



Relationships, Health and Sex Education Curriculum Overview Including British Values and PSHE themes (2026 Update)



This progression map has been developed using the Live Life to the Full Plus RSE programme and reflects the progression of learning within the programme.

Key Stage	Year group - Outcomes	Module 1: Created and loved by God	Module 2: Created to love others	Module 3: Created to live in community
EYFS	Nursery - Children will know: • We are created individually by God as part of His creation plan • We are all God's children and are special • Our bodies were created by God and are good • We should love other people in the same way God loves us • There are special people (e.g. parents, carers, friends) and what makes them special • The importance of the nuclear family and of the wider family • The importance of being close to and trusting of 'special people' and telling them if something is troubling them • Their behaviour affects other people and that there is appropriate and inappropriate behaviour • The characteristics of positive and negative relationships • That all bullying is wrong and unacceptable • That when we are unkind, we hurt God and should say sorry. To recognise when they have been unkind to others and say sorry. • To recognise when people are being unkind to them and others and how to respond. That we should forgive like Jesus forgives.	Unit 1 Religious Understanding: • Story Sessions: Handmade with Love Unit 2 Me, My Body, My Health: • Session 1: I Am Me	Unit 1 Religious Understanding: • Session 1: Role Model Unit 2 Personal Relationships: • Session 1: Who's Who? (S1) Unit 4 Keeping Safe: • Session 1: Safe Inside and Out • Session 2: My Body, My Rules	Unit 1 Religious Understanding: • Session 1: God is Love Unit 2 Living in the Wider World: • Session 1: Me, You, Us

	• There is 'community', and that God calls us to live in community with one another • 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. • About what harms and what improves the world in which they live			
	Reception - Children will know that: • We can give thanks to God. • 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. • The names of the parts of the body • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • That it is natural for us to relate to and trust one another • They can use language to describe their feelings • That everyone experiences feelings, both good and bad • There are simple strategies for managing feelings and behaviour • We have choices and these choices can impact how we feel and respond. • We can say sorry and forgive like Jesus • 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 • What a community is, and that God calls us to live in community with one another	Unit 2 Me, My Body, My Health: • Session 2: Heads, Shoulders, Knees and Toes • Session 3: Ready Teddy? (S1 S2) Unit 3 Emotional Well-Being: • Session 1: I Like, You Like, We All Like! • Session 2: Good Feelings, Bad Feelings • Session 3: Let's Get Real Unit 4 Life Cycles: • Session 1: Growing Up • Session 2: New People, New Places (S1 S2 S3 S4 S5)	Unit 2 Personal Relationships: • Session 2: You've Got a Friend In Me • Session 3: Forever Friends Unit 3 Life Online: • Session 1: What is the Internet? • Session 2: Playing Online Unit 4 Keeping Safe: • Session 3: Feeling Poorly • Session 4: People Who Help Us	Unit 1 Religious Understanding: • Session 2: Loving God, Loving Others Unit 2 Living in the Wider World: • Session 2: When I Grow Up... (S1 S2 S3 S4) • Session 3: 'Money Doesn't Grow On Trees' (S1 S2 S3 S4 S5 S6)

	• That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community • That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)			
KS1	Year 1 - Children will know: • We are created individually by God • God wants us to talk to Him often through the day and treat Him as our best friend • God has created us, His children, to know, love and serve Him in this life and forever • We are created as a unity of body, mind and spirit • We can give thanks to God in different ways • We are part of God's family; Saying sorry is important and can mend friendships • Jesus cared for others and had expectations of them and how they should act • We should love other people in the same way God loves us • To identify 'special people' (parents, carers, friends, parish priest) and what makes them special • The importance of nuclear and wider family; being close to and trusting special people • Their behaviour affects other people, and that there is appropriate/inappropriate behaviour • The characteristics of positive/negative relationships; types of teasing; all bullying is wrong • To understand safe and unsafe situations, including online • The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' • How to resist pressure when feeling unsafe; entitled to bodily privacy	Unit 1: Religious Understanding: • Story Sessions: Let the Children Come Unit 2: Me, My Body, My Health: • Session 1: I Am Unique Unit 3: Emotional Well-Being: • Session 1: Feelings, Likes and Dislikes	Unit 1: Religious Understanding: • Session 1: God Loves You Unit 2: Personal Relationships: • Session 1: Special People (S1) [RULE OF LAW: Is aware of right/wrong inside school and society] • Session 2: How to Treat Others Well [DEMOCRACY: Understands that their own and others' views count] • Session 3: Saying Sorry Unit 4: Keeping Safe: • Session 1: Good Secrets & Bad Secrets • Session 2: Physical Contact • Session 3: Harmful Substances • Session 4 & 5: Can You Help Me? (Parts 1 & 2)	Unit 1: Religious Understanding: • Session 1: Three in One • Session 2: Who is My Neighbour? [MUTUAL RESPECT: Has an awareness of similarities and differences (likes, gender, culture, families)]

