

16. Appendix 4 – Teaching RSE with Confidence in Primary Schools curriculum overview

Year Group: Reception	Topic: Family and friendship	Vocabulary: friendship, kindness, feelings, happy, sad, shy, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad	
Statutory Guidance	Learning Intentions and Learning Outcomes	Title	Resources
Relationships Education Caring friendships (2a,2c) Health Education Mental wellbeing (6b,6c,6g)	Learning Intention <ul style="list-style-type: none"> To recognise the importance of friendship. Learning Outcomes <ul style="list-style-type: none"> Know that friendships can make us feel happy. Know some ways that we can make new friends feel welcome. 	Lesson 1 Caring friendships	<ul style="list-style-type: none"> Elephant glove puppet or toy Pictures of children at school
Relationships Education Caring friendships (2d) Health Education Mental wellbeing (6b,6c)	Learning Intention <ul style="list-style-type: none"> To recognise the importance of saying sorry and forgiveness. Learning Outcomes <ul style="list-style-type: none"> Know that arguing with friends and then making up can make friendships stronger. Know that resorting to violence is never right. 	Lesson 2 Being kind	<ul style="list-style-type: none"> Elephant glove puppet or toy Picture of a crown and art materials to make crowns
Relationships Education Families and people who care for me (1a) Caring friendships (2a) Respectful relationships (3a)	Learning Intention <ul style="list-style-type: none"> To recognise that all families are different. Learning Outcomes <ul style="list-style-type: none"> Identify different members of the family. Understand how members of a family can help each other. 	Lesson 3 Families	<ul style="list-style-type: none"> Elephant glove puppet or toy <i>The Family Book</i>, Todd Parr Families pictures Paper and drawing materials

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<p>Year Group: One</p>	<p>Topic: Growing and caring for ourselves</p>	<p>Vocabulary: friends, feelings, similar, different, family, boy, girl, male, female, private parts</p>	
<p>Statutory Guidance</p>	<p>Learning Intentions and Learning Outcomes</p>	<p>Title</p>	<p>Resources</p>
<p>Relationships Education Respectful relationships (3a,3e) Healthy Education Mental wellbeing (6b,6c)</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To understand that we are all different but can still be friends. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know that we can be friends with people who are different to us. 	<p>Lesson 1 Different friends</p>	<ul style="list-style-type: none"> Talking object Story bag containing an elephant puppet (or the elephant picture) and a school jumper Paper and coloured pencils
<p>Science, Year 1, Animals including humans Identify, name, draw and label the basic parts of the human body.</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To discuss how children grow and change. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that babies need care and support. Know that older children can do more by themselves. 	<p>Lesson 2 Growing and changing</p>	<ul style="list-style-type: none"> Talking object Story bag containing pictures of new-born babies Lifecycle picture cards Lifecycle word cards Lifecycle whiteboard summary
<p>Relationships Education Families and people who care for me (1a,1b,1c,1d,1f) Caring friendships (2e) Respectful relationships (3a,3e) Being Safe (5d,5e) Health Education Mental wellbeing (6b,6c)</p>	<p>Learning Intentions</p> <ul style="list-style-type: none"> To explore different types of families and who to ask for help. To identify who can help when families make us feel unhappy or unsafe. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know there are different types of families. Know which people we can ask for help. 	<p>Lesson 3 Families and care</p>	<ul style="list-style-type: none"> Talking object Story bag - containing a ball and a school jumper Families pictures <i>The Family Book</i>, Todd Parr

