

# **St Gabriel's Catholic Primary School**

Relationships and Sex  
Education (RSE)

## ❖ What is RSE?

- The place of RSE in the curriculum of a Catholic School.

## ❖ *A Journey in Love*

- An introduction to the programme
- Its structure and content

- RSE is the life long learning about physical, moral and emotional development.
- It is the understanding of the importance of stable and loving relationships, respect, love and care.
- It is also about the teaching of sex and sexual reproduction.

# RSE at St Gabriel's

- RSE forms a part of the Science, Religious Education and PSHE Programme in school.
- Our key objective is the well-being of the child.
- Parents have the right to withdraw their children from elements of RSE education
- We believe parents are the prime educators of their children
- The school, church and family will work together; our role as a school is to support you and not to replace you
- RSE within school will be delivered using the schemes directed by the Archdiocese:
  - Journey in love (Nursery – Year 4)
  - All that I Am (Year 5 – Year 6)

# ***A Journey in Love***

The central message of the Christian faith is that of establishing loving relationships. The central message of our RSE teaching is developing healthy loving relationships.

“My commandment is this: love one another, just as I have loved you”

John 15:12

# The structure of *A Journey in Love*

The programme is made up of 4 areas:

- Physical
- Social
- Emotional
- Intellectual

Each area is broken down into:

- Activities
- Pause & Reflect
- Prayer

# Reception

- Children know and understand that they are unique and that although we are all different we are all special in our own way.

## Examples of Reception activities:

- A graph of eye colours
- Why was I given my name?
- Who are my friends?
- I grew for 9 months in my mummy's tummy

# Year 1

Children know and understand that they are growing and developing as members of their own family and God's family.

## Examples of Year 1 activities:

- Draw a picture of my family
- How old was I when I learned to crawl, speak etc.
- How can I help at home?
- We are members of God's family



# Year 2

- Children know and understand that they are growing and developing in a wider parish community.

## **Examples of Year 2 activities:**

- What is community?
- Explore school as a community
- How can we contribute to the community?
- As children of God, how should we help each other?

# Year 3

- Children know and understand the virtues essential to friendship e.g. loyalty, responsibility and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

## **Examples of Year 3 activities:**

- Who cares for me at home, school, parish, community?
- How do you keep safe?
- How do you take care of others?
- How do you feel if a friend is not there for you or you are not there for them?
- How can I forgive and include others as Jesus did?

# Year 4

- Children know and understand that they are all different and celebrate these differences as we grow and change.

## Examples of Year 4 activities:

- Recognise all pupils grow and develop at a different rate
- Name male and female body parts
- Identify the development of the baby in the womb
- How do I appreciate my own and others gifts, talents, achievements and all that makes us unique

# The structure of *All that I am*

The programme is made up of 4 areas:

- Physical
- Social
- Emotional
- Intellectual

Each area is broken down into:

- Video clip.
- Teaching input.
- Church teaching.
- Working in pairs.
- Working as a class.
- Working as an individual.
- Reflection and prayer.
- Homework to work with parent/guardian

# Year 5

- The unique person (also male and female reproductive organs).
- The physical and emotional changes as we grow and become older.
- To have respect for themselves and each other.
- Physical changes boys and girls go through.
- Puberty and menstruation (periods)
- Personal responsibility and dignity.
- Personal hygiene.
- How to cope in different social settings.
- How are emotions can affect our behaviour.
- Recognise their feelings and the behaviour of others.
- How to manage feelings.
- Knowing when keeping secrets is safe and not.

# Year 6

- Recap on Year 5 for puberty in girls and a look at boys puberty.
- Looking at developing self confidence and social skills.
- Making informed and healthy, safe choices.

## **Examples of Year 6 activities:**

- Explain how human life is conceived
- Male and female reproductive organs
- Human reproduction.
- How a child grows within the mother's womb
- How we often use the word love too casually.
- Develop self respect and dignity for themselves and each other.
- Develop strategies to say 'No'.