	• Different people we can trust for help, including parents, carers, and teachers • Medicines are drugs, but not all drugs are good for us • Our bodies are created by God, so we should take care of them and be careful about what we consume • Call 999 in an emergency; use basic principles of First Aid for non-emergencies			
	Year 2 – Children will know: • We are created individually by God and as a unity of body, mind and spirit • To learn that we are unique, with individual gifts, talents and skills • The names of the parts of our bodies • 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 • Our bodies are good and we need to look after them; what constitutes a healthy lifestyle (physical activity, dental health, healthy eating) • The importance of sleep, rest and recreation for our health; maintain personal hygiene • That it is natural for us to relate to and trust one another; describe our feelings • Basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and character • Know and appreciate that there are natural life stages from birth to death, and what these are	Unit 2: Me, My Body, My Health: • Session 2: Girls and Boys • Session 3: Clean and Healthy (My Body) (S1 S2 S3 S4 S5) Unit 3: Emotional Well-Being: • Session 2: Feeling Inside Out [DEMOCRACY: Expresses and justifies personal opinions] • Session 3: Super Susie Gets Angry Unit 4: Life Cycles: • Session 1: The Cycle of Life • Session 2: Beginnings and Endings • Session 3: Change Is All Around (S1 S2 S3 S4)	Unit 3: Life Online: • Session 1: Real Life Online • Session 2: Rules to Help Us	Unit 2: Living in the Wider World: • Session 1: The Communities We Live In [MUTUAL RESPECT: Recognises that people have things in common but everyone is unique; respects differences] • Session 2: Who Will I Be? • Session 3: Needs and Wants
LKS2	Year 3 – Children will know: • 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: vocation • Every human life is precious from conception to natural death; importance of prayer/worship	Unit 1 Religious Understanding: • Story Sessions: Get Up! • Session 2: Sacraments Unit 2 Me, My Body, My Health: • Session 1: We Don't Have to be the Same	Unit 1 Religious Understanding: • Story Sessions: Jesus, My Friend Unit 2 Personal Relationships: • Session 1: Friends, Family and Others... (S1) • Session 2: When Things Feel Bad	Unit 1 Religious Understanding: • Session 1: A Community of Love [MUTUAL RESPECT: Understands respecting people who are different; explores life in Britain] • Session 2: What is the Church?

	• In Baptism God makes us His adopted children; regularly receiving Sacrament of Reconciliation • Importance of forgiveness and reconciliation in relationships; relationships take time and effort • Reflect God's image in relationships; maintain and develop good, positive, trusting relationships • Understand different types of relationships; good friendship qualities; difference between friends and a 'clique' • Awareness of bullying/cyber-bullying and how to respond; harassment/exploitation is wrong • Increasing independence brings increased responsibility to keep safe; use technology safely • What we consume digitally/physically impacts health; report inappropriate materials • Acceptable vs unacceptable physical contact; trusted adults for help • Medicines are drugs; alcohol and tobacco are harmful; take care of bodies as God's creation • God is Love as shown by the Trinity; human family is to reflect the Trinity in mutual charity	Unit 3 Emotional Well-Being: • Session 1: What Am I Feeling? (S1)	Unit 3 Life Online: • Session 1: Sharing Online • Session 2: Chatting Online (S1) Unit 4 Keeping Safe: • Session 1: Safe in My Body • Session 3: Drugs, Alcohol and Tobacco • Session 4: First Aid Heroes [RULE OF LAW: Understands everyone has rights/responsibilities; knows who helps]	
	Year 4 – Children will know: • Similarities and differences arise as they grow/make choices; teamwork creates community • Self-confidence arises from being loved by God; deepen understanding of intensity of feelings • Emotional well-being parameters; positive actions lift the spirit; talking to trusted people • Media images do not always reflect reality and can affect self-perception • Need to respect and look after bodies as a gift from God; when to expect puberty	Unit 2: Me, My Body, My Health: • Session 2: Respecting Our Bodies (S1 S2 S3 S4 S5) [INDIVIDUAL LIBERTY: Freedom to make choices; free to be yourself] • Session 3: What is Puberty? • Session 4: Changing Bodies • Session 5: Male/Female Discussion Groups (Optional) Unit 3 Emotional Well-Being: • Session 2: What Am I Looking At? • Session 3: I Am Thankful!	Unit 2 Personal Relationships: • Session 3: Balancing Needs (New) Unit 4 Keeping Safe: • Session 2: Recognising Risk (S1–S6) (New) • Session 5: Rights and Responsibilities (S1–S6) [DEMOCRACY: Understands democracy means having a say; delivers thoughts via facts]	Unit 2 Living in the Wider World: • Session 1: How Do I Love Others? [MUTUAL RESPECT: People are equal and different; practices welcoming] • Session 2: Working Together • Session 3: Money Matters

