can benefit a community through working together. Pupils will also be given an opportunity to reflect on God's love as the foundation of our self-confidence.	<ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc).
Respecting Our Bodies	In this session, we explore the importance of respecting our bodies as a gift from God in very practical ways, such as clothing, food and physical exercise.	<ul style="list-style-type: none"> • About the need to respect and look after their bodies as a gift from God through

	Returning to the character of AJ (on screen) and Sophie and Aidan (played by pupils), we explore problems and solutions through roleplay and discussion. Children will reflect on their bodies as a gift from God that He wants us to look after and respect.	what they wear, what they eat and what they physically do.
What is Puberty (Y4 Only)	In this session, children will develop a base-level understanding of what puberty is and get a grasp on some of the terminology related to puberty, such as genitalia. This session is a precursor to the session which will follow called “Changing Bodies” which will look specifically at some of the changes that boys and girls will face when they enter puberty. Children should come out of this session knowing that puberty is part of God’s plan for our bodies and that they can embrace the changes with confidence.	<ul style="list-style-type: none"> • Learn what the term puberty means; • Learn when they can expect puberty to take place; • Understand that puberty is part of God’s plan for our bodies.
Changing Bodies (Y4 only)	In this session, pupils will use the correct terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.	<ul style="list-style-type: none"> • Learn correct naming of genitalia; • Learn what changes will happen to boys during puberty; • Learn what changes will happen to girls during puberty.
Boy/Girl Discussion Groups (Y4 only)	<p>It may be appropriate to have an informal meeting with children in single-sex groups to allow for any discussions or questions that may have arisen through the previous sessions on puberty. The aim being to provide a safe space for discussion about changes they will face throughout puberty and how these changes might make them feel. Alternatively, you could ask children to write down their own questions on slips of paper and put them in a bowl in the middle, for you to ‘lucky dip’ the questions. In order to prepare for any tricky questions, you might find the following pages about puberty from Childline useful:</p> <ul style="list-style-type: none"> • Puberty for Boys • Puberty for Girls 	

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

Years 5 and 6

Autumn Units	Overview	Learning Objectives (what children will learn)
Gifts and Talents	In the first episode of the series “Paradise Street”, we are introduced to the four main characters and see their similarities and differences. There is friction over competition and rivalry, with the characters learning that difference – whether physical or skills-based – should be celebrated as enriching to a community. One of the characters, Finn, discusses his feelings of insecurity with his Mum and she teaches him that his self-confidence should come from being loved by God.	<ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature, and that by living and working together (‘teamwork’) we create community; • Self-confidence arises from being loved by God (not status, etc).
Girls’ Bodies	This episode of ‘Paradise Street’ starts with a lesson in class talking about the physical changes that boys and girls experience in puberty; the children respond with degrees of embarrassment and confusion. The film then focuses on the girls’ perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty. Although menstruation is touched upon in this session, it will be explored in more detail in Module 1, Unit 4, Session 3: Menstruation . Genitals are mentioned here, but not identified or named.	<ul style="list-style-type: none"> • That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries.
Spots and Sleep	This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.	<ul style="list-style-type: none"> • How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.
Body Image	This film investigates some of the pressures pubescent young people can face from others, their own expectations and the media. Leyla feels pressure to look grown up after her Mum shares a photo of her on social media with a caption ‘My Baby’, and Finn feels weak and inadequate and so tries to build muscle too quickly. Through exploring these and other pressures that they	<ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves • That thankfulness builds resilience against feelings of envy, inadequacy, etc.

	may experience, children will develop ideas on how to build resilience through thankfulness.	and against pressure from peers or media
Funny Feelings	In this session, pupils will observe and discuss how people behave and react to their feelings and emotions, and how these feelings can change quickly. Marcus imitates inappropriate behaviours that he sees at home from his Mum's boyfriend. He learns that some behaviours are always wrong, no matter what feelings accompany them, and learns that he has to take responsibility for his actions. Siobhan and Leyla fall victim to miscommunication which ruptures their friendship.	<ul style="list-style-type: none"> • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. • That some behaviour is wrong, unacceptable, unhealthy or risky
Emotional Changes	In this episode of Paradise Street, Leyla has a crush on an older boy and gets a bit carried away. Meanwhile, following recent events in Marcus' personal life, Miss Nichols gives him a creative outlet to soothe the powerful emotions he has been experiencing. This session provides plenty of opportunity for discussion and reflection, including how to deal with feelings that can feel uncontrollable. Pupils will develop a greater understanding of things that help their emotional well-being. At the end of this session, pupils should be given information about pastoral facilities within the school that they can use if they are not feeling emotionally well.	<ul style="list-style-type: none"> • Emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; • About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.
Seeing Stuff Online	This session explores the emotional and mental impact that videos and images of an adult nature can have on children and young people, particularly pornography. In the episode of "Paradise Street", we explore the relationship that the characters have with their phone and online devices. Leyla and Siobhan rave about a vlogger they have discovered, whilst Finn secretly discovers a pornographic website. Initially shocked and scared by what he has seen, he becomes more and more drawn to it. When his Dad discovers what Finn has been looking at, he sits down with him for a chat to explain the effect that these videos and images will have on his young brain.	<ul style="list-style-type: none"> • The difference between harmful and harmless videos and images; • The impact that harmful videos and images can have on young minds; • Ways to combat and deal with viewing harmful videos and images.