

Our Lady of the Wayside's Relationship and Health Education Curriculum

General information	
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Our aspirations and aims for Relationship and Health Education Curriculum at Our Lady of the Wayside Catholic School Our curriculum intent, implementation and impact

Intent

At Our Lady of the Wayside School, RHE ensures children and young people are equipped with the knowledge, understanding, skills and confidence to cope with the many pressures and challenges of modern society. Learning about friendships and family in RSE are the building blocks to help children to understand themselves and others. Children are prepared for the physical and emotional changes they undergo at puberty. RSE should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships. It provides a positive view of the dignity of the human person; equips young people with the ability to make practical judgments about the right thing to do in particular circumstances and explores and promotes virtues which are essential to promoting respect and dignity. All of this is done within the doctrine of the Catholic Church, faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today.

Implementation

The RSE curriculum is implemented using a programme called Ten, Ten – Life to the Full. This programme adopts a spiral approach, so that as children go through the programme year-after-year, the learning will develop and grow, with each stage building on the last. Children are taught by familiar adults who they have a good rapport with, in order to facilitate constructive and supportive discussions around sensitive topics in a safe and secure environment.

In Life to the Full, we follow a four-stage structure which is repeated and developed across four different learning stages:

- Early Years Foundation Stage is aimed at Preschool and Reception
- Key Stage One is aimed at Years 1 and 2
- Lower Key Stage Two is aimed at Years 3 and 4

Our Lady of the Wayside Catholic Primary School
Learning and growing together, rooted in Christ

- Upper Key Stage Two is aimed at Years 5 and 6

Within each learning stage, there are three Modules which are based on the Model Catholic RHE Curriculum:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

Each module is then broken down into units of work.

Module 1	Created and Loved by God
Units	Religious Understanding Me, My Body, My Health Emotional Well-Being Life Cycles
Module 2	Created to Love Others
Units	Religious Understanding Personal Relationship Keeping Safe
Module 3	Created to Live in Community
Units	Religious Understanding Living in the Wider World

Impact

We expect our RSE curriculum to have a significant impact on pupil's knowledge, skills, and attitudes towards health and well-being, as well as relationships with themselves and others. Through this curriculum, students will develop a greater awareness of their own health and well-being needs, and the skills and confidence to make informed decisions about their own health and relationships. They will also develop social and emotional competence, including empathy, communication, and problem-solving skills, which are essential for building positive relationships and coping with challenges. By the end of primary school, we expect pupils to be responsible and resilient individuals who can navigate the challenges of adolescence with confidence and a positive outlook.