

Year 5 & 6 RSE Overview

Term	Module	Unit Overview	Year 5	Year 6
2	<u>Module One</u> Created and Loved by God explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.	Unit 1 - Religious Understanding Over five story sessions, children will consider experiences of change, growth and development, and the trust that they can have in the person of Jesus through times of trial and tribulation. Unit 2: Me, My Body, My Health Children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God.	<u>Terminology</u> Menstruation, Perspiration, Breasts, Genitals, Erections, Nocturnal Emissions, Wet Dreams Discussion – relationships & feelings	Revisit the terminology from last year. Deeper thinking within the situations about impacts on relationships, feelings.
3		Unit 3 – Emotional Well-Being Children learn about pressures that they may experience from themselves, others and the media. Children will develop ideas on how to build resilience through thankfulness, use simplified CBT techniques to manage their thoughts, feelings and actions and cope with new or difficult feelings such as romance and rage Unit 4 - Life Cycles Children will learn about God's design for creating new life through a more nuanced understanding of menstruation, & in Year 6, fertility, conception, foetal development in the womb and childbirth are covered.	<u>Terminology</u> Period Egg Menstrual Cycle Sperm Womb (Uterus) Ovaries Implantation Vagina Discussion – relationships & feelings	Talking about Pornography. This addresses the risks that children face from seeing pornographic images and videos online. <u>Terminology</u> Placenta Conception Embryo Sperm Womb (uterus) Fallopian Tube Vagina Implantation Egg Umbilical cord Foetus
4	<u>Module Two</u> Created to Love Others explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe:	Unit 1 – Religious Understanding Explores the nature of God's call to love others. Children will study and reflect imaginatively on the story of Zacchaeus' conversion and explore ways in which they can hear God's call in their lives. Unit 2 – Personal Relationships Aims to equip children with strategies for more complex experiences of relationships and conflict.	<u>Terminology</u> Bodily Autonomy Consent Pressure Discussion – relationships & feelings	Revisit terminology Deeper discussion around relationships, feelings.
5		Unit 3 – Keeping Safe Builds on the NSPCC Share Aware resources used in Lower Key Stage Two, equipping children to make safe and sensible decisions about what online content they should/shouldn't share, cyberbullying and how to report and get help if they encounter inappropriate messages or material. The third session in the Unit moves into the real world and considers the four types of abuse: sexual, physical, emotional and neglect. Children will know how to spot each type of abuse and who they can go to for help.	<u>Terminology</u> Types of Abuse Physical, Emotional, Sexual, Neglect.	Revisit terminology & deeper discussion of implications of abuse.
6	<u>Module Three</u> Created to Live in Community explores the individual's relationship with the wider world.	Unit 1 – Religious Understanding Deepens pupils understanding and appreciation of the three-part community of love, the Trinity, with the endpoint of discussing the Trinity as it might be communicated in a church setting.	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.