



Relationships and Health Education (RHE)

ST. PETER'S CATHOLIC PRIMARY SCHOOL
RELATIONSHIPS AND HEALTH EDUCATION (RHE)
CURRICULUM OVERVIEW

We follow the 'Live Life to the Full' RHE programme, in line with guidance from the Diocese of Hallam.

EYFS

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others			Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
EYFS	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Handmade With Love	Session 1 I Am Me	Session 1 I Like, You Like, We All Like!	Session 1 Growing Up	Session 1 Role Model	Session 1 Who's Who?	Session 1 Safe Inside and Out	Session 1 God Is Love	Session 1 Me, You, Us
		Session 2 Heads, Shoulders, Knees and Toes	Session 2 All the Feelings!			Session 2 You've Got A Friend In Me	Session 2 My Body, My Rules	Session 2 Loving God, Loving Others	
		Session 3 Ready Teddy?	Session 3 Let's Get Real			Session 3 Forever Friends	Session 3 Feeling Poorly		
							Session 4 People Who Help Us		

KEY STAGE 1

Key Stage 1	Help Us								
	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
Story Sessions Let the Children Come	Session 1 I am Unique	Session 1 Feelings, Likes and Dislikes	Session 1 The Cycle of Life	Session 1 God Loves You	Session 1 Special People	Session 1 Being Safe	Session 1 Three In One	Session 1 The Communities We Live In	
	Session 2 Girls and Boys	Session 2 Feeling Inside Out	Session 2: Bereavement **Coming Soon**		Session 2 Treat Others Well...	Session 2 Good and Bad Secrets	Session 2 Who is My Neighbour?		
	Session 3 Clean and Healthy (My Body)	Session 3 Super Susie Gets Angry			Session 3 ...and Say Sorry	Session 3 Physical Contact			
						Session 4 Harmful Substances			
						Session 5 Can You Help Me? (Part 1)			
						Session 6 Can You Help Me? (Part 2)			

LOWER KEY STAGE 2 (YEARS 3 AND 4)

Lower Key Stage 2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Get Up!	Session 1 We Don't Have to Be the Same	Session 1 What Am I Feeling?	Session 1 Life Cycles	Story Sessions Jesus, My Friend	Session 1 Friends, Family and Others...	Session 1 Sharing Online	Session 1 A Community of Love	Session 1 How Do I Love Others?
	Session 2 The Sacraments	Session 2 Respecting Our Bodies	Session 2 What Am I Looking at?	Bereavement Resource A Time for Everything	Session 2 When Things Feel Bad	Session 2 Chatting Online	Session 2 What is the Church?		
		Session 3 What is Puberty?	Session 3 I am Thankful			Session 3 Safe in My Body			
		Session 4 Changing Bodies				Session 4 Drugs, Alcohol and Tobacco			
		Session 5 Male/Female Discussion Groups (optional)				Session 5 First Aid Heroes			

UPPER KEY STAGE 2 (YEARS 5 AND 6)

Upper Key Stage 2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
Story Sessions Calming the Storm		Session 1 Gifts and Talents	Session 1 Body Image	Session 1 Making Babies (Part 1)	Session 1 God Is Calling You	Session 1 Under Pressure	Session 1 Sharing Isn't Always Caring	Session 1 The Trinity	Session 1 Reaching Out
		Session 2 Girls' Bodies	Session 2 Peculiar Feelings	Session 2 Making Babies (Part 2)		Session 2 Do You Want A Piece of Cake?	Session 2 Cyberbullying	Session 2 Catholic Social Teaching	
		Session 3 Boys' Bodies	Session 3 Emotional Changes	Session 3 Menstruation		Session 3 Self-Talk	Session 3 Types of Abuse		
		Session 4 Spots and Sleep	Session 4 Seeing Stuff Online	Bereavement Resource A Time for Everything			Session 4 Impacted Lifestyles		
							Session 5 Making Good Choices		
							Session 6 Giving Assistance		