

# Year 6 RHSE Curriculum

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<a href="#">E-Safety and Social Media</a>	<a href="#">Global Sustainable Development</a>	<a href="#">Drugs and Alcohol</a>	<a href="#">Mental and Emotional Health</a> <a href="#">First Aid</a>	<a href="#">Police and Law</a>	<a href="#">Life Cycles</a>

Click the link to go to the correct section for each half term.  
Scroll to see individual sessions

*Teach us, good Lord,*

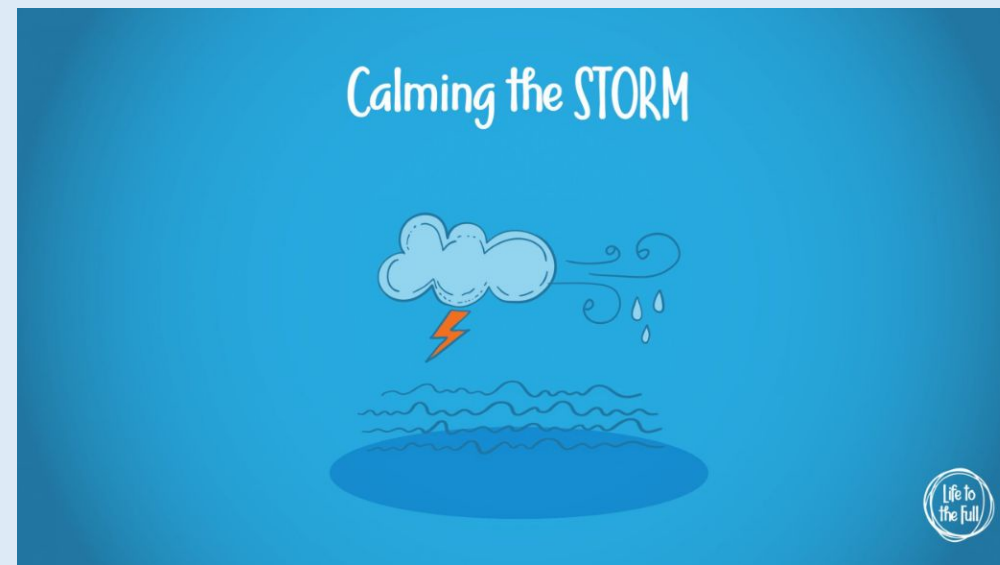
*to serve you as you deserve;  
to give and not to count the cost;  
to fight and not to heed the wounds;  
to toil and not to seek for rest;  
to labour and not to ask for any reward,  
save that of knowing that we do your most holy will.*



*Prayer of St Ignatius of Loyola*

# Autumn 1 – E-Safety and Social Media

## Session 1 – Calming the Storm



### **What happens in these sessions?**

Over five days, children will hear and experience the Gospel story of Jesus calming the storm. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God who cares for us and wants us to put our faith in Him.

### **What do children learn?**

- We were created individually by God who cares for us and wants us to put our faith in Him
- Physically becoming an adult is a natural phase of life
- Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!

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### **Suggested Home Activity**

Since we've been thinking in school about how God created the world and ourselves, it would be good to find time this week to reflect with your child about various key events in their childhood.

Can you recall when they started to walk, talk, eat with a spoon, swim, ride a bike? Which milestones do you think they are on their way to now?

## Autumn 1 – E-Safety and Social Media

Session	Key Learning
2 – The internet – is it all bad?	Pupils consider a range of issues including the benefits and risks of the internet, the perceptions of technology that different people have, and how the internet has changed our way of living
3 – What's my password?	This lesson considers online passwords. It stresses the importance of secure passwords and explains how they protect our data.
4 – You've won a PRIZE!	This lesson looks at the unfortunate online experiences of a fictional girl and helps pupils to understand the importance of not sharing personal information online and being wise to cyber scams.
5 - You're not my friend	This lesson looks at the harm that can be caused by posting negative things online.
6 - It's personal!	Pupils review their learning from the unit and consider personal information and the importance of keeping it private.

## Autumn 2 – Global Sustainable Development

Building on learning from Lower Key Stage Two, Unit 2 – Living in the Wider World teaches children some of the principles of Catholic Social Teaching from Together For The Common Good, which will help them to fulfil their purpose of making a difference in the world around them. Teaching includes the common good, the human person, social relationships and stewardship.

Dear JESUS,

Thank you that I am a loved and planned part of your creation.

Everyone here exists because you want them to.

Help me to treat myself and others with the care and respect  
we all deserve as brothers and sisters in Your family.

