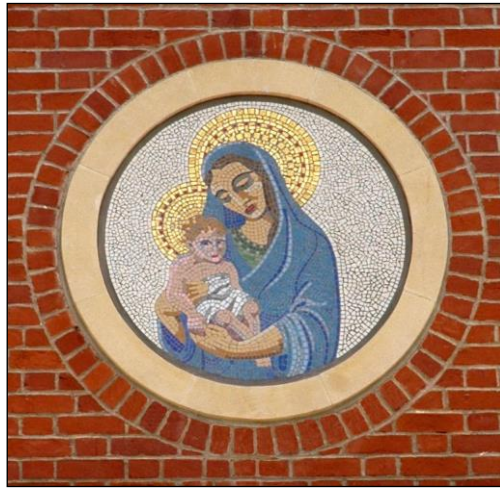


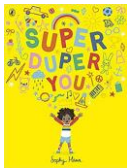
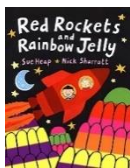
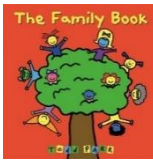
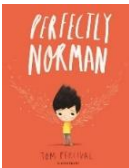
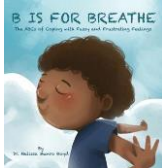
Cottesmore St Mary Catholic Primary School

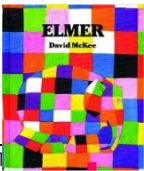
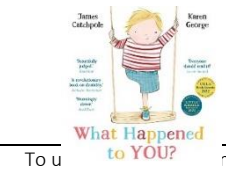
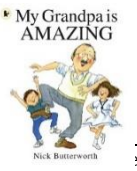
RSHE Curriculum Map

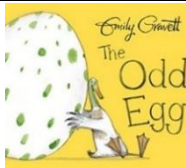
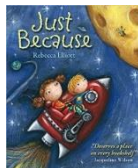
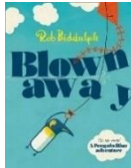
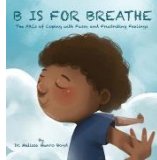


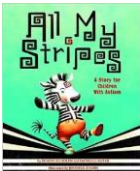
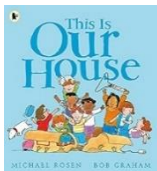
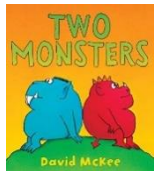
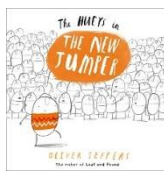
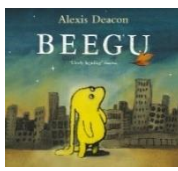
'Mane nobiscum Domine'
(Abide with us O Lord)

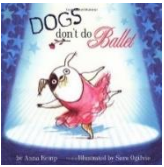
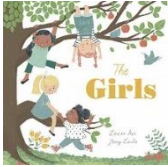
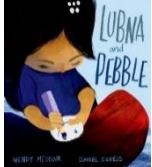
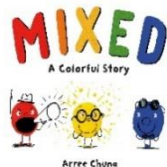


