



Excellence Together with Christ at the Centre

RHE Curriculum Overview 2023-2024

RHE Overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Transition and Getting Along Together	Handmade with Love	Role Model; Who's Who?; You've Got a Friend in Me; Forever Friends	Safe Inside & Out; My Body, My Rules; Feeling Poorly	People Who Help Us; God is Love	Loving God, Loving Others; Me, You, Us
Reception	Transition and Getting Along Together	Handmade with Love	I Am Me; Head Shoulders Knees and Toes; Ready Teddy	I Like, You Like, We All Like!; Good Feelings and Bad Feelings; Let's Get Real	Growing Up; God is Love	Loving God, Loving Others; Me, You, Us
Year 1	Transition and Getting Along Together	Let the Children Come; God Loves You	Special People; Treat Others Well; ...And Say Sorry	Being Safe; Good Secrets and Bad Secrets	Physical Contact; Harmful Substances; Can You Help Me?	Three in One; Who is My Neighbour?; The Communities We Live In
Year 2	Transition and Getting Along Together	Let the Children Come; I am Unique	Girls and Boys; Clean and Healthy	Feelings; Likes and Dislikes; Feeling Inside Out; Super Susie Gets Angry	The Cycle of Life	Three in One; Who is My Neighbour?; The Communities We Live In
Year 3	Transition and Getting Along Together Asthma Awareness	Get Up!; The Sacraments; Jesus My Friend	Friends, Families and Others; When Things Feel Bad	Sharing Online; Chatting Online	Safe in My Body; Drugs, Alcohol and Tobacco; First Aid Heroes	A Community of Love; What is the Church?; How Do I Love Others?
Year 4	Transition and Getting Along Together Asthma Awareness	Get Up!; We Don't Have to Be The Same	Respecting our Bodies; What is Puberty?; Changing Bodies	What Am I Feeling?; What Am I Looking At?; I Am Thankful!	Lifecycles	A Community of Love; What is the Church?; How Do I Love Others?
Year 5	Transition and Getting Along Together Asthma Awareness	Calming the Storm; Is God Calling You?	Under Pressure; Do You Want a Piece of Cake?; Self-Talk	Sharing Isn't Always Caring; Cyberbullying; Types of Abuse,	Impacted Lifestyles; Making Good Choices; Giving Assistance	The Trinity; Catholic Social Teaching; Reaching Out
Year 6	Transition and Getting Along Together Asthma Awareness	Calming the Storm; Gifts & Talents	Girls' Bodies & Boys' Bodies; Spots & Sleep; Body Image	Funny Feelings; Emotional Changes; Seeing Stuff Online	Making Babies (Part 1 &2); Menstruation	The Trinity; Catholic Social Teaching; Reaching Out

RHE curriculum follows *Ten:Ten Life to The Full* Relationship and Health Education for Catholic Primary Schools

Further details available: <https://www.tentenresources.co.uk/life-to-the-full-primary/>