



## RSHE Milestones St Matthew's Catholic Primary School 2022-23

	Autumn	Spring	Summer	Ongoing Skills
<b>Reception</b>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>We are created individually by God as part of His creation plan.</li> <li>We are each unique, with individual gifts, talents and skills.</li> <li>The names of the parts of the body (not genitalia)</li> <li>What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene</li> </ul>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>That it is natural for us to relate to and trust one another</li> <li>That everyone experiences feelings, both good and bad</li> <li>That we have choices and these choices can impact how we feel and respond.</li> <li>That there are natural life stages from birth to death, and what these are.</li> <li>Jesus cared for others and wanted them to live good lives like him</li> <li>The importance of the nuclear family and of the wider family.</li> <li>How their behaviour affects other people and that there is appropriate and inappropriate behaviour.</li> <li>To recognise when people are being unkind to them and others and how to respond.</li> </ul>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>About safe and unsafe situations indoors and outdoors, including online.</li> <li>That they can and should be open with 'special people' they trust if anything troubles them.</li> <li>Medicines should only be taken when a parent or doctor gives them to us.</li> <li>Paramedics help us in a medical emergency.</li> <li>That God is love: Father, Son and Holy Spirit.</li> <li>What a community is, and that God calls us to live in community with one another.</li> <li>That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community.</li> </ul>	<ul style="list-style-type: none"> <li>School rules</li> <li>Anti-bullying</li> <li>Safer Internet</li> <li>Being a good friend</li> <li>Being proud of ourselves</li> </ul>
<b>Year 1</b>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>God wants us to talk to Him often through the day and treat Him as our best friend.</li> <li>Children will be given the opportunity to reflect on what makes them unique and special.</li> <li>The names of the parts of our bodies (including genitalia)</li> <li>What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating.</li> </ul>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>Children will be given the opportunity to reflect on and articulate their own feelings.</li> <li>Children will have a basic understanding that feelings and actions are two different things.</li> <li>Simple strategies for managing feelings and for good behaviour.</li> <li>Children will know and appreciate that there are natural life stages from birth to death.</li> <li>We are part of God's family.</li> <li>To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special.</li> <li>The characteristics of positive and negative relationships.</li> </ul>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>To understand safe and unsafe situations, including online.</li> <li>The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them.</li> <li>To know that they are entitled to bodily privacy.</li> <li>Medicines are drugs, but not all drugs are good for us.</li> <li>They should call 999 in an emergency and ask for ambulance, police and/or fire brigade.</li> <li>That God is love: Father, Son and Holy Spirit.</li> <li>To know what a community is, and that God calls us to live in community with one another.</li> </ul>	<ul style="list-style-type: none"> <li>School rules</li> <li>Anti-bullying</li> <li>Safer Internet</li> <li>Being a good friend</li> <li>Being proud of ourselves</li> </ul>

		<ul style="list-style-type: none"> <li>To recognise when they have been unkind and say sorry.</li> </ul>	<ul style="list-style-type: none"> <li>That they belong to various communities such as home, school, parish, the wider local community, nation and global community.</li> </ul>	
<b>Year 2</b>	<p>To understand:</p> <ul style="list-style-type: none"> <li>God wants us to talk to Him often through the day and treat Him as our best friend.</li> <li>Children will be given the opportunity to reflect on what makes them unique and special.</li> <li>The names of the parts of our bodies (including genitalia)</li> <li>What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>Children will be given the opportunity to reflect on and articulate their own feelings.</li> <li>Children will have a basic understanding that feelings and actions are two different things.</li> <li>Simple strategies for managing feelings and for good behaviour.</li> <li>Children will know and appreciate that there are natural life stages from birth to death.</li> <li>We are part of God's family.</li> <li>To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special.</li> <li>The characteristics of positive and negative relationships.</li> <li>To recognise when they have been unkind and say sorry.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>To understand safe and unsafe situations, including online.</li> <li>The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them.</li> <li>To know that they are entitled to bodily privacy.</li> <li>Medicines are drugs, but not all drugs are good for us.</li> <li>They should call 999 in an emergency and ask for ambulance, police and/or fire brigade.</li> <li>That God is love: Father, Son and Holy Spirit.</li> <li>To know what a community is, and that God calls us to live in community with one another.</li> <li>That they belong to various communities such as home, school, parish, the wider local community, nation and global community.</li> </ul>	<ul style="list-style-type: none"> <li>School rules</li> <li>Anti-bullying</li> <li>Safer Internet</li> <li>Being a good friend</li> <li>Being proud of ourselves</li> </ul>
<b>Year 3</b>	<p>To understand:</p> <ul style="list-style-type: none"> <li>Every human life is precious from the beginning of life (conception) to natural death.</li> <li>That in Baptism God makes us His adopted children and 'receivers' of His love.</li> <li>Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community.</li> <li>About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>That emotions change as they grow up (including hormonal effects)</li> <li>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>Some behaviour is wrong, unacceptable, unhealthy and risky.</li> <li>How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception.</li> <li>That God loves, embraces, guides, forgives and reconciles us with him and one another.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</li> <li>How to use technology safely.</li> <li>To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</li> <li>Medicines are drugs, but not all drugs are good for us.</li> <li>In an emergency, it is important to remain calm.</li> <li>God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</li> </ul>	<ul style="list-style-type: none"> <li>School rules</li> <li>Anti-bullying</li> <li>Safer Internet</li> <li>Being a good friend</li> <li>Being proud of ourselves</li> </ul>

