



St Bernadette's Catholic Primary School

HRSE Progression document



- **At St Bernadette's we have adopted the Life to the Full scheme of work because it meets the statutory requirement for relationship education within a Catholic context.**
- **To enhance the areas of living in the wider world that are not covered in Life to the Full, we have use elements from the Jigsaw scheme of work, Bikeability, Road Safety www.think.gov.uk.**
- **In addition, we will have themed days which focus on internet safety, anti-bullying and fairtrade.**

Created and Loved by God

Strand	Early Years Foundation Stage	Key Stage 1	Lower KS2	Upper KS2
Religious Understanding		Children will learn how to value themselves.	Children will recognise that they are designed for a purpose. They understand that the Sacraments of Baptism and Reconciliation deepen their relationship with God.	Children will understand that they are made and grow (experiencing puberty) and that this is all part of God's loving plan for creation.
Me, My Body, My Health	Children will begin to recognise and celebrate differences between themselves and others.	Children will recognise and celebrate differences between themselves and others.	Children will understand the physical and emotional changes which come with puberty and that this is all part of God's loving plan for creation.	Children will celebrate the differences between people as enriching their community. They will understand that their self-confidence comes from being loved by God and that their bodies are a gift from God.
Emotional Well Being	Children will describe different feelings, both good and bad. They will regulate their behaviour and say sorry when they have made poor choices.	Children will manage their feelings and learn about the consequences of their actions.	Children will recognise the difference between feelings and actions. They will appreciate that God's love for them is the best basis for their self-confidence and that practising thankfulness builds their resilience against negative feelings.	Children will recognise the pressures which they face from themselves, others and the media. They can practise techniques to manage their thoughts, feelings and actions.
Life Cycles	Children will recognise that people change as they grow.	Children will explain the human life cycle and celebrate how they have changed and grown.	Children will explore the miraculous nature of human conception and birth and express thanks.	Children will understand God's plan for creating new life with a more detailed understanding of menstruation, fertility, conception, fetal development in the womb and childbirth.

Created to Love Others	Strand	Early Years Foundation Stage	Key Stage 1	Lower KS2	Upper KS2
	Religious Understanding	Begin to understand how the Bible is so special to Christians.	Children will understand that God loves us and that there is nothing they can do to stop Him loving them.	Children can understand that there are different types of sin and that forgiveness is important in relationships.	Children can reflect imaginatively on stories and explore way in that they can hear God's call in their lives.
	Personal Relationships	Children will learn to resolve conflict and to forgive themselves and others.	Children can explain the importance of saying sorry and forgiving others.	Children will develop a more complex appreciation of relationships and which strategies to use when relationships become difficult. They can explain strategies to develop resilience and resist pressure.	Children can recognise some strategies for some complex experiences of relationships and conflict including how to respond to spoken and unspoken pressure and the concept of consent.
	Keeping Safe	Children will begin to recognise how to keep themselves safe inside and out.	Children can share ways to keep themselves safe.	Children can explain strategies to keep them safe from bullying and various types of abuse.	Children will deepen their understanding of how to make safe and sensible decisions online. They can identify different types of abuse and who to go to for help.

Created to Live in Community	Strand	Early Years Foundation Stage	Key Stage 1	Lower KS2	Upper KS2
	Religious Understanding	Children will understand that our loving actions can be used by God to do incredible things.	Children can understand stories which show that God made them to be in loving relationships with one another.	Children can understand that as they are made in God's image they too are made to live in community.	Children can recognise that the Trinity demonstrates the perfect loving community and that they are called to emulate this love in their communities.
	Living in the Wider World	Children will develop their understanding of communities and begin to recognise the responsibilities they have to people, place and the planet.	Children can recognise the local and global communities that they are a part of and the rights and responsibilities which come with belonging.	Children can appreciate their responsibility to live in communities in the way that God intends.	Children can act to make a difference in the world around them.