



Year 1 RSE Learning

Module One: Created and Loved by God (Ten Ten)

Everyone is made in the image and likeness of God. It is important to value ourselves and this supports our relationships.

Me, My Body, My Health

Our bodies are good.

What it means to be healthy – importance of sleep and recreation, personal hygiene, physical activity, dental health and healthy eating.

We both have similarities and differences, but together we make up the richness of the human family.

We are all unique with individual gifts, talents and skills.



Emotional Well-being

To know the language to describe feelings.

Feelings and actions are two different things.

Know what people need at different stages of life.

Life Cycles

Know the life stages from birth to death.



How behaviour can affect other people.



Personal Relationships

Identify the special people in our lives that are loved and are trusted.

Understanding that bullying is wrong and unacceptable.



Recognise when being unkind and when to say sorry as well as recognising when other people are being unkind.

To know that the trusted people in our lives can help.

Saying sorry and showing forgiveness is important in a relationship.

Life Online

The internet connects us to others and helps us in lots of ways.

Our feelings matter – both online and offline.

Understand safe and unsafe situations, including online.

The difference between good and bad secrets.

To know that everyone is entitled to bodily privacy.

How to resist pressure when feeling unsafe.



Medicines are drugs and how to use them safely.

Alcohol and tobacco are harmful substances and the effects of these.

Keeping Safe

Basic first aid.

What to do in an emergency.

Module Two: Created to Love Others (Ten Ten)

Everyone has been created out of love for love. It is important to take this calling into our family, friendships and relationships. There are strategies that can help build relationships.



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God is love: Father, Son and Holy Spirit.

Being made in His image means being called to be loved and to love others.

Learn about the importance of living in community and what Jesus teaches about neighbours.

Module Three: Created to Live in Community (Ten Ten)
Explores individual's relationship with the wider world. Human beings are relational by nature and everyone is called to love others in the wider community through service, dialogue and through working for the Common Good.

Religious Understanding

To know what a community is and that God calls us to live in community.



Living in the wider world

Learn about what a duty of care for others and the world we live in means.

To know the different communities we belong to.

To know what tasks the children could do to help at home.

The Annunciation – God's love makes me special and to have the courage to be us and how God's love helps with this.



The Visitation – the love we receive from others and understand how my love helps others grow.



The Prodigal Son – how we are part of a community and being a part of friends and family.



Children will hear and experience the Gospel of Jesus welcoming little children to Him in spite of others telling them to stay away. This is a time for spiritual development and emotional learning. The story of the Prodigal Son to show that God loves us, and there is nothing anyone can do to stop Him loving us. There are activities and discussions to help apply this message to their lives.

Year 1 Fertile Heart



The Last Supper – understanding faith.



The Lost Sheep – that God loves us and forgiveness.

Jesus and Zacchaeus – the importance of loving ourselves.