Amen



## **Autumn 2 – Global**

### **Sustainable Development**

#### **Session 1 – Reaching Out**



#### **What happens in this session?**

This lesson continues pupils' learning on Catholic Social Teaching (CST), recapping the principles and showing how they are relevant day to day. Children will look at current news stories, applying Catholic Social Teaching to analyse the issues and come up with ways of reaching out to others and spreading God's love in their communities.

#### **What do children learn?**

- Learn to apply the principles of Catholic Social Teaching to current issues.
- Find ways in which they can spread God's love in their community.

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#### **Suggested Home Activity**

An enormous amount of much needed work is done by Catholic and Christian charities. It might be inspiring to find out more about some of this work with your child. These are just a few charities you might want to look into:

- [CAFOD](#)
- [Jesuit Refugee Service](#)
- [DePaul Society](#)
- [Emmaus](#)
- [Catholic Children's Society](#)

## Autumn 2 – Global Sustainable Development

Session	Key Learning
2 – Our world – what's the damage?	Pupils investigate and research how humans have damaged the world around them.
3 – Global sustainable development goals	The class learn about the 17 sustainable development goals.
4 – To travel or not to travel?	Pupils explore the topic of travel through a class debate focusing on air travel.
5 - What's the good news?	This lesson explores some good news stories related to sustainability from around the world
6 - What can we do to make the world more sustainable?	Pupils create inspirational posters and/or information leaflets to share with the other classes and with their families and communities.

## Spring 1 – Drugs and Alcohol

Session	Key Learning
2 – Our world – what's the damage?	Pupils investigate and research how humans have damaged the world around them.
3 – Global sustainable development goals	The class learn about the 17 sustainable development goals.
4 – To travel or not to travel?	Pupils explore the topic of travel through a class debate focusing on air travel.
5 - What's the good news?	This lesson explores some good news stories related to sustainability from around the world
6 - What can we do to make the world more sustainable?	Pupils create inspirational posters and/or information leaflets to share with the other classes and with their families and communities.

Spring 2 – Mental and Emotional Health

Session	Key Learning
1 – Mindfulness	Pupils take part in a mindfulness listening activity. They discuss what mindfulness is and why it might be beneficial.
2 – Self care	Pupils discuss the importance of a healthy diet, sleep, exercise and having someone to talk to.
3 - Sleep	Pupils think about how a lack of sleep affects them, including issues such as being irritable and grumpy, lack of concentration, being more emotional or sensitive.

# Choking

## 1. Ask

- 'Are you choking?'

## 2. Encourage

- casualty to cough



## 3. Give

- up to 5 back blows using the heel of your hand between their shoulder blades



## 4. Give

- up to 5 'tummy' thrusts (abdominal thrusts)



## 5. Help

- if still choking call 999/112 for emergency help

## 6. Repeat the cycle if necessary

- **remember:** your casualty could become unresponsive. Be prepared to perform CPR

## Summer 1 – Police and Law

Session	Key Learning
1 – Name that crime!	Introduction to the reason for rules and laws
2 – It's my right!	Pupils play a game to differentiate between wants and needs.
3 – Community matters	Pupils consider what a community is and which communities they belong to themselves.
4 – Controversial issues	Pupils play a game to help them understand that people can feel strongly in different ways about an issue.
5 – You are the judge	Pupils consider the seriousness of given crimes and look at the consequences and possible sentences.

### Unit 4: Life Cycles

In Unit 4 – Life Cycles children will learn about God's design for creating new life through a more nuanced understanding of menstruation, fertility, conception, fetal development in the womb and childbirth. An optional session talks about sexual intercourse within the context of marriage being God's plan for the place of sex within a relationship.



Christ be with me,

Christ within me,  
Christ behind me,  
Christ before me,  
Christ beside me,  
Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me,  
Christ above me,  
Christ in quiet,  
Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

Extract from St Patrick's Breastplate

## Summer 2 – Life Cycles

### Session 1 – Making Babies



**Important note:** This session discusses sexual intimacy which is **not** part of the statutory curriculum. Schools have been advised to run this session only if it fulfils the schools' RSE Policy which will have been written in consultation with parents. This lesson upholds and supports the teaching of the Catholic Church on sex and marriage whilst also discussing other types of relationships. **The video content and follow-up activities are provided below** so you can:

- a) Decide if you want your children to take part in this session (if it is being led in school)
- b) Decide if you would like to lead this session with your child on your own (if it is not being led in school).

#### **What happens in this session?**

Previously in **Paradise Street**, Finn and Leyla asked questions about how babies are made and they learned about the different stages of life in the womb. At the end of the episode, Finn disarms his Dad with the question, "How did your sperm actually get inside Mum's body?" In this session, pupils will learn some key information and facts about sexual intercourse; the teaching is underpinned with the religious understanding that sexual intercourse is intended for married couples and has been designed by God.

