

RSE	Changing Me 	Relationships  	Other Curriculum Links Biology/Esafety/PSHE
Nursery Links to EY Curriculum	<ul style="list-style-type: none"> - I can name parts of my body and show respect for myself - I can tell you some things I can do and some foods I can eat to be healthy- <i>Make healthy choices about food, drink, activity and toothbrushing.</i> - I understand that we all start as babies and grow into children then adults - I know that I grow and change - I can talk about how I feel about moving from Nursery to school- <i>Be increasingly independent in meeting their own care needs</i> - I can remember some fun things about Nursery this year 	<ul style="list-style-type: none"> - I can tell you about my family - I understand how to make friends when I feel lonely - I can tell you some of the things I like about my friends - I know what to say or do when someone is mean to me- <i>Play with one or more other children, extending and elaborating play ideas. Find solutions to conflicts and rivalries</i> <i>Develop appropriate ways of being assertive.</i> <i>Talk with others to solve conflicts.</i> - I can learn to be calm when I need to manage my feelings - I can work together and enjoy being with my friends- <i>Understand gradually how others might be feeling.</i> 	<ul style="list-style-type: none"> - Talk about what they see using wide vocabulary - Explore how things work - Understand the key features of a life cycle of a plant and an animal - <i>I know the names for some parts of my body</i> - <i>I know what to do if I get lost and how to say NO to stranger</i> 
Reception Links to EY Curriculum	<ul style="list-style-type: none"> - I can name parts of the body- <i>Manage their own needs. - Personal hygiene</i> - I can tell you some things I can do and some foods I can eat to be healthy- <i>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian</i> - I understand that we all grow from babies to adults - I can express how I feel about moving to Year 1 - I can talk about my worries and/or things I am looking forward to about Year 1 - I can share memories about of the best bits of the year in Reception <p><i>ELG- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</i></p>	<ul style="list-style-type: none"> - I can identify some of the jobs I do in my family and how I feel like I belong - I know how to make friends to stop myself from feeling lonely- <i>Build constructive and respectful relationships</i> - I can think of ways to solve problems and stay friends- <i>Think about the perspectives of others</i> - I am starting to understand the impact of unkind words- <i>Express their feelings and consider the feelings of others.</i> - I can remain calm when managing my feelings- <i>Identify and moderate their own feelings socially and emotionally.</i> - I know how to be a good friend <p><i>ELG- Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.</i></p>	<ul style="list-style-type: none"> - Explore the world around them, making observations and drawing pictures of animals and plants. - <i>I know what a stranger is and how to stay safe if a stranger approaches me.</i> 
Year 1	<ul style="list-style-type: none"> - I am starting to understand the life cycles of animals and humans - I understand that changes happen as we grow and that this is okay - I can tell you some things about me that have changed and some things about me that have stayed the same - I can tell you how my body has changed since I was a baby 	<ul style="list-style-type: none"> - I can identify the members of my family and understand that there are lots of different types of families. I know how it feels to belong to a family and care about the people who are important to me. - I can identify what being a good friend means to me. I know how to make a new friend. 	<ul style="list-style-type: none"> - I identify, name, draw and label the basic parts of the human body and link them to each sense. - <i>Use technology safely and respectfully, keeping personal information private</i> - <i>Identifies where to go for help and support when they have concerns about contact</i>