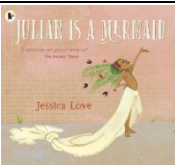
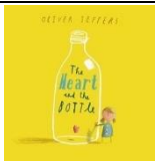
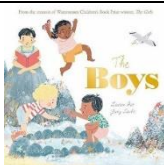
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RSHE Topics	Life to the Full- Created and Loved by God: I am Me British Values: Respect all differences Life to the Full: Created to Love Others Personal Relationships- Who's who? Life to the Full: Created and Loved by God: Emotional Wellbeing (World Mental Health Day) Life to the Full: Created to Love Others Online Safety: - What is the internet? - Pop ups and purchasing - Inappropriate websites Show Racism the Red Card	Good To Be Me: Identity & Belonging, Similarities and Differences – with a focus on home food Anti-Bullying Week Life to the Full: Created to Love Others Online Safety: -Cyberbullying - Upsetting images -Unreliable information - Talking to strangers online Life to the Full: Created to Live in Community- Me, You, Us	Feeling Safe and Unsafe Body Awareness and Networks and Telling Life to the Full: Created to Love others- Role Models, Aspirations Week Online Safety- Safer Internet Day Children's Mental Health Week- Coping mechanisms	Life to the Full: Created to live in Community- Loving God, Loving others Life to the Full: Created to Love Others and Health Education- Benefits of Healthy Eating and medicine safety Global Money Week: Economic Education- Ways to pay	Emotional Wellbeing and Life to the Full- Forever Friends: Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Naming feelings and ways to calm down Sun Safety Health & Drugs Education: Keeping healthy & safe. What is 'health'? hand washing and asking for help Water Safety	Life to the Full- Created and Loved by God- Growing Up Equality Education: Challenging gender stereotypes Online Safety- Digital wellbeing Inclusion and Belonging Education: Belonging to a community First Aid: Calling for help
Personal Development texts Please also see Cottesmore Reading Spine						
Learning Intention	To celebrate my uniqueness	To make everyone feel welcome	To understand that it's OK to like different things	To understand that all families are different	To celebrate my uniqueness	To understand ways of calming down
Further personal development opportunities	Harvest celebration Black History Month Bonfire / Halloween safety Show racism the red card Mental Health Day World Kindness day	World Smile Day Children in Need Anti-bullying week	Children's Mental Health Week Safer-Internet Day International Women's Day Holocaust Memorial Day Global Money Week Aspirations Week		Mental Health Awareness Week Refugee Week International Day of friendship Disability Awareness Day World Environment Day Sports Day	
	Assemblies Fundraising opportunities – local, national and global Class roles and responsibilities: Wellbeing Ambassadors, Anti-bullying Ambassadors, School Councillors, Eco Councillors, Sports Captains, Fairtrade Rep, Digital Leader					

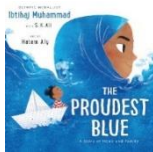
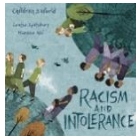
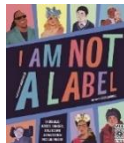
Year 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rshe Topics	Life to the Full- Created and Loved by God: I am unique British Values: Identify how Britain celebrates difference and shows respect to all Life to the Full: Created to Love Others Personal Relationships- Special people Life to the Full: Created and Loved by God: Emotional Wellbeing (World Mental Health Day) Life to the Full: Created to Love Others- Real Life Online Online Safety: - Pop ups and purchasing, Inappropriate websites for older children-Cyberbullying Show Racism the Red Card	Good to Be Me: Identity and belonging – exploring race and ethnicity Anti-Bullying Week Life to the Full: Created to Love Others- Online Safety: - Upsetting images -Unreliable information -Talking to strangers online Life to the Full: Created to Live in Community- Who is neighbour?	Feeling Safe and Unsafe Body Awareness and Networks and Telling Life to the Full: Created to live in community-The communities we live in Aspirations Week Online Safety- Safer Internet Day Children’s Mental Health Week- Resilience	Life to the Full: Created and loved by God- Let the children come Life to the Full: Created to Love Others and Health Education- Clean and healthy (my body), importance of exercise Global Money Week: Economic Education	Life to the Full: Created and Loved by God- Emotional Wellbeing Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Power of kindness, dealing with anger Sun Safety Health & Drugs Education- Medicine safety Water Safety	Life to the Full- Created and Loved by God: The cycle of life Equality Education: Disability Equality Online Safety- Safe image searching Inclusion and Belonging Education: The ways in which we are the same as, and different to, others and that there is a great deal we share in common First Aid: Bleeding and shock
Personal Development texts Please also see Cottesmore Reading Spine						
Learning Intention	To understand how we are all different.	To understand how we all feel like to be seen as different.	To understand how we are all different ages	To celebrate our differences and talents	To understand how we share the world	To understand how we can calm down
Further personal development opportunities	Harvest celebration Black History Month Bonfire / Halloween safety Show Racism the red card Mental Health Day	World Smile Day Children in Need Anti-Bullying week World Kindness day	Children’s Mental Health Week Safer-Internet Day International Women’s Day Holocaust Memorial Day Global Money Week	Aspirations Week	Mental Health Awareness Week Refugee Week International Day of friendship Disability Awareness Day Environment Day	Sports Day
	Assemblies, Fundraising opportunities – local, national and global Class roles and responsibilities: Wellbeing Ambassadors, Anti-bullying Ambassadors, School Councillors, Eco Councillors, Sports Captains, Fairtrade Rep, Digital Leaders					

