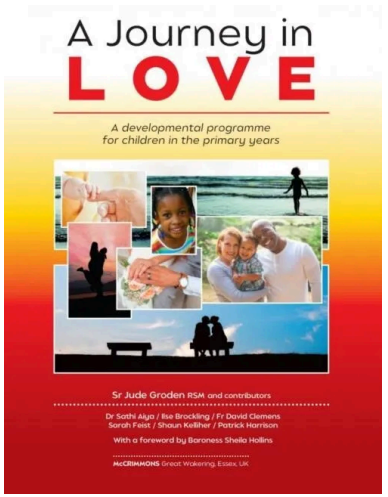
English Martyrs Catholic Primary School - *Through Christ we believe, inspire, achieve.*

A Journey in Love Overview Information for Parents

A Journey in Love is a resource created by Sister Jude Groden of BRES. It is the recommended programme of study for Catholic schools for Relationship and Sex Education, and has been written as a progressive scheme of work that supports the Religious Education, RSHE and Science curricula taught within the school. Throughout *A Journey in Love*, an aspect of the mystery of love is focussed upon in each year group, children and young people are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth in the Primary Years through a series of suggested, progressive and developmental tasks, activities and reflections which focus on physical, social, emotional, intellectual and spiritual development. As with all aspects of learning, children are naturally curious and many will have questions related to their lessons. Opportunities to discuss questions form part of the lessons and again these are treated with care and understanding. A Journey in Love highlights the importance of parental input and children will be told to discuss their lessons at home. As a parent, you have the right to withdraw your child from Relationships and Sex Education if you wish to do so.	

Nursery/ Reception	**God loves each of us in our uniqueness** **Intellectual** – Why is it important to have friends? What makes a good friend? **Physical** – How am I unique and different to others? How am I the same as other people? **Emotional** – How do good friends make us feel? Who are our friends? How do we play well with our friends? **Social** – What is special about me that makes people be my friend? What are my favourite games to play with friends? **Spiritual** – How is Jesus our friend? Who is Mary and why is she special to us?	Key words: God, unique, different, special, eyes, hair, boy/girl, hands, fingers, name, family, love, womb, describe
Year 1	**We meet God's love in our family** **Emotional** – What are happy times we celebrate with family? When have we experienced sadness in our families? How do we show love for members of our family? **Intellectual** – How do families help us to grow? When do we miss our families? Who are our extended family – communities etc? Physical – Who are my family? How do babies grow and change? Love between brothers, sisters and family.	Key words: unique, friend, God, important, different, special

	Social – How do we help and care for each other at home? How do we look after babies? What do our families do for us? What do we do to help them? **Spiritual** – We are all part of God's family. How do we grow in God's family? How are Jesus, God and Mary part of our family?	
Year 2	**We meet God's love in our community** **Physical** – How do we show we belong to a family? What do communities do for each other? Who makes up our communities? **Emotional** – How do communities and family help us develop our feelings and emotions? Are families and communities always happy? How can we help those who are upset in our communities? **Intellectual** – Can people be lonely even if they are part of a community? What would we miss if we did not have family or a community? What do we like about the people we know in our families and communities? **Social** – Why is community important? What do we give and receive in a community or family? How important are members of our community? **Spiritual** – God is our father; how can we be children of God? As children of God, how do we treat each other? How do we help those who are lonely?	Key words: God, community, belonging, family, father/mother, carer/guardian, feelings, emotions
Year 3	**How we live in love** **Physical** - Who takes care of me? How I look after myself? How am I changing from when I was a baby? **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 I feel when a friend is not there for me? How do your friends feel when you are not there for them? How can you be a more supportive friend? **Intellectual** - Recognise the difference between being alone and being lonely. Recognise the need for personal privacy. **Spiritual** - How can I forgive and include others like Jesus did?	Key Words: God, forgiveness, health, safe, exercise, relationships, community, alone, lonely, personal space.
Year 4	**God loves us in our differences.** **Physical** - Continue to recognise that all pupils grow at different rates. Name the different male and female body parts. 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 differences in others? How do I deal with differences and manage the conflicts that	Key words: God, gifts, talents, difference, development, change, male and female body parts, conflict, appreciate, celebrate,

	arise? **Emotional** - How do I appreciate my own gifts, talents and 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 and can I analyse my feelings and actions? Spiritual – How does the Bible and Jesus teach us to love?	achievement
Year 5	**God loves me in my changing and development** **Physical and Intellectual** - Identify and celebrate the ways 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 mean the ability and potential to become a mother or father. Understand the purpose of the menstrual cycle and the importance of hygiene for boys and girls. **Social and Emotional** - Recognise behaviour changes as we grow up. Reflect on ways to become more sensitive to the emotional development of oneself and others. Identify how our responsibilities change, as we grow older. Who is dependent on me and who do I depend on? **Spiritual** - Celebrate the wonder of change. What do we like about growing up? What can be difficult about growing up spiritually, emotionally and physically?	Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, reproduction, production, hormones, menstruation.
Year 6	**The wonder of God's love in creating new life** **Intellectual** - Humans grow up in the circle of life and love. **Physical** - Explain how human life is conceived. Understand how a child grows within the mother's womb. Identify the organs and reproductive systems of male and female humans. **Emotional** - Understanding of how relationships develop. The different types of loving relationships that exist between people as we grow older. **Social** - Recognise and compile a list of the signs of love expressed in those around us. Reflect on the different degrees of friendship that exist. How do we share God's love with each other? **Spiritual** - Understand that God causes new life to begin. Celebrate God's creative love. The Church celebrates the Sacrament of Marriage and the importance of community.	Key Words: God, Christian, appropriate, dignity, sexuality, intercourse, conceive, relationship, marriage, fiancé, fallopian tube, sperm duct, bladder, prostate gland, penis, testicle, ovary, cervix, uterus, vagina.