

A jigsaw overview of the RSE/RSHE unit across all year groups, separated for relationships, sex and health. Statements begin with 'I can...'

	Lesson	Relationships	Sex	Health
Reception	Lesson 1			name parts of the body
	Lesson 2			Tell you some of the things I can do and foods I can eat to be healthy
	Lesson 3			Understand that we all grow from babies to adults
	Lesson 4	Express how I feel about moving to Year 1		
	Lesson 5	Talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1		
	Lesson 6	I can share my memories of the best bits of this year in Reception		
Year 1	Lesson 1			start to understand the life cycles of animals and humans  understand that changes happen as we grow and that this is OK
	Lesson 2			tell you some things about me that have changed and some things about me that have stayed the same  know that changes are OK and that sometimes they will happen whether I want them to or not
	Lesson 3			know how my body has changed since I was a baby  understand that growing up is natural and that everybody grows at different rates
	Lesson 4	respect my body and understand which parts are private		identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina
	Lesson 5	understand that every time I learn something new I change a little bit  enjoy learning new things		
	Lesson 6	tell you about changes that have happened in my life  know some ways to cope with changes		

Year 2	Lesson 1	understand there are some changes that are outside my control and can recognise how I feel about this		recognise cycles of life in nature  understand there are some changes that are outside my control and can recognise how I feel about this
	Lesson 2	identify people I respect who are older than me		tell you about the natural process of growing from young to old and understand that this is not in my control
	Lesson 3	feel proud about becoming more independent		recognise how my body has changed since I was a baby and where I am on the continuum from young to old
	Lesson 4	tell you what I like/don't like about being a boy/girl		recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private
	Lesson 5	understand there are different types of touch and can tell you which ones I like and don't like  be confident to say what I like and don't like and can ask for help		
	Lesson 6	identify what I am looking forward to when I move to my next class  start to think about changes I will make when I am in Year 3 and know how to go about this		
Year 3	Lesson 1	express how I feel when I see babies or baby animals		understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby
	Lesson 2	express how I might feel if I had a new baby in my family		understand how babies grow and develop in the mother's uterus  understand what a baby needs to live and grow
	Lesson 3	recognise how I feel about these changes happening to me and know how to cope with those feelings		understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies  identify how boys' and girls' bodies change on the outside during this growing up process
	Lesson 4	recognise how I feel about these changes happening to me and know how to cope with these feelings		identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up ( <b>animation used - shorter version of the male and female reproductive system</b> )

	Lesson 5	<p>start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p>		
	Lesson 6	<p>identify what I am looking forward to when I move to my next class</p> <p>start to think about changes I will make next year and know how to go about this</p>		
Year 4	Lesson 1	<p>appreciate that I am a truly unique human being</p>		<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p>
	Lesson 2	<p>understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p>	<p>Understand, in simple terms, how making a baby happens <b>(animation used - the female reproductive system)</b></p>	<p>correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p>
	Lesson 3	<p>have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>		<p>describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this <b>(animation used - the female reproductive system)</b></p>
	Lesson 4	<p>know how the circle of change works and can apply it to changes I want to make in my life</p> <p>be confident enough to try to make changes when I think they will benefit me</p>		
	Lesson 5	<p>identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>		
	Lesson 6	<p>identify what I am looking forward to when I move to a new class</p> <p>reflect on the changes I would like to make next year and can describe how to go about this</p>		

Year 5	Lesson 1	<p>be aware of my own self-image and how my body image fits into that</p> <p>know how to develop my own self esteem</p>		
	Lesson 2	<p>understand that puberty is a natural process that happens to everybody and that it will be ok for me</p>		<p>explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p>
	Lesson 3	<p>express how I feel about the changes that will happen to me during puberty</p>		<p>describe how boys' and girls' bodies change during puberty</p>
	Lesson 4	<p>appreciate how amazing it is that human bodies can reproduce in these ways</p>	<p>understand that sexual intercourse can lead to conception and that is how babies are usually made <b>(animation used - the male and female reproductive system)</b></p> <p>also understand that sometimes people need IVF to help them have a baby</p>	
	Lesson 5	<p>identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>be confident that I can cope with the changes that growing up will bring</p>		
	Lesson 6	<p>identify what I am looking forward to when I move to my next class.</p> <p>start to think about changes I will make next year and know how to go about this.</p>		
Year 6	Lesson 1	<p>be aware of my own self-image and how my body image fits into that</p> <p>know how to develop my own self esteem</p>		

	Lesson 2	express how I feel about the changes that will happen to me during puberty		explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally
	Lesson 3	recognise how I feel when I reflect on the development and birth of a baby	describe how a baby develops from conception through the nine months of pregnancy, and how it is born ( <b>animation used - the male and female reproductive system</b> )	
	Lesson 4	<p>understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend /boyfriend</p> <p>understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to</p>		
	Lesson 5	<p>Be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>express how I feel about my self-image and know how to challenge negative 'body-talk'</p>		
	Lesson 6	<p>identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p> <p>know how to prepare myself emotionally for the changes next year.</p>		