	• Correct naming of genitalia; changes that happen to boys/girls during puberty • Practical help on how to manage the onset of menstruation • Unacceptable, unhealthy, and risky behaviours; thankfulness builds resilience • Handmade by God with help of parents; baby growth/development in mother's womb • Uniqueness of conception; how life in the womb fits into the cycle of life • Church family structure (home, school, parish); devise practical ways of loving and caring	Unit 4 Life Cycles: • Session 1: Life Cycles • Session 2: A Time for Everything • Session 3: Big Changes, Little Changes (S1 S2 S3 S4)		
UKS2	Year 5 – Children will know: • Created individually by God who cares for us; put faith in Him • Teamwork creates community; self-confidence from God's love • Media images do not always reflect reality; thankfulness builds resilience • Deepen understanding of feelings; feelings are not always good guides for action • Some behavior is wrong, unacceptable, unhealthy or risky; puberty is natural • Lots of changes happen during puberty, part of God's plan; emotions change (hormones) • Emotional well-being parameters; openness with trusted adults ensures healthy well-being • Harmful vs harmless videos/images; impact on young minds; ways to deal with viewing • God calls us to love others and participate in His call; pressure forms and resistance strategies • Cyberbullying definition, impact, and how to get help • Recognize pressure with drugs, alcohol, and tobacco; entitled to say 'no' to protect bodies	Unit 1 Religious Understanding: • Session 1: Calming the Storm Unit 2 Me, My Body, My Health: • Session 1: Gifts and Talents Unit 3 Emotional Well-Being: • Session 1: Body Image • Session 2: Peculiar Feelings • Session 3: Emotional Changes	Unit 1 Religious Understanding: • Session 1: Is God Calling You Unit 2 Personal Relationships: • Session 1: Under Pressure (S1) • Session 2: Do You Want a Piece of Cake? • Session 3: Self-Talk • Session 4: Confidence vs Control (New) • Session 5: Build Others Up (S1–S5) (New) Unit 3 Life Online: (Redeveloped) • Session 1: Sharing Isn't Always Caring • Session 2: Cyberbullying (S1)	Unit 4 Keeping Safe: • Session 1: Types of Abuse (S1 S2) • Session 2: Impacted Lifestyles (S1 S2) • Session 3: Making Good Choices • Session 4: Giving Assistance [RULE OF LAW: Explores rules, values, purposes; why rules are needed] Unit 1 Religious Understanding: • Session 1: The Trinity • Session 2: Catholic Social Teaching

	Year 6 – Children will know: • Living and working together creates community; self-confidence from God's love • Making good health choices (sleep, exercise, hygiene, avoiding entertainment overuse) • Human beings are unique compared to animals; growth, development, and female puberty • Respect bodies as God's gift; need for modesty and appropriate boundaries • Unique growth/development of male body during puberty • Nature and role of menstruation in fertility cycle; start of life mechanics • Basic scientific facts about sexual intercourse; physical/emotional/moral implications • Christian viewpoint that sexual intercourse should be saved for marriage • Baby growth in mother's womb; harmful vs harmless digital images/videos	Unit 2 Me, My Body, My Health: • Session 2: Girls' Bodies • Session 3: Boys' Bodies • Session 4: Spots and Sleep (S1 S2) Unit 3 Emotional Well-Being: • Session 4: Seeing Stuff Online Unit 4 Life Cycles: (Redeveloped) • Session 1: Making Babies (Part 1) • Session 2: Making Babies (Part 2) • Session 3: Menstruation • Session 4: Hope Beyond Death • Session 5: Coping with Change (S1–S5)	(Module 2 content completed in Year 5 blocks)	Unit 2 Living in the Wider World: • Session 1: Reaching Out • Session 2: The World of Work (S1–S5) • Session 3: Money and Me (S1–S6)
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Key

Black = existing sessions with small tweaks

Green = existing sessions undergoing content and creative development

Blue = new content

Red = links to British Values