

RSE Solution Scheme of Work by Year Group

Y3

Year group three

| My feelings | My body | My relationships | My beliefs | My rights and responsibilities | Asking for help |
|--|--|--|--|--|---|
| Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem. | Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness. | Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships. | Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl. | Pupils understand the right to protect their body from unwanted touch. | Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret. |

Y4

Year group four

| My feelings | My body | My relationships | My beliefs | My rights and responsibilities | Asking for help |
|---|---|---|---|--|---|
| Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond. | Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty. | Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond. | Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity. | Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves. | Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help. |

Before you start



RSE Solution Scheme of Work by Year Group

Y5 Year group five

| My feelings | My body | My relationships | My beliefs | My rights and responsibilities | Asking for help |
|--|--|--|---|--|--|
| Pupils can anticipate how their emotions may change as they approach and move through puberty. | Pupils can anticipate how their body may change as they approach and move through puberty. | Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships. | Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying. | Pupils have strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission. | Pupils have considered how to manage accidental exposure to explicit images, and upsetting online material, including who to talk about what they have seen. |

Y6 Year group six

| My feelings | My body | My relationships | Asking for help |
|--|---|--|--|
| Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves. | Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs. | Pupils realise the nature and consequences of discrimination, including the use of prejudice based language. | Pupils develop the confidence and skills to know when, who and how to ask for help independently, or with support. |

