

St Anthony of Padua Catholic Primary School

Relationships and Sex Education Long Term Plan

Year Group	Learning Objectives	Physical	Social	Emotional	Intellectual	Spiritual/ Prayer
Reception God loves each of us in our uniqueness	Children know and understand that God has made them unique and that altogether we are all different we are all special to him.	Task: Children close their eyes and describe themselves to the person next to them. Focusing upon using adjectives.	Task: Children select one name from the box and say one thing the person is good at.	Task: Circle time - Children are asked to say one thing they like about the person sitting next to them.	Task: Read the Rainbow Fish – each child should make a rainbow fish scale to make a class fish to show we are all different like the scales.	Loving God, we know we are unique. Although we are different from one another we are all special to you. Amen
Year 1 We meet God's love in our family	Children know and understand that they are growing and developing as members of their own family and God's family.	Task: Draw a picture of you as a baby with your family.	Task: Circle time - How do we help and care for others at home?	Task: Split the page in half and the children should draw one happy and one sad family situation and write a sentence to accompany this.	Task: Children create a Baptism candle to show they are all part of God's family.	From my head to my heart, from my shoulder to my shoulder, I believe in you my God, my father. Amen
Year 2 We meet God's love in the community	Children know and understand that they are growing and developing in a God-given community.	Task: Inside a heart template the children should draw a family activity they enjoy.	Task: Children should draw an image of a community in which they belong to a write a sentence explaining this.	Task: Children should think about times they may wish to be on their own and draw examples of these.	Task: Children should think about ways they can help people who are lonely.	Our Father
Year 3 How we live in love	Children know and understand their virtues essential to friendship and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.	Task: Create a mind map of the various people who care for the children at home, in school and the parish community.	Task: Children should think about two ways children can take care of their friends and families. They should draw these and explain what is happening.	Task: Read the story Dogger by Shirley Hughes – reflect on how it feels to be let down by a friend.	Task: Discuss the difference between being alone and being lonely. The children should illustrate how some people are surrounded by people and still lonely.	Hail Mary
Year 4 God loves us in our differences	Children know and understand that they are all different and celebrate these difference as they appreciate that God's	Task: Children should create a time line of how a baby grows in the womb.	Task: Children will be given a piece of paper with the name of every child in the class. They should one thing that the person is really good at next to their name.	Task: Select an emotion word and decorate it to represent this.	Task: Create a list of happy and sad feelings in a table.	Lord, you are always with us, in happy and sad times. For your constant love, we thank you. Amen

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	love accepts us as we are and as we change.					
Year 5 God loves me in changing and development	Children know and become aware of the physical and emotional changes that accompany puberty, sensitivity, mood, swings, anger and boredom.	Task: Children become familiar with the importance of menstruation and ovulation.	Task: Provide the children with a table that they should complete showing behaviours that change as we grow.	A Friendship Blessing May you be blessed with good friends. May you learn to be good friends to yourself. May you be able to journey to that place in your soul where there is great love, warmth, feeling and forgiveness. May this change you.		
Year 6 The wonder of God's love in creating new life	Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.	Task: Children name and label the parts of the female and male reproductive organs.	Task: Children should explain how new life is conceived.	Task: Children list ways in which relationships can be happy and relationships can be unhappy.	Jesus, our friend and brother, embrace in your love all our friends. Amen	