

Appendix 3: Curriculum map

Relationships and sex education curriculum map

<p style="text-align: center;">Being Me in My World Autumn 1</p>							
Pre Key Stage 1	Pre Key Stage 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I understand how it feels to belong and how we are similar and different.</p> <p>I understand how happy and sad can be expressed.</p> <p>I can use gentle hands and understand it is good to be kind.</p> <p>I am learning what responsible means.</p>	<p>I understand how it feels to belong and how we are similar and different.</p> <p>I can start to recognise and manage my feelings.</p> <p>I understand why it is good to be kind and use gentle hands.</p> <p>I am starting to understand children’s rights and this means we should all be allowed to learn and play.</p>	<p>I can explain why my class is a happy and safe place to learn.</p> <p>I can give different examples where I or others make my class happy and safe.</p>	<p>I can explain how my behaviour can impact on others in my class.</p> <p>I can compare my own and my friends choices and can express why some choices are better than others.</p>	<p>I can explain how my behaviour can affect how others feel and behave.</p> <p>I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.</p>	<p>I can explain why being listened to and listening to others is important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p>	<p>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>I can explain why the actions of one person can affect another and give examples of this from school and a wider community context.</p>	<p>I can explain how my choices can have an impact on people in my immediate community and globally.</p> <p>I can empathise with others in my community and globally and explain how this can influence the choices I make.</p>

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<u>Celebrating Difference</u>							
<u>Autumn 2</u>							
Pre Key Stage 1	Pre Key Stage 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I know how it feels to be proud of something I am good at.</p> <p>I can tell you a way that I am special and unique.</p> <p>I know that families are different.</p> <p>I can tell you how I could make new friends.</p>	<p>I can identify something I am good at and understand that everyone is good at different things. I understand that being different makes us all special. I know that we are all different but the same in some ways. I can tell you why home is special to me. I can tell you ways to be a good friend.</p>	<p>I can tell you some ways I am different from my friends</p> <p>I understand these differences make us all special and unique</p>	<p>I can identify some ways in which my friend is different from me</p> <p>I can tell you why I value this difference about him/her</p>	<p>I can tell you about a time when my words affected someone's feelings and what the consequences were</p> <p>I can give and receive compliments and know how this feels</p>	<p>I can tell you a time when my first impression of someone changed as I got to know them</p> <p>I can explain why it is good to accept people for who they are</p>	<p>I can explain the differences between direct and indirect types of bullying</p> <p>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p>	<p>I can explain ways in which difference can be a source of conflict or a cause for celebration</p> <p>I can show empathy with people in either of the above situation</p>

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<p style="text-align: center;">Dreams and Goals Spring 1</p>							
Pre Key Stage 1	Pre Key Stage 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can understand what a challenge is and keep trying until I do something.</p> <p>I can set a goal and work towards it.</p> <p>I can use kind words to encourage others.</p> <p>I can start to think about what job I would like when I am older.</p> <p>I feel proud of my achieving my goals.</p>	<p>I understand that if I persevere I can tackle challenges.</p> <p>I can set a goal and work towards it.</p> <p>I can use kind words to encourage people.</p> <p>I can say how I feel when I achieve a goal and know what it means to feel proud.</p>	<p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p> <p>I know how to store the feelings of success in my internal treasure chest</p>	<p>I can explain some of the ways I worked cooperatively in my group to create the end product</p> <p>I can express how it felt to be working as part of this group</p>	<p>I can evaluate my own learning process and identify how it can be better next time</p> <p>I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest</p>	<p>I know how to make a new plan and set new goals even if I have been disappointed</p> <p>I know what it means to be resilient and to have a positive attitude</p>	<p>I can describe the dreams and goals of a young person in a culture different from mine</p> <p>I can reflect on how the above relate to my own</p>	<p>I can describe some ways in which I can work with other people to help make the world a better place</p> <p>I can identify why I am motivated to do this</p>

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<p style="text-align: center;">Healthy Me Spring 2</p>							
Pre Key Stage 1	Pre Key Stage 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I know the names of some parts of my body and am starting to understand that I need to be active to be healthy.</p> <p>I know what healthy means and that some foods are healthier than others.</p> <p>I can wash my hands and know that it is important.</p> <p>I know what to do if I get lost and know to say no to strangers.</p>	<p>I understand that I need to exercise to keep my body healthy.</p> <p>I know what foods are healthy and not so healthy and can make good choices.</p> <p>I know why sleep is good for me.</p> <p>I can wash my hands properly and understand the importance of hand washing.</p> <p>I know what a stranger is and know how to keep safe.</p>	<p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>I can recognise how being healthy helps me to feel happy</p>	<p>I can make some healthy snacks and explain why they are good for my body</p> <p>I can express how it feels to share healthy food with my friends</p>	<p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help</p> <p>I can express how being anxious or scared feels</p>	<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to</p> <p>I can identify feelings of anxiety and fear associated with peer pressure</p>	<p>I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>I respect and value my body</p>	<p>I can evaluate when alcohol is being used responsibly, antisocially or being misused</p> <p>I can tell you how I feel about using alcohol when I am older and my reasons for this</p>

<p style="text-align: center;">Relationships Summer 1</p>							
Pre Key Stage 1	Pre Key Stage 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can tell you about my family and I know how to make friends.</p> <p>I can tell you some of the things I like about my friends.</p> <p>I know what to say and do if someone is mean to me.</p> <p>I can work together and enjoy being with my friends.</p>	<p>I can identify some jobs I can do in my family and how I feel I belong.</p> <p>I know how to make friends to stop myself feeling lonely.</p> <p>I can think of ways to solve problems and make friends.</p> <p>I am starting to understand the impact of unkind words.</p> <p>I know how to be a good friend.</p>	<p>I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</p> <p>I can give examples of behaviour in other people that I appreciate and behaviours that I don't.</p>	<p>I can explain why some things make me feel uncomfortable and compare this with relationships that make me feel special and safe.</p> <p>I can give examples of some different problems solving techniques and explain how I might use them in certain situations in my relationships.</p>	<p>I can explain how my life is positively influenced by people I know and also by people from other countries.</p> <p>I can explain why my choices might affect my family, friendships and people around the world who I don't know.</p>	<p>I can recognise how people are feeling when they miss a special person or animal.</p> <p>I can give ways that might help me manage my feelings when missing a special person or animal.</p>	<p>I can compare the different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</p>	<p>I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself or my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</p>

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Changing Me							
Summer 2							
Pre Key Stage 1	Pre Key Stage 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can name the parts of my body and show respect for myself.</p> <p>I can tell you some things I can do and some food I can eat to be healthy.</p> <p>I understand that we all start as babies and grow into children then adults.</p> <p>I know that I grow and change.</p>	<p>I can name the parts of the body.</p> <p>I can tell you things I can do and foods I can eat to be healthy.</p> <p>I understand that we all grow from babies to adults.</p> <p>I can express how I feel about moving year groups.</p>	<p>I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p>I can explain why some changes I might experience might feel better than others.</p>	<p>I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. I can explain why some touches are OK and some are not.</p> <p>I can tell you what I like / don't like about being a boy / girl and getting older, and recognise that other people might feel differently to me.</p>	<p>I can explain how boys and girls bodies change on the inside and outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p>	<p>I can summarise the changes that happen to girls' and boys' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestion about how I might manage my feelings when changes happen.</p>	<p>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.</p> <p>I can express how I feel about the changes during puberty. I accept these changes might happen at different times to my friends.</p>	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</p>