

St. Peter's Scheme of Work for Relationships and Changing Me (RSE)

Appendix 1

	Relationships	Changing me
Year Reception	Family Life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition
Year 2	Different types of families Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Difference in female and male bodies (correct terminology) Assertiveness Preparing for transition
Year 3	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

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<p>Year 4</p>	<p>Jealousy Love and loss Memories of loved ones Getting on Falling out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Being unique Having a baby *Girls and puberty (girls only) Confidence in change Accepting change Preparing for transition Environmental change</p>
<p>Year 5</p>	<p>Self-recognition and self-worth Building self-esteem Safer on-line communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of on-line grooming SMART internet safety rules</p>	<p>Self and body image Influence of online and media on body image Puberty for girls Puberty for boys *Conception (including IVF) Growing responsibility Coping with change Preparing for transition</p>
<p>Year 6</p>	<p>Mental health Identifying mental health worries Sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>	<p>Self-image Body image Puberty and feelings *Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends and girlfriends Sexting Transition</p>

***Units we are classing as Sex Education and parents have the right to withdraw from these lessons**