#### **What do children learn?**

- Basic scientific facts about sexual intercourse between a man and woman
- The physical, emotional, moral and spiritual implications of sexual intercourse
- The Christian viewpoint that sexual intercourse should be saved for marriage

## Summer 2 – Life Cycles

### Session 2 – Menstruation



#### **What happens in this session?**

In this session, we see that Siobhan gets her first period and doesn't know quite what to do. She is sad that her Mum, who died a number of years ago, isn't there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God's plan for creation.

#### **What do children learn?**

- About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life
- Some practical help on how to manage the onset of menstruation

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#### **Suggested Home Activity**

Part of learning about growing up and the demanding changes that happen to our bodies is understanding that we need to take care of ourselves.

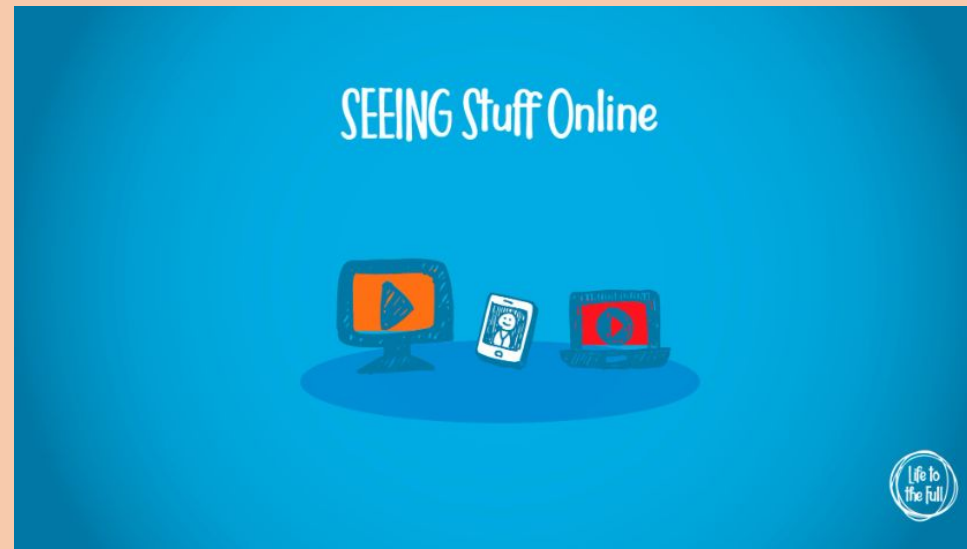
This is something which is true at other stages of life as well.

Talk to your child about how they like to relax and what makes them feel better. Is it lying on the sofa, reading a book, having some time to themselves, exercise, playing outside, having a bubble bath?

Encourage your child to practice taking care of others in the house too. Making a cup of tea just the way other family members like it for example. Or tidying the table after dinner without being asked.

## Summer 2 – Life Cycles

### Session 3 – Seeing Stuff Online



#### **What happens in this session?**

This session explores the emotional and mental impact that videos and images of an adult nature can have on children and young people, particularly pornography. In the episode of **Paradise Street**, we explore the relationship that the characters have with their phone and online devices. Leyla and Siobhan rave about a vlogger they have discovered, whilst Finn secretly discovers a pornographic website. Initially shocked and scared by what he has seen, he becomes more and more drawn to it. When his Dad discovers what Finn has been looking at, he sits down with him for a chat to explain the effect that these videos and images will have on his young brain.

#### **What do children learn?**

- The difference between harmful and harmless videos and images
- The impact that harmful videos and images can have on young minds
- Ways to combat and deal with viewing harmful videos and images

## Summer 2 – Life Cycles

### Session 4 – Build Others Up



#### **What happens in this session?**

Building on previous learning about personal relationships, this session addresses the concepts of fairness, bullying, prejudice and discrimination, with reference to the protected characteristics as determined by the Equality Act 2010. Through activities and discussion, children consider what bullying, prejudice and discrimination are, who they affect, how they might make people feel and what children can do about it: all within the Christian belief that everyone is made in the image and likeness of God, is loved unconditionally by Him, has equal dignity and is deserving of equal respect.

#### **What do children learn?**

- About prejudice, bullying and discrimination: what they mean and how to challenge them.
- About protected characteristics from the Equality Act 2010 such as race, age and disability.
- That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.

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#### **Suggested Home Activity**

##### **Reflect**

The session title 'Build Others Up' comes from St Paul's letter to the Ephesians: *'When you talk, do not say harmful things. Instead, say words that build others up and help them become stronger. Then what you say will do good to those who hear you.'* (Ephesians 4:29, paraphrased) You might like to read and discuss the full verse with your child.