

St Bede's Relationship & Health Education Programme

A Journey in **LOVE**

A developmental programme for children in the primary years



Nursery



Reception



Year One



Year Two



Year Three



Year Four



Year Five



Year Six

“The whole purpose of education at home and in the primary school is to connect every aspect of growth, physical, emotional, intellectual and social, with love. The ultimate goal is to enable adults to fully love themselves, i.e. accept themselves positively, and in turn to love their neighbour i.e. make themselves fully available to others.”

Dr. Jack Domínian – Foreword, *A Journey in Love*

"To be made in the image of God means to be a person in a relationship. It is in this context that our sexuality grows and develops from the moment of our conception. From early childhood we are on a journey of exploration of the richness various patterns of relationship offer and the appropriate tokens of exchange that they demand or admit."

Mgr. George Stokes - Vision Statement, A Journey in Love

"An aspect of the mystery of love is treated in each year group...through a series of suggested, progressive and developmental tasks, activities and reflections which focus on physical, social, emotional, intellectual and spiritual development."

Sr Jude Groden RSM - Introduction, A Journey in Love

The Programme Structure

- Lessons will take part in the Summer Term as part of our PSHE designated lesson time
- Lessons may include; discussions, presentations, questions, written work, music and songs, prayer, reflections
- Each year has a theme to explore with 3 underlying objectives under; Social and Emotional, Physical and Spiritual
- Children may be taught in smaller groups for some lessons
- Some lessons in UKS2 may be taught in single sex groups as appropriate
- Before the programme begins, ground rules will be set with the children regarding the kind of positive behaviour expected of every child
- All children and teachers treat each other with respect, all questions and answers are listened to in a sensitive and sensible manner

Themes Explored in each Year

Reception: God loves each of us in our uniqueness

Year One: We meet God's love in our family

Year Two: We meet God's love in the community

Year Three: How we live in love

Year Four: God loves us in our differences

Year Five: God loves me in my changing and development

Year Six: The wonder of God's love in creating new life

Reception



*To explore the wonder of being
special and unique*

Know and understand that God has made us
unique and that although we are different we are all
special to him



Objectives

Recognise the joy
of being s a special
person in my
family



Recognise that we
are all different
and unique

Celebrate the joy
of being a special
person in God's
family.



Keywords



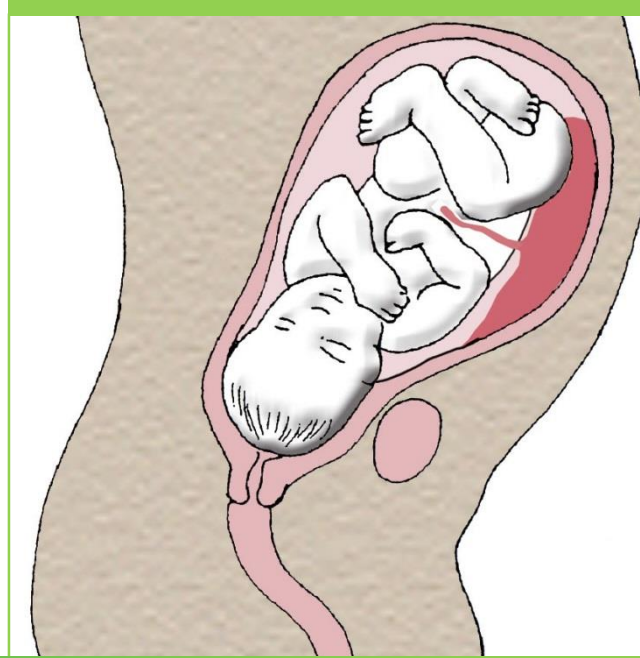
God
Wonder
Unique
Special
Faces
Friends
Hands

Hair
Generous
Different
Fingers
Colour
Bottom

Family
Love
Womb
belonging
Baptism
Private parts



*I grew for 9 months in
my mummy's womb...*



Year One



We meet God's love in our family

Know and understand that we are growing and developing as member of our own family and God's family.



Objectives

Recognise signs
that I am loved
in my family

Recognise how I
am cared for and
kept safe in my
family

celebrate ways
that God loves and
cares for us



Keywords

unique
important
Healthy

Friend
Wrong
Care

God
special



Year Two



We meet God's love in the community

Know and understand that we are growing and developing in diverse communities that are God-Given.



