



St Peter's Catholic Primary School

Progression of skills: PSHE and RSE (Journey in Love)

Journey in Love	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 2	<p><i>God loves each of us in our uniqueness</i></p> <p>Intellectual - Why is it important to have friends? What makes a good friend?</p> <p>Physical - How am I unique and different to others? How am I the same as other people?</p> <p>Emotional - How do good friends make</p>	<p><i>We meet God's love in our family</i></p> <p>Emotional - What are happy times we celebrate with family? When have we experienced sadness in our families? How do we show love for members of our family?</p> <p>Intellectual - How do families help us to grow? When do we miss our</p>	<p><i>We meet God's love in our community</i></p> <p>Physical - How do we show we belong to a family? What do communities do for each other? How make up our communities?</p> <p>Emotional - How do communities and family help us develop our feelings and emotions? Are families and communities always happy?</p>	<p><i>How we live in love</i></p> <p>Physical - Who takes care of me? How I look after myself? How am I changing from when I was a baby?</p> <p>Social - How do I keep myself safe? How do I help others to make and keep friends? How do I take care of others?</p> <p>Emotional - How do I feel</p>	<p><i>God loves us in our differences</i></p> <p>Physical - Continue to recognise that all pupils grow at different rates. Name the different male and female body parts. Identify the development of the baby in the womb.</p> <p>Social - How do I learn to accept and celebrate who I am? How do I accept</p>	<p><i>Celebrating change</i></p> <p>Physical and Intellectual - Identify and celebrate the ways I have changed since birth. Discuss the external and internal changes which happen to boys and girls in puberty. Recognise that sexual development is a natural part of human growth and that physical changes from</p>	<p><i>The wonder of God's love in creating new life</i></p> <p>Intellectual - Humans grow up in the circle of life and love.</p> <p>Physical - Explain how human life is conceived. Understand how a child grows within the mother's womb. Identify the organs and reproductive systems of</p>

	<p>us feel? Who are our friends? How do we play well with our friends?</p> <p>Social - What is special about me that makes people be my friend? What are my favourite games to play with friends?</p> <p>Spiritual - How is Jesus our friend? Who is Mary and why is she special to us?</p>	<p>families? Who are our extended family - communities etc?.</p> <p>Physical - Who are my family? How do babies grow and change? Love between brothers, sisters and family.</p> <p>Social - How do we help and care for each other at home? How do we look after babies? What do our families do for us? What do we do to help them?</p> <p>Spiritual - We are all part of God's family. How do we grow in God's</p>	<p>How can we help those who are upset in our communities?</p> <p>Intellectual - Can people be lonely even if they are part of a community? What would we miss if we did not have family or a community? What do we like about the people we know in our families and communities?</p> <p>Social - Why is community important? What do we give and receive in a community or family? How important are members of our community?</p> <p>Spiritual - God is our father,</p>	<p>when a friend is not there for me? How do your friends feel when you are not there for them? How can you be a more supportive friend?</p> <p>Intellectual - Recognise the difference between being alone and being lonely. Recognise the need for personal privacy.</p> <p>Spiritual - How can I forgive and include others like Jesus did?</p> <p><u>Pupils should know:</u> - That everyone is an individual and has unique and valuable</p>	<p>differences in others? How do I deal with differences and manage the conflicts that arise?</p> <p>Emotional - How do I appreciate my own gifts, talents and achievements and all that makes me unique? How do I appreciate others and the gifts they have been given? How do I deal with the natural, negative emotions that present themselves?</p> <p>Intellectual - Can I identify and name my feelings? Do I know and understand what these</p>	<p>child to adult mean the ability and potential to become a mother or father. Understand the purpose of the menstrual cycle and the importance of hygiene for boys and girls.</p> <p>Social and Emotional - Recognise behaviour changes as we grow up. Reflect on ways to become more sensitive to the emotional development of oneself and others. Identify how our responsibilities change, as we grow older. Who is dependent on me and who do I depend on?</p>	<p>male and female humans.</p> <p>Emotional - Understanding of how relationships develop. The different types of loving relationships that exist between people as we grow older.</p> <p>Social - Recognise and compile a list of the signs of love expressed in those around us. Reflect on the different degrees of friendship that exist. How do we share God's love with each other?</p> <p>Spiritual - Understand that God causes new life to begin. Celebrate</p>
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		<p>family? How are Jesus, God and Mary part of our family?</p> <p>Pupils should know:</p> <ul style="list-style-type: none"> - To recognise what makes them special and unique - How to manage and whom to tell when finding things difficult - How they are the same and different to others - About different kinds of feelings - How to recognise feelings in themselves and others - How feelings can affect how people behave 	<p>how can we be children of God? As children of God, how do we treat each other? How do we help those who are lonely?</p> <p>Pupils should know:</p> <ul style="list-style-type: none"> - About the human life cycle and how people grow from young to old - How our needs and bodies change as we grow up - To identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) - About change as people grow up, including new opportunities 	<p>contributions to make</p> <ul style="list-style-type: none"> - To recognise how strengths and interests form part of a person's identity - How to identify their own personal strengths and interests and what they're proud of (in school, out of school) - To recognise common challenges to self-worth e.g. finding school work difficult, friendship issues - Basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, 	<p>feelings are? How do I deal with what I feel and can I analyse my feelings and actions?</p> <p>Spiritual - How does the bible and Jesus teach us to love?</p> <p>Pupils should know:</p> <ul style="list-style-type: none"> - How to identify external genitalia and reproductive organs - About the physical and emotional changes during puberty - Key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams - Strategies to manage the 	<p>Spiritual - Celebrate the wonder of change. What do we like about growing up? What can be difficult about growing up spiritually, emotionally and physically?</p> <p>Pupils should know:</p> <ul style="list-style-type: none"> - About personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes - That for some people their gender identity does not correspond with their biological sex 	<p>God's creative love. The Church celebrates the Sacrament of Marriage and the importance of community.</p> <p>Pupils should know:</p> <ul style="list-style-type: none"> - To recognise some of the changes as they grow up e.g. increasing independence - About what being more independent might be like, including how it may feel - About the transition to secondary school and how this may affect their feelings - About how relationships may change as they grow up or move to secondary
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			<p>and responsibilities</p>	<p>remembering what they are good at, trying again</p>	<p>changes during puberty including menstruation</p> <ul style="list-style-type: none"> - The importance of personal hygiene routines during puberty including washing regularly and using deodorant - How to discuss the challenges of puberty with a trusted adult - How to get information, help and advice about puberty 	<ul style="list-style-type: none"> - How to recognise, respect and express their individuality and personal qualities - Ways to boost their mood and improve emotional wellbeing - About the link between participating in interests, hobbies and community groups and mental wellbeing 	<p>school</p> <ul style="list-style-type: none"> - Practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school - Identify the links between love, committed relationships and conception - What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults - How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb
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