

Class	Autumn 1 Love	Autumn 2 Integrity	Spring 1 Trust	Spring 2 Keeping Safe	Summer 1 Rights and Responsibilities	Summer Growing Up
Foundation	<p>Me and My relationships All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)</p>	<p>Valuing Difference I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend</p>	<p>Keeping myself safe What's safe to go into my body Keeping myself safe – what's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe</p>	<p>Rights and responsibilities Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Look after money (2): saving money and keeping it safe</p>	<p>Being My Best Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep</p>	<p>Growing Up Seasons Life stages – plants, animals, humans Life stages: Human life stage – who will I be? Where do babies come from? Getting bigger Me and my body – girls and boys</p>
Year 1	<p>Me and My relationships Thinking about feelings Our feelings</p>	<p>Valuing Difference Same and different Who are our special people?</p>	<p>Keeping myself safe Who can help? Harold loses Geoffrey Good or bad touches</p>	<p>Rights and responsibilities</p>	<p>Being My Best</p>	<p>Growing Up Taking care of a baby Then and now Surprise and secrets Keeping privates private</p>
	<p>To play with boys and girls- Ten little pirates</p>	<p>To like the way I am - Elmer</p>		<p>To understand that we share the world with lots of people - My world your world</p>	<p>To understand that our bodies work in different ways- Max the champion</p>	<p>To recognise that people are different ages – My Grandpa is amazing</p>

	<p>Recognising, naming and expressing emotions Understanding and dealing with emotions Recognising your strengths and qualities Our families What makes a good friend? Getting on and falling out Understanding that friendship changes</p>	<p>Belonging to different groups Myself and others</p>	<p>Peer pressure-is it OK to be different Choices Bullying Asking for help When to tell a secret</p>			<p>Naming external body parts (science) simple stages of development understanding the needs of animals (babies-nutrition) (science) similarities and differences appreciate the need for personal hygiene</p>
Year 2	<p>Autumn 1 Love</p> <p>Me and My relationships How are you feeling today? Being a good friend Let's all be happy</p> <p>To be able to work with everyone in my class - Blown away</p>	<p>Autumn 2 Integrity</p> <p>Valuing Difference What makes us who we are? How do we make others feel? My special people</p> <p>To understand what diversity is- The great big book of families</p>	<p>Spring 1 Trust</p> <p>Keeping myself safe How safe would you feel? What should Harold say? Some secrets should never be kept</p>	<p>Spring 2 Keeping Safe</p> <p>Rights and responsibilities Feeling Safe</p> <p>To understand how we share the world- The First Slodge</p>	<p>Summer 1 Rights and Responsibilities</p> <p>Being My Best</p> <p>To understand what makes someone feel proud- The Odd Egg</p>	<p>Summer 2 Growing Up</p> <p>Growing Up Haven't you grown My body your body Respecting privacy</p> <p>To feel proud of being different - Just because</p>
	<p>Managing feelings. Making simple/complex choices. Recognising different types of groups and families. Everybody needs caring for. Challenge stereotypes.</p>	<p>Similarities and differences</p>	<p>Ways of keeping safe Recognise potential risks</p>	<p>Rules</p>		<p>Correct name for external body parts know that animals including humans reproduce (science) difference: boys and girls, males and females understanding personal hygiene – looking after the body (science)</p>
Year3	<p>Autumn 1 Love</p>	<p>Autumn 2 Integrity</p>	<p>Spring 1 - Trust</p>	<p>Spring 2 Keeping Safe</p>	<p>Summer 1 Rights and Responsibilities</p>	<p>Summer 2 Growing Up</p>

