

RSE Scheme of Work (Which is woven through the PSHE scheme)

Green text = Relationship Education; Blue text = Sex Education

CYCLE 1: PSHE UNITS OF WORK	KEY STAGE 1	LOWER KEY STAGE 2	UPPER KEY STAGE 2
Being Healthy	The importance of personal hygiene		The impact of social media on self-esteem, body image and how to manage this
Relationships	<ul style="list-style-type: none"> To recognise what is fair/unfair; right/wrong How to be kind to others and recognise when others are being unkind To know what makes a good friend 	<ul style="list-style-type: none"> Changes in friendships, relationships and families Managing conflict in friendships 	<ul style="list-style-type: none"> About different kinds of families and partnerships About marriage and stable loving relationships and their importance for having babies and bringing up children How to recognise healthy and unhealthy relationships
Exploring Emotions	To recognise, name & manage their emotions	About feelings and how to cope with them	<ul style="list-style-type: none"> About important relationships in their life About physical and emotional changes in puberty and how to cope with them How to show love to others
Difference & Diversity	<ul style="list-style-type: none"> About what makes them and their families special How families are different 	About gender stereotypes and their impact	About the correct use of terms sex, gender identity and sexual orientation
Being Responsible	To recognise what is fair/unfair; right/wrong		
Bullying Matters	How to be kind to others and recognise when others are being unkind	<ul style="list-style-type: none"> How to be a good friend online and offline Staying safe online 	About different types of bullying, why they are unacceptable and how to respond
SCIENCE (Cycle A)	Needs & changes of animals & Humans: <ul style="list-style-type: none"> Changes since babyhood 		Life cycles: <ul style="list-style-type: none"> Menstruation How babies are conceived, develop and are born.

CYCLE 2 PSHE UNITS OF WORK	KEY STAGE 1	LOWER KEY STAGE 2	UPPER KEY STAGE 2
Drug Education			
Growing Up	<ul style="list-style-type: none"> • Life cycles • How boys' and girls' bodies are different • The correct names for (basic) sexual body parts • That some parts of the body are private 	<ul style="list-style-type: none"> • About gender stereotypes and their impact • About privacy, boundaries and secrets and who to talk to if they feel anxious or unhappy • How and why their bodies change as they get older 	<ul style="list-style-type: none"> • About different kinds of families and partnerships • About marriage and stable loving relationships and their importance for having babies and bringing up children • About physical and emotional changes in puberty and how to cope with them • Menstruation • How babies are conceived, develop and are born.
Changes	About changes and how they have changed since babyhood	<ul style="list-style-type: none"> • Changes in friendships, relationships and families • Who to talk to if they feel anxious or unhappy 	How to manage transition to secondary school and managing emotions around this
Being Me	<ul style="list-style-type: none"> • About what makes them and their families special • How families are different 		
Money Matters			
Being Safe			Understanding of sexual exploitation

SCIENCE (Cycle B)	Life cycles: Life cycles		
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