

RSE at St Alban's



A Journey in Love

This scheme has as its core the belief that we are made in the image and likeness of God and as a consequence, gender and sexuality are God's gift.

An aspect of the mystery of love is covered in each year group. Children are encouraged to marvel at the wonder and beauty of God's love. This is reflected through a series of suggested, progressive and developmental tasks which focus on physical, social, emotional, intellectual and spiritual development.



Foundation

God loves each of us in our uniqueness.

Physical

Does it matter if we are different?

Look at me – How am I different from you?

Look at you – How are you different from me?

Social

With whom do I play with at school/home?

Why does (name) play with me?

What are your favourite games?

Emotional

How do you feel about your friends?
Do you both have other friends at school /home?
Why do you play with them?



Intellectual

Is it important to have friends?
Describe a good friend

Spiritual

Is Jesus our friend?
Read the story 'Jesus Welcomes the Little Children' and talk about children being special to God
Who is the mother of Jesus?
Why is she special?
Jesus grew for nine months in Mary's womb



Year 1

We meet God's love in our family

Physical

Who is in my family?

How many children have babies in their families?

Social

Invite children to share their home research about their first steps, words etc
Parents share the wonder and excitement of these moments of growth and
development for them

Emotional

What are the happiest moments in your family? E.g. birthdays, christening, weddings

What are the saddest moments in your family? Death of pets, leaving home
How is love shown in your family?

Intellectual

Why do we need to grow up in families?
What happens if you grow up without a family?
What would you miss?

Spiritual

We are members of God's family
How were we born into God's family?
What special title do we give to God as members of God's family?



Year 2



We meet God's love in the community

Physical

Do you belong to a community?
What other community do you belong to?
How do you belong to these communities?

Social

Is belonging to a community important?
What do we receive from the community we belong to?
What do we give to the community we belong to?

Emotional

How does a community help us to develop our feelings and emotions?

Are we always happy in our community?

Are we, as a community sometimes sad or upset?

Intellectual

Could people feel alone even though they belong to a community?

What would they miss out on?

What are the advantages of being on your own?

Spiritual

If God is called 'Our Father' what does that make us?

As children of God how should we treat each other?

Year 3

How we live in love

Physical

Who takes care of me?
How do I look after myself?
How am I changing?

Social

How do I keep myself safe?
How do I help others to make and keep friends?
How do I take care of others?



Emotional

How do you feel when a friend is not there for you?

How do your friends feel when you are not there for them?

How can you be a more supportive friend?

Intellectual

Can you recognise the difference between being alone and being lonely?

To recognise the need for personal privacy

Spiritual

The story of the outcast Zacchaeus – Jesus accepted him as a friend, welcomed and forgave him.

How can I forgive and include others as Jesus did?

Write on a card what you like about your friend and share.



Year 4

God loves us in our differences

Physical

Recognise that all pupils grow and develop at a different rate
name the different male and female body parts and introduce their
functions

Identify the development of the baby in the womb

Social

How do I learn to accept and celebrate who I am?

How do I accept difference in others?

How do I deal with difference and manage the conflicts that arise?

Emotional

How do I appreciate my own gifts, talents, achievements and all that makes me unique?

How do I appreciate others and the gifts they have been given?

How do I deal with the natural, negative emotions that present themselves?

Intellectual

Can I identify and name my feelings?

Do I know and understand what these feelings are?

How do I deal with what I feel, can I analyse my feeling and actions?

Spiritual

St Paul's teaching on love.

Year 5

God loves me in my changing and development



Physical and intellectual

Identify and celebrate the ways in which I have changed since birth
Discuss the external and internal changes which happen to boys and girls in puberty.

Recognise that sexual development is a natural part of human growth and that physical changes from child to adult to means the ability and potential to become a mother or father
The purposes of the menstrual cycle.

Social / emotional

Recognise behaviour changes as we grow up.
Reflect on ways to become more sensitive to the
emotional development of oneself and others

Spiritual

Ask children to develop an understanding of change
Share with each other and celebrate the wonder of
change



Year 6

The wonder of God 's love in creating new life

Physical

Explain how human life is conceived

Emotional

Relationships develop and eventually you may be able to use the word
love and lead to marriage



Social

Recognise and compile a list of signs of love
reflect on the different degrees of friendships that exist

Spiritual

God causes new life to begin through the love that parents have
for one another

To celebrate God's creative love in creating us as his children and
recognise that we grow as human beings

Additional RSE resources for Years 5 and 6 have been devised and developed by Sister Dorothy Black specifically for Years 5 and 6. If you require any further information about these then do please contact Mrs Johnson through the school office.