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<p>Year Group: Two</p>	<p>Topic: Differences</p>	<p>Vocabulary: similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, testicles, nipples, vulva</p>	
<p>Statutory Guidance</p>	<p>Learning Intentions and Learning Outcomes</p>	<p>Title</p>	<p>Resources</p>
<p>Relationships Education Respectful relationships (3a,3g) Science, Year 1, Animals including humans Identify, name, draw and label the basic parts of the human body.</p>	<p>Learning Intentions</p> <ul style="list-style-type: none"> To introduce the concept of gender stereotypes. To identify differences between males and females. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that some people have fixed ideas about what boys and girls can do. Describe the difference between male and female babies. 	<p>Lesson 1 Differences</p>	<ul style="list-style-type: none"> 2 large PE hoops Boy/Girl/Everyone labels Bag of objects and clothing to explore male and female stereotypes or pictures of objects and clothing Clothed Babies picture cards Clothed Babies whiteboard summary Pictures of new-born babies <p>Suggested reading:</p> <ul style="list-style-type: none"> <i>Pearl Power and the Toy Problem</i>, Mel Elliott <i>Princess Smartypants</i>, Babette Cole <i>Amazing Grace</i>, Mary Hoffman and Caroline Binch
<p>Relationships Education Respectful relationships (3a) Science, Year 2, Animals including humans Notice that animals, including humans, have offspring that grow into adults.</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore some of the differences between male and female animals and to understand reasons for these differences. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe some differences between male and female animals. Understand that most animals need a male and a female to make a new life. 	<p>Lesson 2 Male and female animals</p>	<ul style="list-style-type: none"> Talking object Pictures of male and female animals Cats and Kittens worksheet Anatomically correct toy farm animals
<p>Science, Year 1, Animals including humans Identify, name, draw and label the basic parts of the human body.</p>	<p>Learning Intentions</p> <ul style="list-style-type: none"> To focus on differences between male and female body parts. To name body parts. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe the physical differences between males and females. Identify, name and label the different body parts. 	<p>Lesson 3 Naming body parts</p>	<ul style="list-style-type: none"> 2 large PE Hoops Hoop labels Body Parts picture cards Female x-ray picture Body Parts worksheet <p>Suggested reading:</p> <ul style="list-style-type: none"> <i>Shapesville</i>, Andy Mills <i>It's OK to be Different</i>, Todd Parr

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<p>Year Group: Three</p>	<p>Topic: Valuing difference and keeping safe</p>	<p>Vocabulary: stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship, lesbian, gay</p>	
<p>Statutory Guidance</p>	<p>Learning Intentions and Learning Outcomes</p>	<p>Title</p>	<p>Resources</p>
<p>Relationships Education Respectful relationships (3a)</p>	<p>Learning Intentions</p> <ul style="list-style-type: none"> To identify that people are unique and to respect these differences. To explore the differences between male and female bodies. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know and respect the body differences between ourselves and others. Name male and female body parts using agreed words. 	<p>Lesson 1 Body differences</p>	<ul style="list-style-type: none"> <i>It's OK to be different</i>, Todd Parr Pictures of male and female bodies Body Difference matching cards <p>Additional Activities:</p> <ul style="list-style-type: none"> <i>Shapesville</i>, Andy Mills
<p>Relationships Education Caring friendships (2e) Respectful relationships (3b,3d,3f) Being safe (5a,5b,5c,5d,5f,5g)</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To consider appropriate and inappropriate physical contact and consent. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that each person's body belongs to them. Understand personal space and unwanted touch. 	<p>Lesson 2 Personal space</p>	<ul style="list-style-type: none"> PANTS cards Unwanted Touch scenarios <p>Additional Activities:</p> <ul style="list-style-type: none"> <i>It's my body - a book about body privacy</i>, Louise Spilsbury and Mirella Mariani
<p>Relationships Education Families and people who care for me (1a,1b,1c,1d,1f,) Being safe (5d,5f,5g, 5h)</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore different types of families and who to go to for help and support. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that all families are different and have different family members. Identify who to go to for help and support. 	<p>Lesson 3 Help and support</p>	<ul style="list-style-type: none"> Families pictures Who can I talk to? worksheet <i>The Family Book</i>, Todd Parr <p>Additional Activities:</p> <ul style="list-style-type: none"> <i>Tell Me Again About The Night I Was Born</i>, Jamie Lee Curtis <i>Spark Learns to Fly</i>, Judith Foxon

