



Year 6 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 our 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.

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



Respecting and looking after their bodies.

Key information about staying physically healthy.

Everyone has differences and similarities.

Life Cycles

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

Basic scientific facts about sexual intercourse between a man and woman. The physical, emotional, moral and spiritual implications of sexual intercourse.

Emotional Well-being

Deepen understanding about a range of feelings.

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



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

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

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



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

Learn about that pressure comes in different forms and what these are. Strategies that can be adopted to resist pressure.

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

Life Online

Risks of being online.

What cyberbullying means.



Basic first aid.

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

Effects of harmful substances.

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



Ten Ten



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Religious Understanding

Learn that God the Father, 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.

Learn about the principles of Catholic Social Teaching.



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.



Living in the wider world

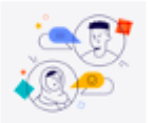
How to help spread God's love in their community.

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



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.

The need to show other people with dignity and respect.



Being aware and mindful, spending time to be in the presence of God.

Keeping ourselves safe and knowing who to speak to if needed.

Understanding my uniqueness and how to use this to be the best I can be.



Develop understanding of the trinity.

**Year 6
Fertile Heart**



Exploring faith and science.



Understanding of faith and awareness of God.

Learning about how we can communicate, what we have in common and differences.

Making informed choices and drawing upon Saints as role models.