

Year R	
Area of study	What will be taught
My Feelings	Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies to manage feelings.
My Body	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.
My Relationships	Pupils understand that there are similarities and differences between everyone and can celebrate this.
My Beliefs	Pupils can recognise what they are like, dislike and feel empowered to make real, informed choices.
My Rights and Responsibilities	Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.
Asking for Help	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.
Year 1	
Area of study	What will be taught
My Feelings	Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond.
My Body	Pupils can correctly name the parts of the body including external genitalia using scientific terms.
My Relationships	Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.
My Beliefs	Pupils can identify and respect the differences and similarities between people.
My Rights and Responsibilities	Pupils understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others.
Asking for Help	Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.

Year 2	
Area of study	What will be taught
My Feelings	Pupil can recognise and celebrate their strengths and achievements, and set simple but challenging goals.
My Body	Pupils can recognise how they grow and will change as they become older.
My Relationships	Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.
My Beliefs	Pupils can identify the ways in which people and families are unique, understand there has never been and will never be another them.
My Rights and Responsibilities	Pupils can judge what kind of physical contact is acceptable, comfortable and uncomfortable and how to respond.

Relationships and Sex Education (RSE) 2021-2022 Overview

Asking for Help	Pupils know the difference between secrets and surprises including the importance of not keeping a secret that makes them feel uncomfortable, worried and afraid.
-----------------	---

Year 3	
Area of study	What will be taught
My Feelings	Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.
My Body	Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.
My Relationships	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.
My Beliefs	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.
My Rights and Responsibilities	Pupils understand the right to protect their body from an unwanted touch.
Asking for Help	Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.

Year 4	
Area of study	What will be taught
My Feelings	Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.
My Body	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.
My Relationships	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable and ways to respond.
My Beliefs	Pupils recognise differences and similarities between people that arise from a number of factors including family and personal identity.
My Rights and Responsibilities	Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.
Asking for Help	Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.

Year 5	
Area of study	What will be taught
My Feelings	Pupils can anticipate how their emotions may change as they approach and move on through puberty.
My Body	Pupils can anticipate how their emotions may change as they approach and move on through puberty.

Relationships and Sex Education (RSE) 2021-2022 Overview

My Relationships	Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.
My Beliefs	Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.
My Rights and Responsibilities	Pupils have strategies for keeping safe online, knowing personal information including images of themselves can be shared without their permission.
Asking for Help	Pupils have considered how to manage accidental exposure to explicit images, and upsetting online material, including who to talk to about what they have seen.

Year 6	
Area of study	What will be taught
My Feelings	Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves.
My Body	Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.
My Relationships	Pupils realise the nature and consequences of discrimination, including the use of prejudice based language.
My Beliefs	Pupils know some cultural practices are against British Law and universal human rights, including female genital mutilation (FGM).
My Rights and Responsibilities	Pupils have an awareness that infections can be shared during sexual intercourse, and that a condom can help prevent this.
Asking for Help	Pupils develop the confidence and skills to know when, who and how to ask for help independently or with support.