Year 2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RSHE Topics	Life to the Full- Created to love others Treat Others Well and be respectful British Values: Understand what democracy means Life to the Full: Created to Love Others- God loves you Life to the Full: Created and Loved by God: Emotional Wellbeing- Feelings inside and out - Understand ‘big’ feelings and how to manage them. (World Mental Health Day) Life to the Full: Created to Love Others-Online Safety: Keeping things private online Show Racism the Red Card	Good to Be Me: Identity and belonging – exploring race and ethnicity Anti-Bullying Week Life to the Full: Created to Love Others- Online Safety: Being kind online Life to the Full: Created to Live in Community- Saying Sorry	Feeling Safe and Unsafe Body Awareness and Networks and Telling Aspirations Week: Setting smart goals Online Safety- Safer Internet Day (screen time) Children’s Mental Health Week- Things that are good for my wellbeing	Life to the Full: Created and loved by the community- the community we live in Life to the Full: Created to Love Others and Health Education- Healthy diet Global Money Week: Economic Education	Life to the Full: Created and Loved by God- Emotional Wellbeing Clean and Healthy (My Body) The importance of sleep Sun Safety Health & Drugs Education- Safety at home Water Safety	Life to the Full- Girls and boys (learning body parts) Equality Education: Global Equality Online Safety- How to keep safe online Inclusion and Belonging Education: Celebrating all the communities I belong to First Aid: Bites and Stings
Personal Development texts Please also see Cottesmore Reading Spine						
Learning Intention	To celebrate family diversity	To understand we share the world	To understand what makes someone feel proud	To feel proud of being different	To be able to work with everyone in my class	To understand ways of calming down
Further personal development opportunities	Harvest celebration Black History Month Bonfire / Halloween safety Show racism the red card Mental Health Day World Kindness day	World Smile Day Children in Need Anti-bullying week	Children’s Mental Health Week Safer-Internet Day International Women’s Day Holocaust Memorial Day Global Money Week Aspirations Week	Mental Health Awareness Week Refugee Week International Day of friendship Disability Awareness Day Environment Day Sports Day		
Assemblies, Fundraising opportunities – local, national and global Class roles and responsibilities: Wellbeing Ambassadors, Anti-bullying Ambassadors, School Councillors, Eco Councillors, Sports Captains, Fairtrade Rep, Digital Leaders						

Year 3						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RSHE Topics	Life to the Full- Create and loved by God I am Thankful British Values: Understand what ‘Rule of Law’ Means Life to the Full: Created to Love Others- We Don’t Have to Be the Same Life to the Full: Created and Loved by God: Emotional Wellbeing- What Am I Feeling? Understand different feelings and how emotions change. (World Mental Health Day) Life to the Full: Created to Love Others-Online Safety: Sharing Online Show Racism the Red Card	Good to Be Me: Identity and belonging – exploring race and ethnicity Anti-Bullying Week Life to the Full: Created to Love Others- Online Safety: Chatting Online Life to the Full: Created to Love Others- Family, friends and others	Feeling Safe and Unsafe Body Awareness and Networks and Telling Aspirations Week: No limits Online Safety- Safer Internet Day Screen Time Children’s Mental Health Week- Expressing my emotions	Life to the Full: How do I love others? Health Education- Respecting Our Bodies. Influences on a healthy lifestyle Global Money Week: Economic Education- Financial Risks	Life to the Full: Created and Loved by God- Emotional Wellbeing Developing a ‘strong mind’ - resilience. When Things Feel Bad Sun Safety Life to the Full: Health & Drugs Education- Drugs, Alcohol and Tobacco Safety and risk in everyday medicines and drugs Water Safety	Life to the Full- Respecting our bodies. Respect and consent Equality Education: Challenging gender stereotypes Online Safety-Sending and receiving emails safety Inclusion and Belonging Education: Belonging to a group or community and the importance of feeling that we belong First Aid: Asthma
Personal Development texts Please also see Cottesmore Reading Spine						
Learning Intention	To feel proud of who you are	To understand what discrimination is	To find a solution to a problem	Use strategies to help someone who feels different	To be welcoming	To understand how to talk about my emotions
Further personal development opportunities	Harvest celebration Black History Month Bonfire / Halloween safety Show racism the red card Mental Health Day World Kindness day	World Smile Day Children in Need Anti-bullying week	Children’s Mental Health Week Safer-Internet Day International Women’s Day Holocaust Memorial Day Global Money Week Aspirations Week	Mental Health Awareness Week Refugee Week International Day of friendship Disability Awareness Day Environment Day Sports Day		
Assemblies Fundraising opportunities – local, national and global Class roles and responsibilities: Wellbeing Ambassadors, Anti-bullying Ambassadors, School Councillors, Eco Councillors, Sports Captains, Fairtrade Rep, Digital Leaders						

