



RSHE Scheme of Work - Overview 2025-26

Lesson	First form	Second form	Third form	Fourth form	Fifth form
KQ	What are the foundations of flourishing, and how can I build a life of virtue, strength and friendship?	How can I become the kind of person who makes wise choices - for myself and the good of others? Maturing moral reasoning, stretching pupils into a vocational imagination, not just asking <i>what should I do</i> , but <i>who am I becoming</i> in the community with others.	What does it really mean to 'will the good of self and the other, as other' - and how can I respond to that call with freedom, truth and virtue?	How can growing in virtue help me discover and live out my vocation in the world?	What does 'maturity in Christ' really mean - and how can I live with purpose, integrity and hope in a complex world?



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Core content	Introducing the virtues; friendships; physical and mental wellbeing; family life; digital life; the beginnings of identity and mastery	Deepen personal reflection and Catholic/Oratorian identity formation; challenge impulsivity with ethical thinking; emphasize community, solidarity and interdependence; promote virtue as something relational and purposeful	Integrating Catholic teaching on vocation, charity and the human person; preparing pupils for deeper discussion on relationships and sexuality; encouraging interior reflection on the quality of their willing - not just feelings; pointing towards agape (self giving) as the model	Reflect on the interior formation needed to discern God's call; see vocation as broader than a career - touching on relationships, service and holiness; understand that virtue is preparation for freedom, not restriction; explore how habits of character form the foundation for	Reflect on the Christian vision of maturity as more than independence - centred on virtue and vocation; prepare to move onto the next stage of education with a moral and spiritual compass; recognize how faith and reason help them to navigate a changing culture; consider how to be men of character and conscience
1	What does it mean to flourish? Introducing Prudence - Knowing what leads to good living	Called to relationship - God's Design for Human Flourishing (DfE - Respectful relationships)	What does it mean to be called to 'will the good of both self and the other'? (DfE - Relationships/Basic First Aid)	Imago dei, freedom for excellence and thriving relationships (DfE - Respectful Relationships)	The meaning of life: classical vs contemporary approaches; Christ v Secularism; the courage to stay true to virtue when under pressure - flaws in moral and cultural relativism, incl. FGM (DfE - Being Safe)



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2	What makes a good friend: to recognise the value of authentic friendship and how to resist negative peer pressure. (DfE - Respectful Relationships)	Why do my choices matter: mental wellbeing, anti-fragility and thriving in the face of challenge? (DfE - Mental Wellbeing)	Addiction: Smoking, Vaping and Alcohol (DfE - Drugs, alcohol and tobacco)	Chastity, Consent and Marriage (DfE - Being Safe/Intimate and Sexual Relationships); Identity, Chastity and Hope in the	Dating, Intimacy and Marriage (DfE - Families/Respectful Relationships/Intimacy)
3	How do I grow in strength - not just physically, but morally? (DfE - Mental Wellbeing)	What does a wise person do when it is hard to choose? Discerning 'friendships' and peer influences (DfE - Respectful Relationships)	Russian roulette: drugs and the war against temperance (Drugs, alcohol and tobacco)	The Soul of the Embryo (DfE - Intimate and Sexual Relationships); Dignitas Infinita, Cass and the Genesis of Gender - the Body as a Given	Exercise, Media, body image and re-wired behaviours (DfE - Physical Health and Fitness/Online Harms); Leave our bodies alone: Catholic Bioethics and the Challenge of Modern Eugenics
4	How do families help us to flourish? (DfE - Families)	Coming of Age: Change, Resilience and Virtue (DfE - Changing Adolescent Body)	How do I love others with both honesty and respect - including online? (DfE Respectful relationships, including online)	What am I becoming when no-one is watching? (DfE - Internet Safety and Harms)	Challenge, adversity and examinations (DfE - Mental Wellbeing)
5	Getting involved: health, fitness and healthy eating (DfE - Healthy Eating)	Caring for body, soul and spirit (DfE - Changing Adolescent Body; Health and Prevention; Immunisation, Vaccines and Sleep)	Illusion vs Reality online: Curated selves; comparison, perfectionism and body image; over-reliance on digital relationships; sextortion; deep fakes (DfE Online and Media/Internet Safety and Harms).	Under the influence: Radicalisation and extremism (Being Safe)	Knowledge, Responsibility and the Call to Chastity (DfE Intimate sexual relationships, including sexual health)



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6	How can I be wise online and offline? (DfE - Internet Safety and Harms)	How do I treat others with dignity—even online? Digital citizenship, gossip and empathy (Online and Media)	How do I respond to peer pressure and abuse of sexuality? Toxic relationships, pornography and digital exploitation (Online and Media)	Bounce, don't break (DfE - Mental Wellbeing)	Newman on conscience and its formation
7	Recap: flourishing and the virtues	Recap: flourishing through prudence - the harness of the virtues	Recap: responding to the call to authentic love of self and others	Recap: how can I say 'yes' to my vocation, one choice at a time?	Recap: how will I use my gifts to serve others and glorify God?



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