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| AUTUMN MEDIUM TERM PLAN | Relationship and Sex Education |
| Module 2: Created to Love Others | Year 5 |

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| <p>Unit 1: Religious Understanding</p> <p>Session 1: Is God Calling You</p> <p>LO:</p> <ul style="list-style-type: none"> • Pupils will be able to show written understanding of the story of Zacchaeus' conversion. • Pupils will be able to show ways in which they can incorporate prayer into their daily life. | <p>Unit 2: Personal Relationships</p> <p>Session 1: Under Pressure</p> <p>LO:</p> <ul style="list-style-type: none"> • Pressure comes in different forms, and what those different forms are; • There are strategies that they can adopt to resist pressure. |
| <p>Unit 2: Personal Relationships</p> <p>Session 2: Do You Want a Piece of Cake?</p> <p>LO:</p> <ul style="list-style-type: none"> • Understand what consent and bodily autonomy means; • Discuss and reflect on different scenarios in which it is right to say 'no'. | <p>Unit 2: Personal Relationships</p> <p>Session 3: Self Talk</p> <p>LO:</p> <ul style="list-style-type: none"> • Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; • Apply this approach to personal friendships and relationships. |

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| <p>Unit 3: Keeping Safe</p> <p>Session 1: Sharing isn't always caring</p> <p>LO:</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. • How to use technology safely. • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. • How to report and get help if they encounter inappropriate materials or messages | <p>Unit 3: Keeping Safe</p> <p>Session 2: Cyber bullying</p> <p>LO:</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. • How to use technology safely. • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. • How to report and get help if they encounter inappropriate materials or messages. | <p>Unit 3: Keeping Safe</p> <p>Session 3: Types of Abuse</p> <p>LO:</p> <ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond. • That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests. |
| <p>Unit 3: Keeping Safe</p> <p>Session 4: Impacted Lifestyles</p> <p>LO:</p> <ul style="list-style-type: none"> • Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. • Learn how to make good choices about substances that will have a positive impact on their health. <p>Know that our bodies are created by God, so we should take care of them and be careful about what we consume.</p> | <p>Unit 3: Keeping Safe</p> <p>Session 5: Making Good Choices</p> <p>LO:</p> <ul style="list-style-type: none"> • Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco • Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies | <p>Unit 3: Keeping Safe</p> <p>Session 6: Giving Assistance</p> <p>LO:</p> <ul style="list-style-type: none"> • The recovery position can be used when a person is unconscious but breathing. • DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance. |

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| SUMMER MEDIUM TERM PLAN | Relationship and Sex Education |
| Module 3: Created to Live in Community | Year 5 |

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| <p>Unit 1: Religious Understanding</p> <p>Session 1: Trinity House</p> <p>LO:</p> <ul style="list-style-type: none"> • To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity. • To know that the Holy Spirit works through us to bring God's love and goodness to others. | <p>Unit 1: Religious Understanding</p> <p>Session 2: Catholic Social Teaching</p> <p>LO:</p> <ul style="list-style-type: none"> • The principles of Catholic Social Teaching. • That God formed them out of love, to know and share His love with others. | <p>Unit 2: Living in the Wider World</p> <p>Session 1: Reaching Out</p> <p>LO:</p> <ul style="list-style-type: none"> • 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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