Objectives

Recognise the joy
and friendship of
belonging to a
diverse community

Describe ways
of being safe in
communities

Celebrate ways of
meeting God in our
communities



Keywords

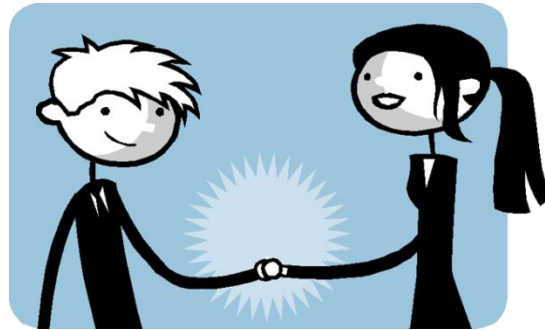
God
Community
Belonging
Family
Global

NSPCC PANTS
Penis
Vagina
Breasts
Testicles

Relationships
Diverse
Feelings
Emotions
Secrets



Year 3



How we live in love

Describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.



Objectives

Describe and give reasons how friendships make us feel happy and safe

Describe and give reasons why friendships break down, how they can be repaired and strengthened

Celebrate the joy and happiness of living in friendship with God and others



Keywords

God-given

Community

Belonging

Family

Loyalty

Self-less

Feelings

Emotions

Friends

Changing

Difference

Trust

Respectful

Forgiving



Year Four



God loves us in our differences

Know and understand that we are all different and celebrate these differences as we appreciate that God's love accepts us as we are and as we change.



Objectives

Describe how we should be
accepted and respected

Describe how we should treat others
making links with diverse modern
society we live in

Celebrate the uniqueness and
innate beauty of each of us



Keywords

God
Gifts
Talents
Difference
Development
Change
Bullying
Cultural

Dignity
Belief
Polite
Uniqueness
Biological
Courtesy
Acceptance



Year Five

*God loves me in
my changing
and development*



Know and become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom, etc. And grow further in our understanding of God's presence in our daily lives.



Objectives

Show knowledge and understanding of emotional changes as we grow and develop

Show knowledge and understanding of physical changes in puberty

Celebrate the joy of growing physically and spirituality



Keywords

God
Sensitivity
Puberty
Presence
Celebrate
Menstrual Cycle
Reproduction
Personal Hygiene

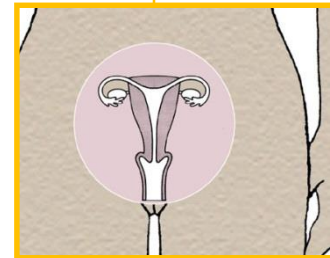
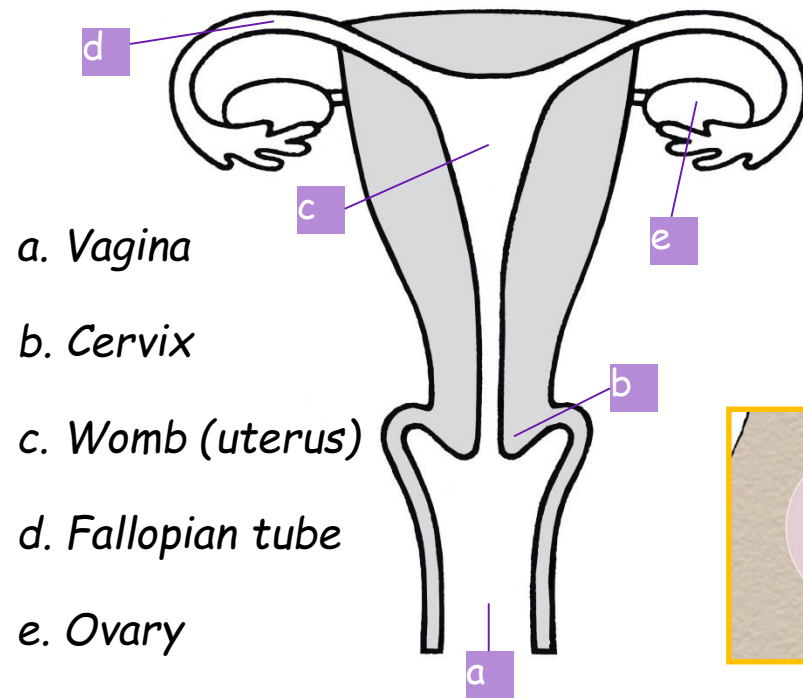
uterus
vagina
cervix
Hormones
Period
Ovulation
Change
Internal/external



Menstruation

The menstrual cycle is to prepare the female body for reproduction

Inside a woman's body:



