

Year 1 and 2- RSE - Changing and growing up/relationships

Curriculum Objectives	Vocabulary				Links Across the Curriculum
Relationships: <ul style="list-style-type: none"> LO: My Special people—To know about special people in our lives and how care for one another. LO: Growing up—the Human Life Cycle -To know about how we change as we grow. LO: Everybody's body—To name different parts of the body including genitalia. 	word	definition	Responsible	To take care of something	Science- Animals and Living things (Human Body) PSHE- Year 1-Families Autumn . In Our House, In Our Street. One family No Outsiders—"My Family" and "Mummy, Momma and me" No Outsiders-My World, Your World.
	special	Something or someone who means a lot to you, someone who loves and cares for you	Trusted adult	Someone you feel safe and comfortable around	
	Human life cycle	Baby, toddler, child, teenager, adult			
	Parts of the body	Arms, legs, head, face, penis and vagina			
	safe	A feeling of being loved and cared for			
	Comfortable	A feeling of being happy and nurtured			

Lessons Sequence	Key Knowledge	Disciplinary Knowledge / Skills
1. LO: To know about special people in our lives and how to care for one another. (Yr1)	Children will learn how to describe what a special person is. Children will learn to identify who special people might be. I can explain what makes someone "special" and important. Children can describe the different ways that special people care for us. Children can recognise how we can care for them in return.	Children will know who their trusted adult is and that they can share problems with them.
2. LO: To know about how we change as we grow. (Yr1)	Children will learn to recognise the main stages of the human life cycle (baby, child, adult) and that the process of growing takes time. Children can describe what changes when people grow from young to old. Children can identify ways children their age might be more in-dependent now than when they were younger.	Children will know that when they were small they couldn't do things and that they can now.
3. LO: To know about how we change as we grow. (Yr2)	Children will learn to describe similarities and differences between themselves and other. Children can recognise and use the correct names for the main parts of the body. Children can recognise that some parts of the body are private.	Children will be able to articulate correct names for the main parts of the body.

Themes		Diversity in the Curriculum
<i>Not outsiders</i>	The children will learn about families and their support network through the No Outsiders Books.	
<i>PSHE</i>	Children understand that relationships are about caring and loving each other. That positive relationships, in families, mean that everyone has a role to play in supporting each other.	
<i>Science</i>	Animals and Living things (Human Body)	

Outcome	Character Traits	Stickability	WOW
Children will produce a piece of art work showing who is special to them and why.	Curious, Kind and respectful	Make a family tree and compare to other people.	What makes me, me? https://www.bbc.co.uk/teach/class-clips-video/pshe-ks1-ks2-what-makes-me-me/z46hf4j

Year 3 - RSE - Changing and growing up/relationships

Curriculum Objectives	Vocabulary				Links Across the Curriculum
<p>What makes a good friend: LO: To know what makes a good friend. LO: What makes a good friends</p> <p>Falling out with friends: LO: How to maintain a good friendships. LO: How to solve disagreements and conflict in friendships</p>	word	definition			<p>No Outsiders- Beegu/ Two Monsters</p> <p>Oracy/P4C- Learning to be articulate using specific sentence started.</p>
	friend	Someone you like and likes you			
	maintain	For a long time			
	Disagreement	When people don't agree to something			
	opinion	Personal preference or idea			
	conflict	Similar to disagreement			

Lessons Sequence	Key Knowledge	Disciplinary Knowledge / Skills
1. LO: To know about friendship, including why it is important and what makes a good friend.	Children will learn to recognise the different types of relationships, including friendships, that might be important to people (e.g. family, friends, groups to which they belong to and neighbours). Children can explain why friendships and having friends is valuable. Children can describe how friends show they care for and value each other. Children can evaluate what is most important in a friendship.	Children are able to maintain friendships.
2. LO : LO: How to maintain a good friendships.	Children will learn to identify what helps to maintain friendships. Children can describe feelings when disagreements and conflicts occur.	Children know that not everyone agrees all the time, this is okay
3. LO: How to solve disagreements and conflict in friendships	Children will learn to identify what can help and not help if there are friendship problems. Children can demonstrate strategies for solving arguments with peers.	Children understand and can articulate the different relationship we have.

Themes		Diversity in the Curriculum
Not outsiders	The children will learn about families and their support network through the No Outsiders Books.	
PSHE	Children understand that relationships are about caring and loving each other. That positive relationships, in families, mean that everyone has a role to	

Outcome	Character Traits	Stickability	WOW
Children to design a friendship cake and the ingredients to go inside the cake ie; kindness, trust, humour.	Curious, Kind and respectful	On a set of Jenga bricks write all the key characteristics of friendship. The play the game the children will see that friendships will break down without some or all of the key elements to make them work.	Friendship Video: https://www.youtube.com/watch?v=ReMq3KX8F94