	<p>Me and My relationships My Special pet Looking after our special people Friends are special</p>	<p>Valuing Difference Celebrating difference Zeb Family and friends</p>	<p>Keeping myself safe None of your business Raisin challenge 1</p>	<p>Being my best I am fantastic Growth Mindset</p>	<p>Rights and responsibilities</p>	<p>Growing and changing Relationship tree Body Space Secret or surprise My changing body</p>
	<p>To find a solution to a problem- Two monsters Use strategies to help someone who feels different- The Huey's new jumper</p>	<p>To be welcoming- Begu</p>		<p>To understand how difference can affect someone- Oliver</p>	<p>To understand what discrimination means- This is our house</p>	
	<p>Qualities in a relationship Animals including Humans Understand what families are for Expressing love within families (understand the meaning of like and love) Light – keeping safe in the sun</p>		<p>Emotional literacy Recognising different feelings Responding to a range of emotions Empathise with a range of feelings</p>		<p>Internet safety Mental wellbeing- looking after our brain! Recognise risks in different situations Being responsible Understand others points of view</p>	<p>Healthy lifestyle and diet Understand the range of human variation at birth. Changes in the human life cycle Similarities and differences (between males and females) Know the names of body parts. Personal hygiene Learn how to respect other people's bodies Recognise the unwanted physical contact and know ways of resisting it</p>
Year 4	Autumn 1 Love	Autumn 2 Integrity	Spring 1 Trust	Spring 2 Keeping Safe	Summer 1 Rights and Responsibilities	Summer 2 Growing Up
	<p>Me and my relationships Ok or not Ok When feelings change Under pressure</p>	<p>Valuing Difference Islands, Friend or Acquaintance</p>	<p>Keeping myself safe Raisin challenge 2 Keeping ourselves safe</p>	<p>Rights and responsibilities Who helps us keep healthy and safe?</p>	<p>Being my best What makes me me!</p>	<p>Growing and changing My feelings are all over the place! All change! Period positive</p>



Cuddington and Dinton Church of England School XXX Long Term Overview

		That is such a stereotype				Secret or surprise Together
		Stonewall resources: Issues with using the word gay				



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		<p>Why do people get married? King and King.</p>	<p>Overcoming language barriers – The way back home.</p>	<p>To know when to be assertive – Dogs don't do ballet.</p>	<p>To be who you want to be – The Red Crayon story.</p>	<p>To ask questions – The Flower.</p>
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	<p>Taking responsibility for actions Recognising others' feelings Dealing with conflict Understand how their actions affect others Listening to the views of others Dealing with conflict in friendships Dealing with friendship problems</p>	<p>Valuing difference Listening to views of others Recognising their own and other's feelings Thinking, feeling, doing Changing relationships Understanding how adulthood brings changes to lifestyles Everyone is special, everyone is different</p>	<p>Cyber safety Recognising unwanted influence and pressure Decision making Saying no Feeling able to ask questions</p>	<p>Recognising their actions have consequences.</p>	<p>Growth mindset Thinking, Feeling, Doing</p>	<p>Human life cycle Puberty Reproduction Body Parts Know the names of body parts, including sexual parts Body changes and reproduction Puberty</p>
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Year 5	Autumn 1 Love	Autumn 2 Integrity	Spring 1 Trust	Spring 2 Keeping Myself Safe	Summer 1 Rights and Responsibilities	Summer 2 Growing Up
	<p>Me and My relationships How good a friend are you? Relationship Cake recipes</p>	<p>Valuing Difference Qualities of friendship- happy being me</p>	<p>Keeping Myself Safe Decision dilemmas- Would you...</p>	<p>Rights and Responsibilities –</p>	<p>Being my best Independence, Responsibilities and Star qualities</p>	<p>Growing and Changing How are they feeling? Taking notice of our feelings Growing up and changes in our body Help I'm a teenager Stop start stereo types</p>
	<p>To accept people who are different than us – And Tango makes three</p>	<p>Appreciate artistic freedom – The Artist who Painted a Blue Horse</p>		<p>To recognise how someone needs help – How to heal a broken wing.</p>	<p>To justify my actions – Rose Blanche To learn from the past- Where the poppies now grow</p>	
	<p>Feelings: Understanding they can control behaviour To understand that their words and actions affect others Seeing things from another person's viewpoint</p>	<p>Friendship: Qualities of a good friend Coping with peer pressure</p>	<p>Internet Safety: Being safe Understanding risks and making judgements To appreciate where you can get help</p>	<p>Basic First Aid</p>	<p>Mental well-being and healthy eating</p>	<p>Physical Health and fitness Sex education- Knowing how our bodies change, menstruation, Responsibility for personal hygiene, male and female sex organs, puberty, process of conception</p>

