

Cathcart Street Primary School RSE Overview

| Year | Lessons | Learning Outcomes |
|--------|---|--|
| FS | <p>Relationships: -My Family and Me -Friendships -Being a good friend</p> <p>Changing me: -Bodies -Respecting my body -Growing up -Growth and change</p> | <p>-To identify some of the jobs I do in my family and how I feel like I belong. -To know how to make friends -To think of ways to solve problems and stay good friends - To know ways of being a good friend to others</p> <p>-To name parts of the body (e.g. eyes, ears, nose, arms, legs) -To know different ways to and foods to eat to help stay healthy -To understand that we all grow from babies to adults</p> |
| Year 1 | <p>Relationships: 1. Greetings 2. NSPCC PANTS rule 3. People who help us</p> <p>Changing me: 1. Lifecycles 2. Changing me 3. My changing body 4. Yasmin and Tom – my brilliant body</p> | <p>- To know that physical contact can be used as a greeting - To identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) and how to respond if being touched makes them feel uncomfortable or unsafe To know when it is important to ask for permission to touch others To understand what it means to keep something private, including parts of the body that are private. - To know who to ask for help if they need it</p> <p>- To begin to understand the lifecycles of animals and humans. - To know what has changed and stayed the same about themselves. - To understand how their bodies have changed since they were a baby. - To recognise that all bodies are different and that all bodies can do different things. - To begin to develop a positive body image about themselves and learn skills to respond to any negative comments about their bodies.</p> |
| Year 2 | <p>Relationships: 1. Physical contact 2. Secrets 3. NSPCC Pants rule</p> <p>Changing me: 1. Lifecycles in nature 2. Growing from young to old 3. The changing me 4. Boys’ and girls’ bodies- Naming Body parts (Yasmine and Tom)</p> | <p>- To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not - To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret - To understand the difference between happy surprises and secrets that make them feel uncomfortable or worried - How to ask for help if they feel unsafe or worried and what vocabulary to use</p> <p>- To recognise cycles of life in nature - To discuss the natural process of growing from young to old - To recognise how their body has changed since they were a baby and where they are in the human life cycle. - To know the parts of the body that make boys and girls different and use the correct names for these. - To be able to name their personal and private body parts, in a safe space, confidently. -To understand what ‘private’ means. - Learning about the PANTS rule and understanding that parts of our body are private.</p> |
| Year 3 | <p>Relationships: 1. What makes a good friend 2. Gender stereotypes 3. Keeping safe (Yasmin and Tom) 4. Keeping myself safe online</p> <p>Changing me: 1. How babies grow 2. Babies 3. Outside body changes 4. NSPCC pants rule</p> | <p>- To develop an understanding of what a good or healthy friendship is. - To develop an understanding of gender stereotypes - To have an awareness of some of the ways that they can keep themselves safe. - To recognise when a situation is safe or unsafe. - To know how to get help.</p> <p>- To understand that in animals and humans’ lots of changes happen between conception and growing up and it is usually the female who has the baby. - To understand what babies need to live and grow and look how a baby changes and grows in the mother’s uterus. - To understand and identify how boys’ and girls’ bodies change on the outside as they grow up - To be able to name their personal and private body parts, in a safe space, confidently. -To understand what ‘private’ means. - Learning about the PANTS rule and understanding that parts of our body are private.</p> |

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| Year 4 | <p>Relationships:</p> <ol style="list-style-type: none"> 1. Friendships and Secrets 2. Families – getting on and falling out 3. Online friendships 4. Is it risky? (Yasmine and Tom) 5. People who can help us online and offline <p>Changing me:</p> <ol style="list-style-type: none"> 1. Unique me 2. Inside body changes 3. Girls changes 5. My personal and private body parts (Yasmine and Tom) 6. Body care (Yasmine and Tom) | <ul style="list-style-type: none"> - To explore trust and secrets in our friendships. - To explore diversity in families and to have some ideas of what to do if there are any difficulties in their family. To know examples of ways in which families can be similar and ways in which families can be different. -To explain how to respond to unkind, mean or bullying behaviour about their family or someone else's. - To identify who they can talk to if they are worried about anyone or anything in their family. -To understand that personal characteristics come from our birth parents. - To identify in very simple terms how boys' and girls' bodies change on the inside during the growing up process and that a woman has an egg and a man has sperm which are necessary for making a baby. - To explain menstruation in very simple terms as a part of girls growing up process - To reinforce language for the personal and private parts of the body and to explore ideas of safe touch, personal space and consent. - To explain the difference between safe and unsafe touches. - to understand ways of keeping clean and not spreading germs. - To explain which parts of the body they particularly need to keep clean as they get older. |
| Year 5 | <p>Relationships:</p> <ol style="list-style-type: none"> 1. Friendships and secrets (Yasmin and Tom) 2. Online and offline friendships (Yasmin and Tom) 3. Keeping safe and Unsafe touch <p>Changing me</p> <ol style="list-style-type: none"> 1. Self and body image 2. Changes at puberty (Yasmin and Tom) 2. Puberty for girls – menstruation (Jigsaw and Yasmin and Tom) 3. Puberty for boys 4. Hygiene during puberty | <ul style="list-style-type: none"> - To explore trust and secrets in our friendships. - To explain the difference between a safe and unsafe secret. - To explore the challenges of on and offline friendships. - To explain how healthy friendships and relationships make them feel. - To explain what online bullying is. - To know what to do if they see something that upsets them online. - To understand safe and unsafe touch. - To be able to say no to wanted touch or behaviour. -To explain the need to ask and receive permission (consent) for some types of touch. - To evaluate the importance of choice, control and time limit in making safer choices. - To be aware of self-image and how our body image fits into that - To explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally - To describe how a boy's body changes during puberty. - To know some products that are available to help us keep clean during puberty |
| Year 6 | <p>Relationships</p> <ol style="list-style-type: none"> 1. Expect Respect 2. Friendships and Peer Pressure (Yasmin and Tom) 4. Keeping safe and online images (Yasmin and Tom and NSPCC share aware) <p>Changing me:</p> <ol style="list-style-type: none"> 1. My self-image- Body image. Dove campaign 2. Puberty (girl talk and boy talk) 3. Babies: Conception (Year 5 lesson Jigsaw and making babies Yasmin and Tom lesson) 4. Making babies- Pregnancy and birth (Yasmin and Tom) | <ul style="list-style-type: none"> - to compare the features of a healthy and unhealthy relationships - To know about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong - To know how to assess the risk of different situations, including online - To know how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable - To understand the importance of their own digital footprint and how this can affect their future. - To know how to get advice and report concerns about personal safety, including online - To understand what consent means and how to seek and give/not give permission in different situations - To be aware of their own self-image and how body image fits into that -To be aware of the importance of a positive self-esteem and what we can do to develop it. - To recap and explain how boys' and girls' bodies change during puberty and understand the importance of physical and emotional health - To describe fertilization through sexual intercourse. - To explain how a baby is made and that different people use different methods to do this. - To how long an average pregnancy lasts. - To explain describe how babies are born (delivered) |