Year 4 and 5- RSE - Time to change

Curriculum Objectives	Vocabulary				Links Across the Curriculum
Time to change: <ul style="list-style-type: none"> LO: To understand the physical changes that happen during puberty. LO: To know about the biological changes that happen during puberty. Personal Hygiene: <ul style="list-style-type: none"> LO: To know about the importance of personal hygiene during puberty. Emotions and feelings <ul style="list-style-type: none"> LO: To know about emotional changes during puberty. 	word	definition			PSHE- Relationships Autumn Science- Animals and Living things (Human Body)
	Puberty	Is the time in life when a boy or girl becomes sexually mature.			
	biological	Hormone levels, nutrition, brain chemistry, gender			
	hygiene	Keeping clean			
	emotions	feelings			

Lessons Sequence	Key Knowledge	Disciplinary Knowledge / Skills
1. LO: To understand the physical changes that happen during puberty. (Yr4)	Children can recognise what puberty is, including when and why it happens. Children can identify some physical changes that happen to bodies during puberty. Children will use scientific vocabulary for external male and female body parts. Including genitalia.	Children can understand the changes in their bodies and what means.
2. LO: To know about the importance of personal hygiene during puberty. (Yr4)	Children can identify body parts or areas to keep clean during puberty. Children can explain how to keep clean during puberty. The children can describe ways to manage physical changes during puberty, including the use of products. (lesson 3 of Medway resources)	Children will be able to identify all of their body parts using scientific names
3. LO: To know about the biological changes that happen during puberty. (Yr5)	Children will use scientific vocabulary to describe body parts, including genitalia. Children will be able to explain what happens during menstruation (periods). Children will be able to explain what is meant by a wet dream. (lesson 2 of Medway resources)	Children can describe feelings associated with puberty.
4. To know about emotional changes during puberty. (Yr5)	Children can identify some of the feelings experienced during puberty. Children can describe how and why emotions can change during puberty. Children can explain where to get help and support for managing puberty.	Children can describe the key elements of personal hygiene

Themes		Diversity in the Curriculum
Science	Animals and Living things (Human Body)	

Outcome	Character Traits	Stickability	WOW
Children are able to identify and label specific parts of the anatomy using scientific words.	Resilient, Respectful, Curious and kind	Children will know what growing up means and are able to articulate this to one another.	Watch Youtube video: https://r.search.yahoo.com/_ylt=AwrEqPlyBSNkcNEcy_d2BQx.;_ylu=c2VjA3NyBHNSawN2aWQEZ3BvcwMz/RV=2/WatcRE=1680045554/RO=11/RU=https%3a%2f%2fwww.youtube.com%2fwatch%3fv%3d

Year 6 - RSE - Changing and growing up

Curriculum Objectives	Vocabulary				Links Across the Curriculum
Puberty recap: LO: To know the changes that happen during puberty (recap from year 4 and 5) Puberty change and becoming independent: LO: To manage change and becoming more independent. Positive healthy relationships: LO: To learn about positive healthy relationships. How a baby is made: LO: To know how a baby is made.	word	definition			PSHE- Year 6 (Summer) learning journey Science-Animals and Living Things (Human Body)
	Puberty	Is the time in life when a boy or girl becomes sexually mature.	consent	Permission for something to happen	
	Physical	Relating to the body	pregnancy	The condition or period of being pregnant	
	Emotional	Relating to the mind	Relationship	An emotional and sexual association between two people	
	Feelings	An emotional state or reaction			

Lessons Sequence	Key Knowledge	Disciplinary Knowledge / Skills
1. To know the changes that happen during puberty (recap from year 4 and 5)	Children can describe the physical and emotional changes that occur during puberty and suggest ways to manage them. Children can identify what is important for young people to know about puberty. Children can explain where to get help and support for puberty issues or worries.	Children are able to articulate the importance of knowing about puberty.
2. LO: To manage change and becoming more independent.	Children can describe some of the changes that happen as someone grows up. Children identify the range of feelings associated with change, transition to secondary school and becoming more independent. Children can describe strategies to cope with growing up becoming more independent and taking on new responsibilities.	Children know about positive relationships.
3. LO: To learn about positive healthy relationships.	Children can identify different types of loving relationships. Children can describe the qualities that enable these relationships to flourish. Children can explain the importance of mutual respect in close relationships. Children can recognise how relationships may change or end and what can help to manage this.	Children can explain the changes in their bodies and why
4. LO: To know how a baby is made.	Children can describe some of the features of loving relationships. Children can explain what is made by consent in a relationship. Children can describe how a baby is made. Children can explain what pregnancy means, how long it lasts, and where it occurs.	Children understand the changes happening to them biologically and emotionally
		Children recognise where to go to get help
		Children comprehend where babies come

Themes		Diversity in the Curriculum
Science	Animals and Living Things (Human Body)	

Outcome	Character Traits	Stickability	WOW
Children are able to articulate to one another what they've learn with regards to changes in their bodies and positive relationships.	Curious, Kind and respectful	Recap previous learning from year 5.	Children to watch the cartoon video of growing up.