Year 6	Autumn 1 Love	Autumn 2 Integrity	Spring 1 Trust	Spring 2 Keeping Myself Safe	Spring 1 Rights and Responsibilities	Summer 2 Growing Up
	Being my Best What's the risk (2)	Keeping myself safe Traffic Lights To share or not share? Joe's story (part 2)	Valuing Difference It's ok to be different We have more in common than not. Advertising friendships Boys will be boys-challenging stereotypes	Rights and Responsibilities – Fakebook Friends	Me and my relationships Solve the friendship problem Assertiveness, Don't force me, Acting appropriately	Growing and Changing I look great Media manipulation Is this this normal? Making Babies What is HIV?
		To stand up to discrimination – The Whisperer	To promote diversity- My Princess Boy Challenging Racism- The Island	To recognise my freedom – Dreams of Freedom		To consider how my life will change as I grow up – Love You Forever.
	Feelings: Understanding they can have feelings they can't explain Recognising importance of valuing self and others	Feelings: Distinguish between attraction and love Safety: Understanding the law Recognising risky situations and how to deal with them	Belonging: Understand there are different types of love and the importance of love in a relationship. Safety: Understand what gender roles might mean	Friendship: responsibility towards friends Safety: The role of the media	Feelings: beginning to understand body language Belonging: conflict with parents	Physical Health and fitness Sex education: Knowing how our bodies change, menstruation, Responsibility for personal hygiene, male and female sex organs, puberty, process of conception

PHSE (Coram life) (Relationships and Health Education)/

SRE & Relationship (School) (Health Education and Sex Ed y6 only)

Equalities Education (No Outsiders in our school) (Relationships and equalities education)

Specific language for each year group

Foundation Washing, Brushing teeth, Getting dressed, Clean, Boy, Girl, Same, Different, Face, Hair, Skin

Year 1 Washing, Brushing teeth, Getting dressed, Clean, Boy, Girl, Same, Different, Face, Hair, Skin, Physical characteristics, Gender, Hair, Face

Year 2 Similar, Different, Sex, Gender –roles, Stereotypes, Boy, Girl, Male, Female, Body parts, Penis, Vagina, Testes, Penis, Nipples

Year 3 Similar, Different, Sex, Gender –roles, Stereotypes, Boy, Girl, Male, Female, Body parts, Penis, Vagina, Testes, Penis, Nipples, Ovaries, Womb, Genitals, Reproduction, Comfortable, Uncomfortable, Like, Dislike, Touch, Hug, Kiss, Family, Fostering, Adoption, Relationship



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Year 4 Puberty, Changes, Lifecycle, Periods, Physical, Pregnancy, Vagina, Womb, Testes, Arm pits, Pubic hair, Sweat, Nipples, Breasts, Sperm, Egg, Ovum, Drop of blood, Emotions feelings, Girlfriends, Boyfriends, Deepening voice, Hormones

Year 5 Puberty, Physical changes, Emotional changes, Moods, Menstrual cycle, Periods, Fallopian tubes, Party-liners, Tampons, Sanitary towels, Sweat, Breasts, Spots, Pubic hair, Facial hair, Underarm hair, Sexual reproduction, Sexual organs (and changes during puberty), Physical and emotional changes during puberty, Feelings, Privacy Human rights, Female Genital Mutilation, Wet dreams, Erections

Year 6 Reproduction, Conception, Fertilisation, Pregnancy, Sexual intercourse, Womb, Sperm, Egg, Semen/sperm, Erection, Twins Fostering, Adoption, Relationship, Friendship, Love, Pleasure, Consent, Masturbation, Sexual feelings, Wet dreams, Sexual intercourse, Intimacy, Privacy, Human rights, Protection, Female Genital Mutilation, STD's