

TEACHING RSE WITH CONFIDENCE IN PRIMARY SCHOOLS - CURRICULUM OVERVIEW

Reception: My body, my relationships

Lesson 1: Caring Friendships

Lesson 2: Being Kind

Lesson 3: Different Families

Lesson 4: My Body My Choices

Year 1: Growing up, staying safe

Lesson 1: Different Friends

Lesson 2: Growing and Changing

Lesson 3: Body Safety (Online and Off)

Lesson 4: Families and Care

Year 2: Differences

Lesson 1: Gender Stereotypes

Lesson 2: Male and Female

Lesson 3: Naming Body Parts

Lesson 4: My Body Belongs to Me

Year 3: Valuing difference and keeping safe

Lesson 1: Body Differences

Lesson 2: Personal Space and Consent

Lesson 3: Families and People who Help Us

Lesson 4: Staying Safe and Getting Help Online

Year 4: Growing up with Respect

Lesson 1: Changes

Lesson 2: What is Puberty

Lesson 3: Healthy Friendships

Lesson 4: Valuing Difference

Year 5: Puberty and personal boundaries

Lesson 1: Talking about Puberty

Lesson 2: The Reproductive System

Lesson 3: Puberty Help and Support

Lesson 4: Respect Boundaries and Being an Upstander

Year 6: Puberty, relationships and reproduction

Lesson 1: Puberty and Reproduction

Lesson 2: Communication and Consent
in Relationships

Lesson 3: Families, Conception and Pregnancy

Lesson 4: Communication and Respect in
Relationships and Online