	<ul style="list-style-type: none"> - I understand that growing up is natural and that everyone grows up at different rates - I can identify the parts of the body that make girls and boys different and can use the correct names for these - I respect my body and understand which parts are private. - I understand that every time I learn something new I change a little bit, I enjoy learning new things. -I can tell you about changes that have happened in my life and I know some ways of how to cope with changes 	<ul style="list-style-type: none"> - I know appropriate ways of physical contact to greet my friends and know which ways I prefer. I can recognise which forms of physical contact are acceptable and unacceptable to me. - I know who can help me in my school community. I know when I need help and know how to ask for it, - I can recognise my qualities as person and a friend. I know ways to praise myself. - I can tell you why I appreciate someone who is special to me. I can express how I feel about them. 	
Year 2	<ul style="list-style-type: none"> -I can recognise cycles of life in nature -I understand that there are some changes that are outside my control and can recognise how I feel about this -I can tell you about the natural process of growing from young to old and understand that this is not in my control -I can identify people I respect who are older than me - I can recognise how my body has changed since a baby I where I am on the continuum from young to old - I feel proud about becoming more independent -I can recognise the physical differences between boys and girls using the correct names for the parts of the body and appreciate that some parts of my body are private - I can tell you what I like or don't like about being a boy or a girl - I understand there are different types of touch and can tell you about the ones I like and don't like - I can identify what I am looking forward to when I move to the next class. -I can start to think about changes I will make when I am in Year 3 and know how to go about this 	<ul style="list-style-type: none"> - I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate. I accept that everyone's family is different and understand that most people value their family. - I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. I know which types of physical contact I like and don't like and can talk about this. - I can identify some of the things that cause conflict with my friends. I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends. - I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret. I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this. - I recognise and appreciate people who can help me in my family, my school and my community. I understand how it feels to trust someone. - I can express my appreciation for the people in my special relationships. I am comfortable accepting appreciation from others. 	<ul style="list-style-type: none"> - I explain the basic stages in a life cycle of offspring for animals including humans - I can describe what animals and humans need to survive - I describe why exercise, healthy eating and hygiene are important for humans -Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact. 1. Keep personal information private. 2. Respect and protect again online bullies. 3. Understand the consequences of sharing photo/videos online. 4. Understand the term digital footprint. 5. How can we check online content is trustworthy. 6. How and where and who can we report concerns we have to.
Year 3	<ul style="list-style-type: none"> -I understand that in humans and animals and lots of things happen between conception and growing up and that usually it is the female that has the baby - I can express how I feel when I see babies or baby animals -I understand how babies grow and develop in the mothers uterus. I understand what a baby needs to live and grow. I 	<ul style="list-style-type: none"> - I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females. I can describe how taking some responsibility in my family makes me feel. - I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener. I know how to negotiate in conflict situations to try to find a win-win solution. 	<ul style="list-style-type: none"> Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact. 1. Keep personal information private. 2. Respect and protect again online bullies.

	<p>can express how I might feel if I had a new baby in the family.</p> <ul style="list-style-type: none"> - I understand that boys and girls bodies need to change on the inside during growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I recognise how I feel about these changes happening to me and know how to cope with these feelings. - I can start to recognise stereotypical ideas I might have about parenting and family roles - I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes - Identify what I am looking forward to when I move to my next class. I start to think about the changes I will make next year and know how to go about this. 	<ul style="list-style-type: none"> - I know and can use some strategies for keeping myself safe online. I know who to ask for help if I am worried or concerned about anything online - I can explain how some of the actions and work of people around the world help and influence my life. I can show an awareness of how this could affect my choices. - I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. I can empathise with children whose lives are different to mine and appreciate what I may learn from them. - I know how to express my appreciation to my friends and family. I enjoy being part of a family and friendship groups. 	<ul style="list-style-type: none"> 3. Understand the consequences of sharing photo/videos online. 4. Understand the term digital footprint. 5. How can we check online content is trustworthy. 6. How and where and who can we report concerns we have to.
<p>Year 4</p>	<ul style="list-style-type: none"> - 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. I appreciate that I am truly a unique human being. - I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby - I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult - I can 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. I have strategies to help me cope with the physical and emotional changes I will experience during puberty - I know how the circle of change works and can apply it to changes I want to make in my life. I am confident enough to try to make changes when I think they will benefit me. - I can identify changes that have been and may continue to be outside of my control that I learnt to accept. I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively. 	<ul style="list-style-type: none"> - I can recognise situations which can cause jealousy in relationships. I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens. - I can identify someone I love and can express why they are special to me. I know how most people feel when they lose someone or something they love. - I can tell you about someone I know that I no longer see. I understand that we can remember people even if we no longer see them. - I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. I know how to stand up for myself and how to negotiate and compromise. - I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend. - I know how to show love and appreciation to the people and animals who are special to me. I can love and be loved. 	<p>Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.</p> <ul style="list-style-type: none"> 1. Keep personal information private. 2. Respect and protect again online bullies. 3. Understand the consequences of sharing photo/videos online. 4. Understand the term digital footprint. 5. How can we check online content is trustworthy. 6. How and where and who can we report concerns we have to.