Year 4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RSHE Topics	Life to the Full- Jesus my friend British Values: Understand how democracy works in Britain Life to the Full: Created to Love Others- A community of love Life to the Full: Created and Loved by God: Emotional Wellbeing- When things feel bad (World Mental Health Day) Life to the Full: Created to Love Others-Online Safety: Chatting online and cyberbullying Show Racism the Red Card	Good to Be Me: Identity and belonging – exploring race and ethnicity Anti-Bullying Week Life to the Full: Created to Love Others- Online Safety Sharing Online Life to the Full: A time for everything	Feeling Safe and Unsafe Body Awareness and Networks and Telling Aspirations Week: Future career possibilities Online Safety- Safer Internet Day Cyberbullying Children’s Mental Health Week- Enhancing my wellbeing	Life to the Full: The Sacraments Health Education- Planning a healthy meal Global Money Week: Economic Education- Decisions on spending	Life to the Full: Created and Loved by God- Emotional Wellbeing Jesus my friend- Practice mindfulness by noticing my surroundings ?? Sun Safety Life to the Full: Health & Drugs Education- healthy and unhealthy choice- Tobacco Water Safety	Life to the Full- What is puberty? Equality Education: Disability Equality Education Online Safety- Accepting friend requests Inclusion and Belonging Education: The importance of making people feel welcome First Aid: Burns and scalds
Personal Development texts Please also see Cottesmore Reading Spine						
Learning Intention	To understand when to be assertive	To understand our relationships change as we grow older	To show compassion to refugees	To understand that we are all equal	To be who you want to be	To understand how to talk about my emotions
Further personal development opportunities	Harvest celebration Black History Month Bonfire / Halloween safety Show racism the red card	World Smile Day World Kindness day Children in Need Anti-bullying week World Mental Health Day	Children’s Mental Health Week Safer-Internet Day International Women’s Day Holocaust Memorial Day	Aspirations Week Global Money Week	Mental Health Awareness Week Refugee Week International Day of friendship Disability Awareness Day	Sports Day Environment Day
Assemblies, Fundraising opportunities – local, national and global Class roles and responsibilities: Wellbeing Ambassadors, Anti-bullying Ambassadors, School Councillors, Eco Councillors, Sports Captains, Fairtrade Rep, Digital Leaders						

