

# Relationships and Sex Education

## Journey in Love 2025 -2026

	Theme	Autumn Term Social and Emotional	Spring Term Physical	Summer Term Spiritual
Year 3	<p><b>How we live in love</b></p> <p>Aim: To describe and give reasons for how we grow in love in caring and happy friends where we are secure and safe.</p> <p>Key words: community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful.</p>	<p>To describe and give reasons how friendships make us feel happy and safe.</p> <p>"I like friends who have independent minds because they tend to make you see problems from all angles." Nelson Mandela</p>	<p>To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p> <p>"Instead be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ." Ephesians 4:32</p>	<p>To celebrate the joy and happiness of living in friendship with God and others.</p> <p>"God loves us as we are: no sin, fault or mistake can make Him change His mind."</p> <p>Pope Francis</p>
Year 4	<p><b>God love us in our differences</b></p> <p>Aim: To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.</p> <p>Key words: God, gifts, talents, difference, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, polite, uniqueness, innate, beauty, dignity.</p>	<p>To describe how we all should be accepted and respected.</p> <p>"Each of us can make a difference and all of us ought to try." Barack Obama</p>	<p>To describe how we should treat others making links with the diverse modern society we live in.</p> <p>"My commandment is this: Love one another, just as I have loved you." John 15:12</p>	<p>To celebrate the uniqueness and innate beauty of each of us.</p> <p>"Each one must use for the good of others the special gift he has received from God."</p> <p>1 Peter 4:10-11</p>
Year 5	<p><b>God loves us in our changing and developing</b></p> <p>Aim: To show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty - sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.</p> <p>Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period</p>	<p>To show knowledge and understanding of emotional relationship changes as we grow and develop.</p> <p>"You are God's work of art." Ephesians 2:10</p>	<p>To show knowledge and understanding of the physical changes in puberty.</p> <p>"You created every part of me, you put me together in my mother's womb..." Psalm 139: 13-18</p>	<p>To celebrate the joy of growing physically and spiritually.</p> <p>"He created man and woman and He gave them everything. He entrusted the world to them." Pope Francis</p>
Year 6	<p><b>The wonder of God's love in creating new life</b></p> <p>Aim: To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.</p> <p>Key words: God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée</p>	<p>To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p> <p>"Small things, done in great love, bring joy and peace." St Teresa of Kolkata</p>	<p>To explain how human life is conceived.</p> <p>"You saw me before I was born. Every day of my life was recorded in your book." Psalm 139: 16-17</p>	<p>To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.</p> <p>"Love is an art to be learned. It is a giving experience, a selfless act."</p> <p>Cardinal Basil Hume</p>

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