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Year Group: Four	Topic: Growing up	Vocabulary: puberty, life cycle, physical, penis, testicles, vulva, vagina, uterus, breasts, pubic hair, body shape, spots, emotional, feelings	
Statutory Guidance	Learning Intentions and Learning Outcomes	Title	Resources
<p>Health Education Changing adolescent body (8a) Science, Year 5, Animals including humans Describe the changes as humans develop to old age.</p>	<p>Learning Intentions</p> <ul style="list-style-type: none"> To explore the human lifecycle. To identify some basic facts about puberty. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that puberty is an important stage in the human lifecycle. Know some changes that happen during puberty. 	<p>Lesson 1 Changes</p>	<ul style="list-style-type: none"> Lifecycle whiteboard summary Body Parts Bingo cards Bingo Flash cards Body Changes pictures Lifecycle Quiz slides Lifecycle Quiz answers <p>Additional Activities:</p> <ul style="list-style-type: none"> Babies and Children worksheet
<p>Health Education Mental wellbeing (6a,6b,6c,6d,6f) Changing adolescent body (8a) Science, Year 5, Animals including humans Describe the changes as humans develop to old age.</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To identify key facts about puberty and the changing adolescent body. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know about the physical and emotional changes that happen in puberty. 	<p>Lesson 2 What is puberty?</p>	<ul style="list-style-type: none"> Bag containing spot cream, deodorant, shaving foam and a love heart Puberty Card Sort Puberty Card Sort whiteboard summary Body Changes worksheet Puberty Changes Teacher Guide
<p>Relationships Education Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)</p>	<p>Learning Intentions</p> <ul style="list-style-type: none"> To explore respect in a range of relationships. To discuss the characteristics of healthy relationships. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know that respect is important in all relationships including online. Explain how friendships can make people feel unhappy or uncomfortable. 	<p>Lesson 3 Healthy Relationships</p>	<ul style="list-style-type: none"> Healthy Friendships cards Relationship pictures Online Respect and Self-Respect video: https://www.youtube.com/watch?v=mZtXwLzllpk

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Year Group: Five	Topic: Puberty	Vocabulary: puberty, emotional changes, moods, physical changes, menstruation, periods, ovaries, uterus, fallopian tubes, female sex cells, eggs, womb, vagina, tampons, sanitary towels, discharge, penis, foreskin, testicles, scrotum, male sex cells, sperm, erection, ejaculation, semen, wet dream, testosterone, sweat, breasts, spots, pubic hair, facial hair, underarm hair	
Statutory Guidance	Learning Intentions and Learning Outcomes	Title	Resources
Health Education Mental wellbeing (6c, 6d,6f,) Changing adolescent body (8a,8b) Menstruation (9a) Science, Year 5, Animals including humans Describe the changes as humans develop to old age.	Learning Intention <ul style="list-style-type: none"> To explore the emotional and physical changes occurring in puberty. Learning Outcomes <ul style="list-style-type: none"> Explain the main physical and emotional changes that happen during puberty. Ask questions about puberty with confidence. 	Lesson 1 Talking about puberty	<ul style="list-style-type: none"> Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template
Health Education Changing adolescent body (8a,8b) Menstruation (9a) Science, Year 5, Animals including humans Describe the changes as humans develop to old age.	Learning Intention <ul style="list-style-type: none"> To understand male and female puberty changes in more detail. Learning Outcomes <ul style="list-style-type: none"> Understand how puberty affects the reproductive organs. Describe what happens during menstruation and sperm production. 	Lesson 2 The Reproduction system	<ul style="list-style-type: none"> Reproductive System slides Puberty Changes Teacher Guide Menstrual Cycle animation Male Changes PowerPoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials Selection of menstrual products Pupil questions from Lesson 1 Additional Activities: <ul style="list-style-type: none"> What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary Menstruation Card Game Menstruation Card Game whiteboard summary
Health Education Mental wellbeing (6a,6b,6c, 6d,6e,6f,) Changing adolescent body (8a,8b) Menstruation (9a) Science, Year 5, Animals including humans Describe the changes as humans develop to old age.	Learning Intentions <ul style="list-style-type: none"> To explore the impact of puberty on the body and the importance of physical hygiene. To explore ways to get support during puberty. Learning Outcomes <ul style="list-style-type: none"> Explain how to keep clean during puberty. Explain how emotions /relationships change during puberty. Know how to get help and support during puberty. 	Lesson 3 Puberty help and support	<ul style="list-style-type: none"> Kim’s Game items and a cloth to cover them Kim’s Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Year 5 Problem Page Teacher Guide Pupil questions from Lesson 1 Additional Activities: <ul style="list-style-type: none"> Puberty Bingo Cards