		<ul style="list-style-type: none"> <li>• Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong.</li> <li>• Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</li> </ul>	<ul style="list-style-type: none"> <li>• The human family can reflect the Holy Trinity in charity and generosity.</li> <li>• To know that God wants His Church to love and care for others.</li> </ul>	
<b>Year 4</b>	<p>To understand:</p> <ul style="list-style-type: none"> <li>• Every human life is precious from the beginning of life (conception) to natural death.</li> <li>• That in Baptism God makes us His adopted children and ‘receivers’ of His love.</li> <li>• Similarities and differences between people arise as they grow and make choices, and that by living and working together (‘teamwork’) we create community.</li> <li>• About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.</li> <li>• Learn when they can expect puberty to take place.</li> <li>• Learn correct naming of genitalia.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>• That emotions change as they grow up (including hormonal effects)</li> <li>• To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>• Some behaviour is wrong, unacceptable, unhealthy and risky.</li> <li>• How a baby grows and develops in its mother’s womb including, scientifically, the uniqueness of the moment of conception.</li> <li>• That God loves, embraces, guides, forgives and reconciles us with him and one another.</li> <li>• Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong.</li> <li>• Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>• To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</li> <li>• How to use technology safely.</li> <li>• To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</li> <li>• Medicines are drugs, but not all drugs are good for us.</li> <li>• In an emergency, it is important to remain calm.</li> <li>• God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’</li> <li>• The human family can reflect the Holy Trinity in charity and generosity.</li> <li>• To know that God wants His Church to love and care for others.</li> </ul>	<ul style="list-style-type: none"> <li>• School rules</li> <li>• Anti-bullying</li> <li>• Safer Internet</li> <li>• Being a good friend</li> <li>• Being proud of ourselves</li> </ul>
<b>Year 5</b>	<p>To understand:</p> <ul style="list-style-type: none"> <li>• We were created individually by God who cares for us and wants us to put our faith in Him.</li> <li>• Similarities and differences between people arise as they grow and mature, and that by living and working together (‘teamwork’) we create community.</li> <li>• About the unique growth and development of humans, and the changes that girls will experience during puberty.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>• To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>• To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action.</li> <li>• Emotions change as they grow up (including hormonal effects)</li> <li>• The difference between harmful and harmless videos and images.</li> </ul>	<p>To understand:</p> <ul style="list-style-type: none"> <li>• To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</li> <li>• What the term cyberbullying means and examples of it.</li> <li>• To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</li> <li>• Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</li> </ul>	<ul style="list-style-type: none"> <li>• School rules</li> <li>• Anti-bullying</li> <li>• Safer Internet</li> <li>• Being a good friend</li> <li>• Being proud of ourselves</li> </ul>

	<ul style="list-style-type: none"> <li>• About the unique growth and development of humans, and the changes that girls will experience during puberty.</li> <li>• How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment.</li> </ul>	<ul style="list-style-type: none"> <li>• About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life.</li> <li>• To know ways in which we can participate in God’s call to us.</li> <li>• Pressure comes in different forms, and what those different forms are.</li> <li>• Understand what consent and bodily autonomy means.</li> <li>• Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco.</li> <li>• To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity.</li> <li>• That God formed them out of love, to know and share His love with others.</li> <li>• Find ways in which they can spread God’s love in their community.</li> </ul>	
<p style="text-align: center;"><b>Year 6</b></p>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>• We were created individually by God who cares for us and wants us to put our faith in Him.</li> <li>• Similarities and differences between people arise as they grow and mature, and that by living and working together (‘teamwork’) we create community.</li> <li>• About the unique growth and development of humans, and the changes that girls will experience during puberty.</li> <li>• About the unique growth and development of humans, and the changes that girls will experience during puberty.</li> <li>• How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment.</li> </ul>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>• To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>• To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action.</li> <li>• Emotions change as they grow up (including hormonal effects)</li> <li>• The difference between harmful and harmless videos and images.</li> <li>• About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life.</li> <li>• To know ways in which we can participate in God’s call to us.</li> <li>• Pressure comes in different forms, and what those different forms are.</li> <li>• Understand what consent and bodily autonomy means.</li> <li>• Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions.</li> <li>• How a baby grows and develops in its mother’s womb.</li> </ul>	<p style="text-align: center;">To understand:</p> <ul style="list-style-type: none"> <li>• To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</li> <li>• What the term cyberbullying means and examples of it.</li> <li>• To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</li> <li>• Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</li> <li>• Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco.</li> <li>• To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity.</li> <li>• That God formed them out of love, to know and share His love with others. Find ways in which they can spread God’s love in their community.</li> </ul>	<ul style="list-style-type: none"> <li>• School rules</li> <li>• Anti-bullying</li> <li>• Safer Internet</li> <li>• Being a good friend <ul style="list-style-type: none"> <li>• Being proud of ourselves</li> </ul> </li> </ul>

		<ul style="list-style-type: none"><li>• Basic scientific facts about sexual intercourse between a man and woman.</li><li>• About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life.</li></ul>		
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