



Ten Ten



Year 5 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

Learning about how to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding overuse of electronic entertainment.

By living and working together 'teamwork', we create a community.

Learning about how humans grow and develop, the changes experienced during puberty for boys and girls.



Emotional Well-being

Deepen understanding about a range of feelings.

Support with body image and how media do not always reflect reality.

Respecting and looking after their bodies.



Emotions change as we grow, this also includes hormonal effects.

Know who are my trusted people who can help with my emotional well-being.

Key information about staying physically healthy.

Everyone has differences and similarities.

Life Cycles

How a baby grows and develops in the mother's womb.

Learning what death means and the feelings often connected with grief.

Learn about the nature and role of menstruation in the fertility cycle.



How to be safe in the digital world. What to share and not to share.

Life Online

Risks of being online.

What cyberbullying means.



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.

Personal Relationships

Learn about how thoughts and feelings impact on actions. Develop strategies that will positively impact on self-talk. Deeper understanding of positive and negative self-talk how it impacts our feelings, actions and relationships.

Learn about what prejudice, bullying and discrimination is – what they mean and how to challenge them.

Understand what consent and bodily autonomy means as well as reflect on different scenarios where it is right to say 'no.'

Keeping Safe

How to make good choices about substances that impact health/ effect of a range of substances including drugs, tobacco and alcohol.

Basic first aid

Effects of harmful substances

What abuse is and the physical contact which is acceptable and unacceptable.

Build on first aid learning and how to put someone in the recovery position.



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Religious Understanding

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.



Learn that God the Son and God the Holy Spirit are the three persons of the Holy Trinity.

How the Holy Spirit works through us to share God's love and goodness in others.

Living in the wider world

How to help spread God's love in their community.

How to apply the principles of Catholic Social Teaching to issues in the world.

Learn about the principles of Catholic Social Teaching.

How we are all connected and not to just think about ourselves as an individual.

How my actions can impact on others, showing tolerance and respect, that truth and respect can develop people and friendships.

Understanding that life is relational and how we all link together in the world.



Children will hear and experience the Gospel story of calming the storm. Learning how God cares for everyone and wants us to put our faith in Him. As well as an experience of considering the story of story of Zacchaeus' conversion and explore ways in which they can hear God's call in their lives. God calls us to love.

Positive relationships

Leading a good life.

Learning about how discernment develops trust and what can help guide us.



Understanding that life is relational and how we all link together in the world.

What can provide us with harmony in our lives.

Year 5 Fertile Heart

Understanding diversity



Importance of making good decisions when we have pressures and impulses.



Love one another.

The importance of showing love for one another. The basics of what a loving relationship is.