Year Six

*The wonder of
God's love in
creating new life*



Develop, in an appropriate way for our age, an understanding of what stable, caring relationships are and the different kinds there may be

Objectives

Develop a secure understanding that stable and caring relationships which may be of different types are at the heart of happy families

Explain how human life develops from conception and the importance of a healthy lifestyle

Show understanding of how being made in the image and likeness of God informs decision and actions when building relationships



Keywords

God

Christian

Appropriate

Dignity

Sexuality

Conception

Relationship

Marriage

Harmful

substances

Hygiene



PHYSICAL

In all of us

Voice box

Heart

Lungs

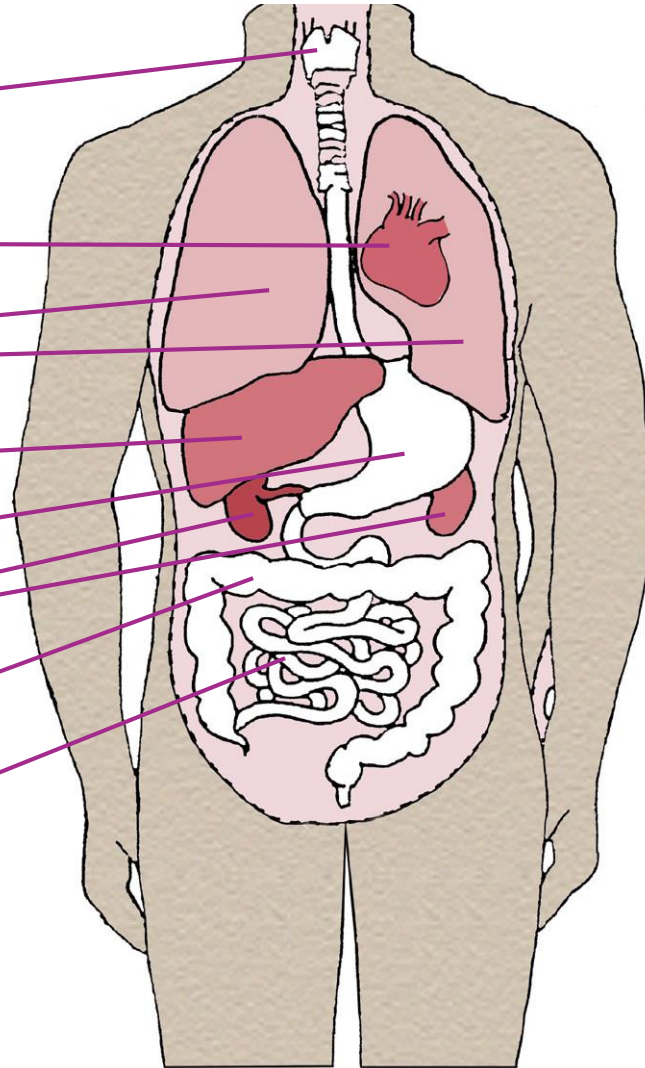
Liver

Stomach

Kidneys

Large intestine

Small intestine



In boys

Sperm duct

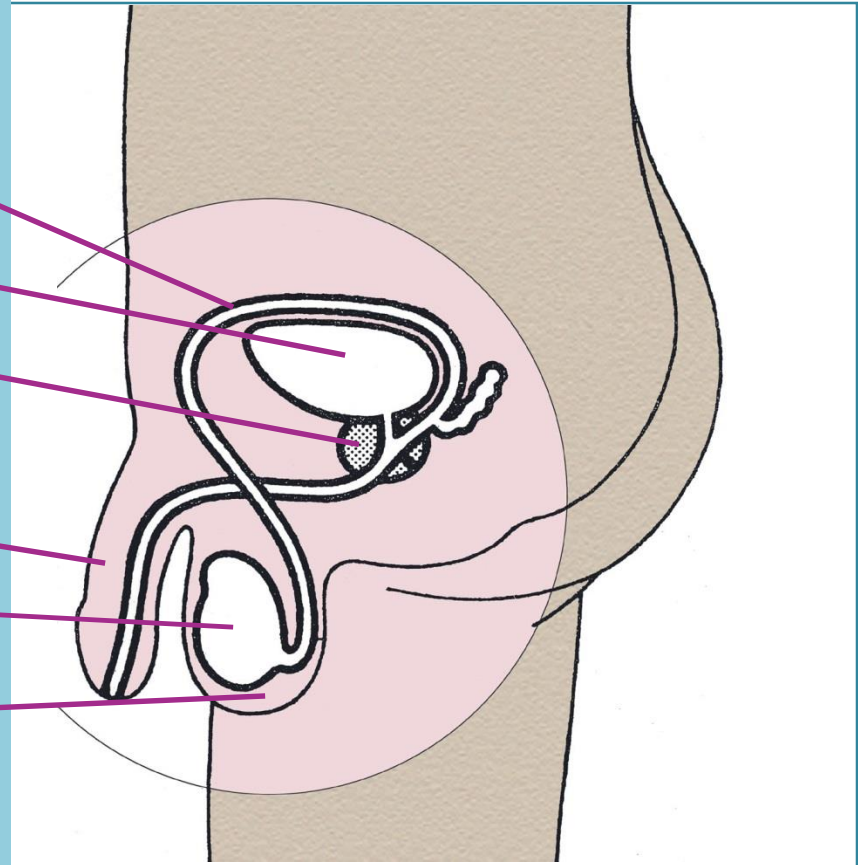
Bladder

Prostate gland

Penis

Testicle

Scrotum



In girls

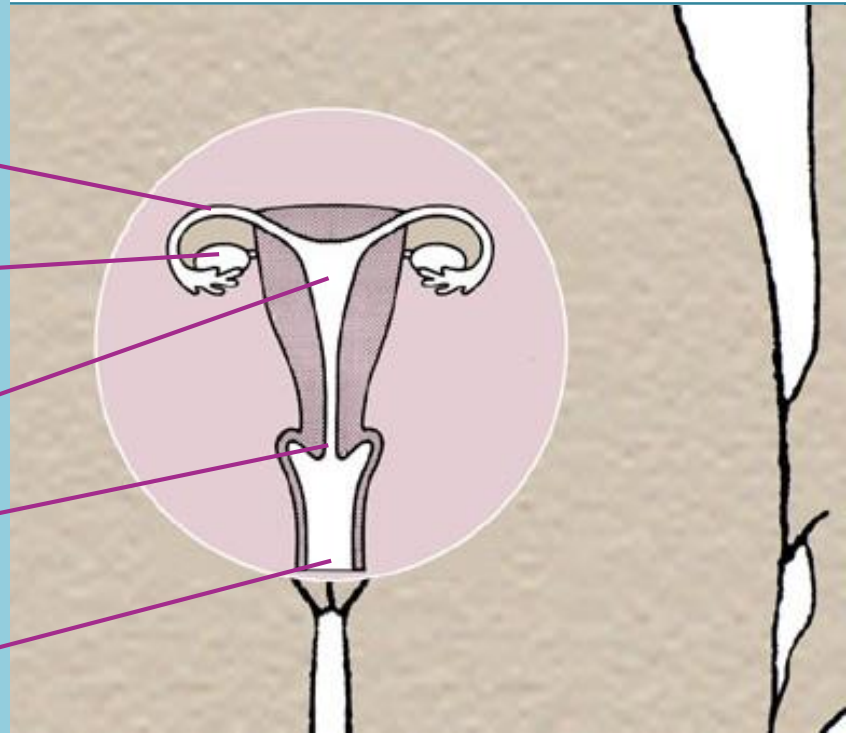
Fallopian tube

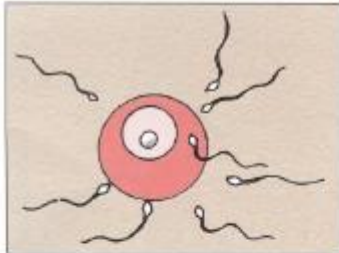
Ovary

Uterus (womb)

Cervix

Vagina





Although a hundred sperm cells may reach the egg cell only one sperm can enter the egg to fertilise it.

(2) Understand how a child grows within the mother's womb.



After a few days, the cell divides repeatedly to form a ball of cells.



After 8 weeks, the baby has eyes but no eyelids. It starts making its first tiny movements, but its mother cannot feel them yet.



After 16 weeks, the baby begins to swallow and pass urine. It has fingers and toenails. At this stage its skin is bright red and transparent.



After 24 weeks, the baby can hear voices and other sounds from outside its mother. It has some hair and eyebrows and eyelashes. Its skin is very wrinkled.



After 28 weeks, the baby's kicks are quite strong and can be felt by putting a hand on the mother's tummy.



After 36 weeks, the baby has taken up its final position in the uterus. Its lungs are getting ready to take their first breath. The baby continues to get fatter. Some time after 36 weeks, the baby's head is now positioned ready for birth. The baby could arrive any time between 38th and 42nd week of pregnancy.