	<ul style="list-style-type: none"> - I can identify what I am looking forward to when I move to a new class. I can reflect on the changes I would like to make next year and can describe how to go about this. 		
<p>Year 5</p>	<ul style="list-style-type: none"> - I am aware of my own self-image and how my body image fits into that. I know how to develop my own self esteem. - I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. I understand that puberty is a natural process that happens to everybody and that it will be ok for me. - I can describe how boys' and girls' bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty. - I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby. I appreciate how amazing it is that human bodies can reproduce in these ways. - I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. I am confident that I can cope with the changes that growing up will bring. - I can identify what I am looking forward to when I move to my next class. I can start to think about changes I will make next year and know how to go about this. 	<ul style="list-style-type: none"> - I have an accurate picture of who I am as a person in terms of my characteristics and know how to build my own self esteem. - I can recognise how friendships change know how to make new friends and how to manage when I fall out with friends - I know how to stand up for myself and how to negotiate and compromise - I understand how it feels to be attracted to someone and what having a girlfriend/boyfriend might mean - I understand that relationships are personal and there is no need to feel pressurised into having a boyfriend/girlfriend - I can recognise the feeling of jealousy where it comes from and how to manage it - I understand how to stay safe when using technology to communicate with my friends - I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others. - I can explain how to stay safe when using technology to communicate with my friends 	<ul style="list-style-type: none"> - I create a timeline to indicate stages of growth in humans to old age Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact. 1. Keep personal information private. 2. Respect and protect against online bullies. 3. Understand the consequences of sharing photo/videos online. 4. Understand the term digital footprint. 5. How can we check online content is trustworthy. 6. How and where and who can we report concerns we have to. - I understand how the media, social media and celebrity culture promotes certain body types. I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am. - I can explain the different roles food plays in people's lives and can explain how people can develop eating problems relating to body image pressures. I respect and value my body.
<p>Year 6</p>	<ul style="list-style-type: none"> - I am aware of my own self image and how my body image fits into that - I know how to develop my own self esteem - I can explain how girls and boys bodies change during puberty and understand the importance of looking after yourself physically and emotionally - I can express how I feel about the changes that are happening to me during puberty 	<ul style="list-style-type: none"> - I know that it is important to take care of my mental health. I understand that people can get problems with their mental health and that it is nothing to be ashamed of. - I know how to take care of my mental health. I can help myself and others when worried about a mental health problem. - I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. I can 	<ul style="list-style-type: none"> - I discuss the impact of diet, exercise, drugs and lifestyle on health - I explain about reproduction and offspring of the same kind recognising that offspring normally vary and are not identical to their parents - I explain evolution - Keep personal information private. -Respect and protect against online bullies.

	<ul style="list-style-type: none"> - I can ask the questions I need answered about changes during puberty and reflect about how I feel when I ask these questions - I can describe how a baby develops from conception through the nine months of pregnancy and how it is born - I can recognise how I feel when I reflect on the development and birth of a baby - I understand how being physically attracted to someone changes the nature of the relationship - I can express how I feel about the growing independence of becoming a teenager - I can identify what I am looking forward to and what worries me about the transition to secondary school. 	<p>recognise when I am feeling those emotions and have strategies to manage them.</p> <ul style="list-style-type: none"> - I can recognise when people are trying to gain power or control. I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control. - I can judge whether something online is safe and helpful for me. I can resist pressure to do something online that might hurt myself or others. - I can use technology positively and safely to communicate with my friends and family. I can take responsibility for my own safety and well-being. 	<ul style="list-style-type: none"> - Understand the consequences of sharing photo/videos online. - Understand the term digital footprint. - How can we check online content is trustworthy. - How, where and who can we report concerns we have to. - Use suitable usernames and passwords for online accounts. - I understand that some people can be exploited and made to do things that are against the law. I can suggest ways that someone who is being exploited can help themselves.
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