

Relationships Education, Health Education and non statutory Sex Education (RSHE)

Growing and Changing (RSE)

All lessons that cover 'privacy/keeping privates private etc' include watching the NSPCC Pantosaurus video. <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Year Group	Lessons							
R	Seasons - Name the different seasons and describe their differences - Explain the changes that occur as seasons change	Life stages – plants, animals, humans - Understand that animals and humans change in appearance over time - Make observations and ask questions about living things	Life stages – Human life stage – who will I be? - Use language and describe the different life stages of: baby, child, teenager, adult, older age - Talk about their own experience of growing up	Where do babies come from? - Know a baby grows inside a mothers tummy - Understand that every family is different - Talk about similarities and differences between themselves and others	Getting Bigger - Talk about how they have changed as they have grown - Explain the differences between babies, children and adults - Understand that we are all unique	Me and my body - Name the parts of the body using the correct vocabulary - Know there are parts of the body that are private - Tell or ask an appropriate adult for help if they feel unsafe		

1	Inside my Wonderful Body - Name major internal body parts (heart, lungs, blood, stomach, intestines, brain); - Understand and explain the simple bodily processes associated with them.	Taking Care of a Baby - Understand some of the tasks required to look after a baby; - Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.	Then and Now - Identify things they could do as a baby, a toddler and can do now; - Identify the people who help/helped them at those different stages.	Who can Help? (2) - Explain the difference between teasing and bullying; Give examples of what they can do if they experience or witness bullying; - Say who they could get help from in a bullying situation.	Surprises and Secrets - Explain the difference between a secret and a nice surprise; - Identify situations as being secrets or surprises; - Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.	Keeping Privates Private - Identify parts of the body that are private; - Describe ways in which private parts can be kept private; - Identify people they can talk to about their private parts.		
2	A Helping Hand Demonstrate simple ways of giving positive feedback to others.	Sam Moves Away Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.	Haven't you Grown! - Identify different stages of growth (e.g. baby, toddler, child, teenager, adult); - Understand and describe some of the things that people are capable of at these different stages.	My body, your body - Identify which parts of the human body are private; - Understand that humans mostly have the same body parts but that they can look different from person to person	Respecting Privacy - Explain what privacy means; - Know that you are not allowed to touch someone's private belongings without their permission; - Give examples of different types of private information.	Basic First Aid – Why is First Aid Important - How to make a clear and efficient call to emergency services if necessary. - Concepts of basic first-aid, for example dealing with common injuries, including head injuries.		

3	Relationship Tree - Identify different types of relationships - Recognise who they have positive healthy relationships with.	Body Space - Understand what is meant by the term body space (or personal space); - Identify when it is appropriate or inappropriate to allow someone into their body space; - Rehearse strategies for when someone is inappropriately in their body space.	Secret or Surprise - Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; - Recognise how different surprises and secrets might make them feel; - Know who they could ask for help if a secret made them feel uncomfortable or unsafe.	Basic First Aid – Giving First Aid - How to make a clear and efficient call to emergency services if necessary. - Concepts of basic first-aid, for example dealing with common injuries, including head injuries.					
4	Moving House - Describe some of the changes that happen to people during their lives; - Explain how the Learning Line can be used as a tool to help them	My Feelings are all over the Place - Name some positive and negative feelings; - Understand how the onset of puberty can have emotional as well as physical impact	All Change! - Identify parts of the body that males and females have in common and those that are different; - Know the correct terminology for their genitalia;	My Changing Body - Recognise that babies come from the joining of an egg and sperm; - Explain what happens when an egg doesn't	Together - Understand that marriage is a commitment to be entered into freely and not against someone's will; - Recognise that marriage				

	manage change more easily; • Suggest people who may be able to help them deal with change.	• Suggest reasons why young people sometimes fall out with their parents; • Take part in a role play practising how to compromise.	• Understand and explain why puberty happens.	meet a sperm; • Understand that for girls, periods are a normal part of puberty.	includes same sex and opposite sex partners; • Know the legal age for marriage in England or Scotland; • Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.			
5	How are they Feeling? • Use a range of words and phrases to describe the intensity of different feelings • Distinguish between good and not so good feelings, using appropriate vocabulary	Taking Notice of our Feelings • Identify people who can be trusted; • Understand what kinds of touch are acceptable or unacceptable; • Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in	Dear Hetty • Explain how someone might feel when they are separated from someone or something they like; • Suggest ways to help someone who is separated from someone or something they like.	Changing Bodies and Feelings • Discuss some of the myths associated with puberty. Know the correct words for the external sexual organs;	Growing up and Changing Bodies • Identify some products that they may need during puberty and why; • Know what menstruation is and why it happens.	Help! I'm teenager – get me out of here! • Recognise how our body feels when we're relaxed; • List some of the ways our body feels when it is nervous or sad; • Describe and/or demonstrate how to be	Dear Ash • Explain the difference between a safe and an unsafe secret; • Identify situations where someone might need to break a confidence in order to keep	Stop, Start, Stereotypes (introduction) and Boys will be Boys • Recognise that some people can get bullied because of the way they express their gender; • Give examples of how

	to describe these; • Explain strategies they can use to build resilience.	relation to inappropriate touch.				resilient in order to find someone who will listen to you.	someone safe.	bullying behaviours can be stopped.
6	Helpful or unhelpful? Managing Change • Recognise some of the changes they have experienced and their emotional responses to those changes; • Suggest positive strategies for dealing with change; • Identify people who can support someone who is dealing with a challenging time of change.	I look Great! • Understand that fame can be short-lived; • Recognise that photos can be changed to match society's view of perfect; • Identify qualities that people have, as well as their looks.	Media Manipulation • Define what is meant by the term stereotype; • Recognise how the media can sometimes reinforce gender stereotypes; • Recognise that people fall into a wide range of what is seen as normal; • Challenge stereotypical gender portrayals of people.	Pressure Online • Understand the risks of sharing images online and how these are hard to control, once shared; • Understand that people can feel pressured to behave in a certain way because of the influence of the peer group; • Understand the norms of risk-taking behaviour and that these are	Is this normal? • Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; • Suggest strategies that would help someone who felt challenged by the changes in puberty; • Know where someone could get support if they were concerned about their own or another	Making babies • Identify the changes that happen through puberty to allow sexual reproduction to occur; • Know sperm can fertilise the egg to create a baby; • Know the legal age of consent and what it means.		

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