

RSE	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Year 1 Relationships: Friendships	Am I able to understand how to be a good friend?	Am I able to recognise kind and thoughtful behaviours?	Am I able to understand the importance of caring about other people's feelings?	Am I able to see a situation from another person's point of view?		
Year 2 Relationships - Bullying	Am I able to recognise and name a range of feelings?	Am I able to understand why we should care about other people's feelings?	Am I able to see and understand bullying behaviours?	Do I know how to cope with these bullying behaviours?		
Yr3 Growing and changing: appropriate touch	Am I able to recognise and name a range of feelings?	Am I able to understand the difference between appropriate touch?	Am I able to understand the difference between inappropriate touch?	Can I explain personal boundaries?	Who and how to ask for help?	Am I able to name human body parts?
Yr4 Growing and changing: Touch	What are the different types of relationships and how they change as we grow?	What are the different types of relationships and how they change as we grow?	Can I explain how our families support us and how we can support our families?	Can I identify how relationships can be healthy or unhealthy?	Can I explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable?	
Yr5 Growing and changing: Puberty	What is puberty?  Puberty is a phase of rapid growth, at the end of which the body reaches reproductive maturity.	What are the changes girls may go through during puberty?  <small>The female body can start to grow and periods can begin. The female body can start to sweat more and can smell different to normal. Moods and feelings can change. Body hair will grow darker and stronger on arms and legs. Armpit and pubic hair will start to grow. A white discharge may occasionally come out of the vagina, and the ovaries will begin to release eggs. Hips may widen, bones will get heavier, and voices may deepen. Breasts may grow (sometimes unevenly) and nipples may darken in colour. Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders.</small>	What are the changes girls may go through during puberty?  <small>The female body can start to grow and periods can begin. The female body can start to sweat more and can smell different to normal. Moods and feelings can change. Body hair will grow darker and stronger on arms and legs. Armpit and pubic hair will start to grow. A white discharge may occasionally come out of the vagina, and the ovaries will begin to release eggs. Hips may widen, bones will get heavier, and voices may deepen. Breasts may grow (sometimes unevenly) and nipples may darken in colour. Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders.</small>	What are the changes boys may go through during puberty?  <small>The male body can start to grow and voices will deepen. The male body can start to sweat more and can smell different. Moods and feelings can change. Body hair will grow darker and stronger on arms and legs. Armpit, chest, facial, and pubic hair will start to grow. Shoulders and chest may grow and develop and muscles may get thicker. Voices may start to change. Testicles will enlarge and the penis will grow, and the production of sperm starts to start. Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders.</small>	What are the changes boys may go through during puberty?  <small>The male body can start to grow and voices will deepen. The male body can start to sweat more and can smell different. Moods and feelings can change. Body hair will grow darker and stronger on arms and legs. Armpit, chest, facial, and pubic hair will start to grow. Shoulders and chest may grow and develop and muscles may get thicker. Voices may start to change. Testicles will enlarge and the penis will grow, and the production of sperm starts to start. Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders.</small>	What strategies can help us physically and emotionally?  -talking to a trusted adult -talking to a friend -eat healthy -stay active -get enough sleep -practice good hygiene -stay hydrated -be kind to yourself -express your feelings
Yr6 Growing and changing: unit conception	Can I explain the terms 'conception' and 'reproduction'?	What are the functions of the female reproduction systems?	What are the functions of the female reproduction systems?	What are the various ways adults can have a child?	What are the different stages of pregnancy?	