Year 5 In the summer term the children will learn about puberty						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RSHE Topics	Life to the Full- Create and loved by God Emotional Changes- Understand about MH; how we can take care of it. British Values: Explore the changes some individuals have made and how some of our liberties have come about Life to the Full: Created to Love Others- Under pressure Life to the Full: Created and Loved by God: Emotional Wellbeing- Body image (World Mental Health Day) Life to the Full: Created to Love Others-Online Safety: Sharing isn't always caring Show Racism the Red Card	Good to Be Me: Identity and belonging – exploring race and ethnicity Anti-Bullying Week Online Safety: Sharing Online Life to the Full: Self-talk	Feeling Safe and Unsafe Body Awareness and Networks and Telling Aspirations Week: My skills and qualities Online Safety- Safer Internet Day Life to the Full- Children's Mental Health Week- Peculiar feelings: How feelings are affected and can be managed at changing, challenging times.	Life to the Full: Gifts and Talents Health Education- Importance of physical exercise on the mind and body Global Money Week: Economic Education- Dilemmas around lost or found money and personal items	Life to the Full: Created and Loved by God- Emotional Wellbeing Impacted Lifestyle Explore the benefits of being active on my mental health Sun Safety Life to the Full: Health & Drugs Education- Making good choices- Alcohol education & the influence of the media Water Safety	Life to the Full- Boys and Girls bodies and menstruation Equality Education: Challenging gender stereotypes Online Safety- Think before you share Internet Kind Inclusion and Belonging Education: How negative stereotypes can influence behaviours and attitudes towards different groups of people First Aid: Chocking
Personal Development texts Please also see Cottesmore Reading Spine						
Learning Intention	To accept everyone for who they are	To celebrate difference and uniqueness	To understand how grief can affect us	To celebrate diversity	To understand how friendships can evolve	To understand how to look after my mental health
Further personal development opportunities	Harvest celebration Black History Month Bonfire / Halloween safety Show racism the red card	World Smile Day World Kindness day Children in Need Anti-bullying week World Mental Health Day	Children's Mental Health Week Safer-Internet Day International Women's Day Holocaust Memorial Day	Aspirations Week Global Money Week	Mental Health Awareness Week Refugee Week International Day of friendship Disability Awareness Day	Sports Day Environment Day

	Assemblies, Fundraising opportunities – local, national and global, Class roles and responsibilities: Wellbeing Ambassadors, Anti-bullying Ambassadors, School Councillors, Eco Councillors, Sports Captains, Fairtrade Rep, Digital Leaders										
Year 6 In the summer term the children will learn about conception											
	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2
Come and See	Loving Vocation	Commitment	Judaism	Expectation	Sources	Unity	Death & New Life	Witnesses	Healing	Islam	Common Good
EPR 1 (Beginning of half term) EPR 2 (End of half term)	Life to the Full- Create and loved by God Calming The Storm. Emotional Changes- Understand about MH; how we can take care of it. British Values: Explore British laws that help to protect & promote a fairer society Life to the Full: Created to Love Others- Build others up Life to the Full: Created and Loved by God: Emotional Wellbeing- Reaching Out (World Mental Health Day) Life to the Full: Created to Love Others-Online Safety: Cyberbullying Show Racism the Red Card		Good to Be Me: Identity and belonging – exploring race and ethnicity Anti-Bullying Week Life to the Full- Online Safety: Seeing harmful contnent online Life to the Full: Do you want a piece of cake?		Feeling Safe and Unsafe Body Awareness and Networks and Telling Aspirations Week: Job skills/qualities and job interests Online Safety- Safer Internet Day Children’s Mental Health Week-		Life to the Full: The Holy Trinity Health Education- Importance of a balanced lifestyle Global Money Week: Economic Education-		Life to the Full: Created and Loved by God- Emotional Wellbeing God is calling you Understand how gratitude can be good for my wellbeing Sun Safety Life to the Full: Health & Drugs Education- Keeping Healthy & safe Legal & illegal drugs, peer pressure and getting help Water Safety		Life to the Full- Making babies Equality Education: Challenging gender stereotypes Online Safety- Social Media and wellbeing Inclusion and Belonging Education: How negative stereotypes can influence behaviours & attitudes towards different groups of people First Aid: Head injury Transition- Catholic Social Teaching Changes and Moving forward; Moving On- coping with a change of school
Personal Development texts Please also see Cottesmore Reading Spine											
Learning Intention	To stand up to discrimination		To challenge racism		To appreciate the achievements of thinkers, athletes and activists with disabilities		To justify my actions		To recognise my freedom		To understand how to look after my mental health

Further personal development opportunities	Harvest celebration	World Smile Day	World Kindness day	Children's Mental Health Week	Aspirations Week	Mental Health Awareness Week	Sports Day
	Black History Month	Children in Need	Anti-bullying week	Safer-Internet Day	Global Money Week	Refugee Week	Environment Day
	Bonfire / Halloween safety	World Mental Health Day	International Women's Day	Holocaust Memorial Day	International Day of friendship	Disability Awareness Day	
Assemblies, Fundraising opportunities – local, national and global, Class roles and responsibilities: Wellbeing Ambassadors, Anti-bullying Ambassadors, School Councillors, Eco Councillors, Sports Captains							