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Year Group: Six	Topic: Puberty, relationships and reproduction	Vocabulary: puberty, menstruation, periods, vulva, clitoris, ovaries, uterus, fallopian tubes, eggs, womb, vagina, penis, testicles, scrotum, sperm, erection, ejaculation, semen, wet dream, pubic hair, reproduction, conception, fertilisation, pregnancy, sexual intercourse, baby, twins, fostering, adoption, relationship, friendship, girlfriend, boyfriend, lesbian, gay, bisexual, transgender, partner, love, consent, touch, respect, intimacy, communication, personal / private information, online relationship, internet safety, equality, discrimination	
Statutory Guidance	Learning Intentions and Learning Outcomes	Title	Resources
<p>Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b) Science, Year 5, Animals including humans Describe the changes as humans develop to old age. Science, Year 5, Living things and their habitats Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird. Science, Year 5, Living things and their habitats Describe the life process of reproduction in some plants and animals.</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To consider puberty and reproduction. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe how and why the body changes during puberty in preparation for reproduction. Talk about puberty and reproduction with confidence. 	<p>Lesson 1 Puberty and reproduction</p>	<ul style="list-style-type: none"> Puberty Changes Teacher Guide Puberty Body Part cards Reproduction questions sheet Reproduction answer cards Reproduction whiteboard summary <p>Additional Activities:</p> <ul style="list-style-type: none"> Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide
<p>Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore the importance of communication and respect in relationships. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Explain differences between healthy and unhealthy relationships. Know that communication and permission seeking are important. 	<p>Lesson 2 Communication in relationships</p>	<ul style="list-style-type: none"> Communication and Touch cards Pupil Questions template
<p>Relationships Education Families and people who care for us (1c,1d,1e) Science, Year 5, Living things and their habitats Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird. Science, Year 5, Living things and their habitats Describe the life process of reproduction in some plants and animals. Science, Year 6, Evolution and inheritance Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents.</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> To consider different ways people might start a family. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe the decisions that have to be made before having children. Know some basic facts about conception and pregnancy. 	<p>Lesson 3 Families, conception and pregnancy</p>	<ul style="list-style-type: none"> Couple pictures How does a baby start? cards How does a baby start? whiteboard summary Pupil Questions from previous lesson - typed <p>Additional Activities:</p> <ul style="list-style-type: none"> Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Reproductive System slides

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Year Group: Six (Continued)	Topic: Puberty, relationships and reproduction	Vocabulary: puberty, menstruation, periods, vulva, clitoris. ovaries, uterus, fallopian tubes, eggs, womb, vagina, penis, testicles, scrotum, sperm, erection, ejaculation, semen, wet dream, pubic hair, reproduction, conception, fertilisation, pregnancy, sexual intercourse, baby, twins, fostering, adoption, relationship, friendship, girlfriend, boyfriend, partner, love, consent, touch, respect, intimacy, communication, personal / private information, online relationship, internet safety, equality, discrimination	
Statutory Guidance	Learning Intentions and Learning Outcomes	Title	Resources
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Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Learning Intention <ul style="list-style-type: none"> To explore positive and negative ways of communicating in a relationship. Learning Outcomes <ul style="list-style-type: none"> To have considered when it is appropriate to share personal/private information in a relationship. To know how and where to get support if an online relationship goes wrong. 	Lesson 4 Online relationships	<ul style="list-style-type: none"> Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities: <ul style="list-style-type: none"> Film clip from www.thinkuknow.co.uk
Relationships Education Families and people who care for me (1c) Caring friendships (2c, 2e) Respectful relationships (3a, 3b, 3d, 3g)	Learning Intention <ul style="list-style-type: none"> Explore practical steps that could be taken in a range of contexts to support respectful relationships. Learning Outcomes <ul style="list-style-type: none"> Explain the importance of respecting others, even when they are very different to us. Know that we can all take positive steps to support equality. 	Additional lesson Respect and equality	<ul style="list-style-type: none"> BBC Teach film - Respecting myself and others School Equality scenarios Suggested reading: <ul style="list-style-type: none"> <i>Alien Nation – Matty Donaldson, The Proud Trust</i> (https://www.theproudtrust.org/resources/education-resources/trans-positive-education-for-primary-schools/alien-nation-ks2/)