St Joseph's Catholic Primary School- Relationships and Health Education (RHE) Curriculum Progression Map

Our RHE curriculum follows Ten Ten's Life to the Full program. Rooted in our Catholic faith and school values (Ready, Respectful, Safe), the curriculum is structured progressively across three core modules from EYFS through to Year 6. It fully integrates the latest statutory RHE guidance alongside age-appropriate safety, online awareness and safety learning within our local context.

Year Group	Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in Community
EYFS	**Religious Understanding:** *Handmade with Love* (God made me out of love). **Me, My Body, My Health:** *I Am Me* (Uniqueness); *Heads, Shoulders, Knees & Toes* (God-given bodies). **Emotional Well-being:** *All the Feelings* (Identifying & expressing emotions).	**Personal Relationships:** *Role Models*; Family & Friends; Saying sorry & forgiveness. **Keeping Safe:** *Safe Inside & Out*; *My Body, My Rules* (Personal boundaries, body autonomy, saying "no").	**Living in the Wider World:** *God is Love* & *Loving God, Loving Others*. Understanding community, helper roles, and sharing.
Year 1	**Religious Understanding:** *Let the Children Come* (Gospel story & Jesus' love). **Me, My Body, My Health:** *I Am Unique*; Differences (Girls & Boys); *Clean & Healthy* (Personal hygiene). **Emotional Well-being:** *Feelings, Likes & Dislikes*.	**Personal Relationships:** *God Loves You*; *Special People*; *Treat Others Well* (Kindness & respect). **Keeping Safe:** *Good & Bad Secrets*; Physical Contact boundaries; Harmful Substances awareness.	**Living in the Wider World:** *Three in One* (The Holy Trinity). *Who is My Neighbour?* (The Good Samaritan & community care).
Year 2	**Emotional Well-being:** *Feeling Inside Out* (Managing feelings & empathy). **Life Cycles:** *The Cycle of Life*; *Beginnings & Endings* (Growth, change, and loss).	**Keeping Safe & Online Safety:** *Being Safe Online*: (Smartie the Penguin & safe digital choices). Recognising unsafe situations online & offline; trusted adults. **Local Safety:** Railway & road safety context.	**Living in the Wider World:** Caring for God's world & active participation in school and parish community.
Year 3	**Religious Understanding:** *Get Up!* (Jesus' healing) & Sacraments. **Me, My Body, My Health:** *We Don't Have to Be the Same*; Respecting Our Bodies & individual gifts.	**Personal Relationships:** Family, Friends & Others; *When Things Feel Bad* (Conflict resolution & forgiveness). **Keeping Safe:** *Safe in My Body*; Drugs, Alcohol & Tobacco awareness; First Aid Heroes.	**Living in the Wider World:** *A Community of Love*; What is the Church?; Catholic Social Teaching principles.
Year 4	**Emotional Well-being:** Understanding complex emotions & strategies for mental well-being. **Life Cycles:** *Life Cycles*; *Big Changes, Little Changes* (Adapting to physical and emotional growth).	**Online Safety:** *Cyberbullying*; Respectful online communication; Protecting personal data online. AI awareness & digital safety basics. **Local Safety:** RNLI Water Safety & Railway awareness.	**Living in the Wider World:** Environmental stewardship; Local & global community responsibility.
Year 5	**Religious Understanding:** *Calming the Storm*; Gifts & Talents. **Me, My Body, My Health:** Physical changes in Puberty (Girls' and Boys' Bodies); Body image & self-respect.	**Personal Relationships:** *Is God Calling You?* (Vocation & respectful relationships). **Keeping Safe & Online Safety:** *Sharing Isn't Always Caring*; Online privacy, social media safety, and AI digital safety.	**Living in the Wider World:** The Holy Trinity; Reaching out to the wider world & addressing prejudice.
Year 6	**Emotional Well-being:** *Peculiar Feelings*; Managing pressure & building emotional resilience. **Life Cycles & Conception:** *Making Babies* (Human reproduction & birth in the context of loving marriage, delivered with parent consultation).	**Keeping Safe:** *Types of Abuse*; *Impacted Lifestyles* (Drugs, alcohol & peer pressure); Emergency First Aid.	**Living in the Wider World:** Catholic Social Teaching in practice; Leadership, stewardship, and moving on as confident citizens.