



Long Term Plan for PSHE (sex education units)

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RSE curriculum by year group (Sex Education focus)			
Shropshire Respect Yourself			
	Autumn 2	Spring 2	Summer 2
Year 1	<p>Amazing Me Growing Up KS1, Lesson 5</p> <p>To recognise and understand how we have changed from a baby. Pupils to: Identify and recognise their skills and abilities. Understand the difference between boys' and girls' bodies, naming the external body parts. Recognise and respect differences. Compare and contrast themselves with others</p>	<p>Same But Different Growing Up KS1, Lesson 3</p> <p>To recognise and understand how we have changed from a baby. Pupils to: Identify and recognise their skills and abilities. Understand the difference between boys' and girls' bodies, naming the external body parts. Recognise and respect differences. Compare and contrast themselves with others</p>	<p>Animals and Their Babies</p> <p>To recognise and understand how we have changed from a baby. Pupils to: Identify and recognise their skills and abilities. Understand the difference between boys' and girls' bodies, naming the external body parts. Recognise and respect differences. Compare and contrast themselves with others. Encourage and support children to ask questions</p>
Year 2	<p>I Can Do Growing Up KS1, Lesson 4</p> <p>To increase awareness and understanding of changes. Pupils to: Identify and recognise their skills and abilities. Understand the difference between boys' and girls' bodies, naming the external body parts. Recognise and respect differences. Compare and contrast themselves with others.</p>		<p>Know Our Bodies Growing Up KS1, Lesson 1</p> <p>To increase awareness and understanding of changes. Pupils to: Identify differences and similarities between boys' and girls' bodies. Identify and consider the names and words used to describe external parts of the body.</p>
Year 3	<p>Growing Up Growing Up LKS2, Lesson 4</p> <p>To prepare for and understand changes that occur as part of puberty. To recognise physical and emotional changes.</p>	<p>Know Our Bodies Growing Up LKS2, Lesson 2 and 3</p> <p>Identifying current levels of knowledge and understanding about puberty, menstruation and conception.</p>	<p>Fact and Fiction</p> <p>Using previously identified levels of knowledge and understanding. Introduce conception, puberty</p>
Year 4	<p>Life Cycles Growing Up LKS2, Lesson 1</p> <p>To know that during puberty a body changes from a child to an adult; it is part of the life cycle. To develop the skill of recognising and understanding emotional changes as well as physical changes. To become confident in awareness of life cycle changes, that conception and birth are features. To begin to know that each person experiences puberty differently.*Beginning to understand why the</p>	<p>Know Our Bodies</p> <p>To know that during puberty a body changes from a child to an adult; it is part of the life cycle. To establish pupils' knowledge and understanding of menstruation, and clarify any myths or misconceptions, reassure and help prepare both girls and boys.</p>	

	body changes in puberty.**To understand some basic facts about pregnancy.		
Year 5	<p>Puberty Growing Up UKS2, Lesson 1 Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them. Know and understand life processes common to humans, including reproduction. Know and understand about personal hygiene</p> <p>Menstruation Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them. Know and understand life processes common to humans, including reproduction. Know and understand about personal hygiene and keeping safe.</p>	<p>Reproduction Growing Up UKS2, Lesson 6 Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them. Know and understand life processes common to humans, including reproduction. Know and understand the main stages of the human life cycle</p>	<p>Pregnancy Growing Up UKS2, Lesson 5 Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them. Know and understand life processes common to humans, including reproduction. Know and understand the main stages of the human life cycle.</p>
Year 6	<p>Changing Emotions Growing Up UKS2, Lesson 2 To recognise that feelings can change over time and range in intensity. About everyday things that affect feelings and the importance of expressing feelings. A varied vocabulary to use when talking about feelings; about how to express feelings in different ways. Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations. About the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams).</p>	<p>Just The Way You Are Growing Up UKS2, Lesson 3 About personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). To recognise their individuality and personal qualities. To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. About stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes. To recognise ways in which the internet and social media can be used both positively and negatively. About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.</p>	<p>Relationships Growing Up UKS2, Lesson 4 To recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships). That people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different. About marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong. That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others. That people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart. To recognise and respect that there are different types of family structure (including single parents, same-sex parents, stepparents, blended families, foster parents); that families of all types can give family members love, security and stability.</p>