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# RELATIONSHIPS CURRICULUM

## PROGRESSION OF KNOWLEDGE, SKILLS AND VOCABULARY

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### **INTENT**

Relationship and Sex Education (RSE) became a statutory subject in all primary schools from September 2020. Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. The aim of Relationships Education is to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to look after both our physical and mental health.

PSHE (Personal, Social, Health and Economic) is a non-statutory subject, enabling schools to use a programme of study to meet the needs of their community. At St Wilfrid's, PSHE is of great importance. Within PSHE education, pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. We want our children to learn how to understand and regulate their feelings and to know what it means to be kind, honest and reliable. We make links with our school Christian values and British values to teach children to recognise and value difference and grow up to be tolerant of others. Safety is of utmost importance as is increasing skills of independence and a sense responsibility. We want our children to stay healthy, safe and prepared for life in an ever changing society.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 2	<b>GROWING AND CHANGING</b>						
Knowledge	<p><b>Changes in nature</b> What changes in nature? <b>Growing up</b> How do we change as we get older? What can you do now that you couldn't do as a baby?</p>	<p><b>Getting Help</b> What is a trusted adult? Which adults at home can you ask for help? Which adults at school can you ask for help? <b>Becoming Independent</b> What can you do now, that you couldn't do as a baby? What can you do now, that you couldn't do as a toddler? What can you do now, that you couldn't do last year in Reception? What are you still learning to do? <b>Body Parts</b> Which body parts are on the inside? Which body parts are on the outside? How do different body parts work? Are girls' and boys' bodies the same? Which parts are different?</p>	<p><b>Life Cycles</b> What helps us to grow? Who helps us to grow? What can you do by yourself now? What are you looking forward to when you are 10 years old? What are you looking forward to when you are 21 years old? <b>Dealing With Loss</b> How does it feel to lose something? How does it feel to say goodbye to someone or something for a long time? Can we stay in touch with someone? How? <b>Being Supportive</b> What positive things can we say to someone about something they have done? Why is it good to help someone? What is a good way to help someone if they are finding something difficult?</p>	<p><b>Relationships</b> Can a relationship be positive? How? How can a relationship be negative? What can someone do to make a friendship healthy? <b>Keeping Safe</b> What is someone's 'body space'? When is it ok to go into someone's body space? If someone wants another person to leave their body space, how can they ask them to leave? If someone feels uncomfortable, who can they talk to?</p>	<p><b>Body Changes During Puberty</b> What parts of the body are the same for girls and boys? What parts of the body are different for girls and boys? How do some parts of the body change during puberty? <b>Managing Difficult Feelings</b> What feelings might someone have during puberty? Why might someone have difficult feelings during puberty? What are good ways to compromise? <b>Relationships, Including Marriage</b> Why do some people choose to get married? Who can get married and how old do they need to be? Why do some people choose to have a civil ceremony? Why do some people choose to live together?</p>	<p><b>Managing Difficult Feelings</b> Why do people have good and not so good feelings? Is resilience the same as confidence? Can someone develop confidence or resilience? How? Does having resilience help people with their feelings? <b>Managing Change</b> What different changes can someone experience? Does change cause strong emotions? Does preparing for change help? How might preparing for change help someone to cope with it? What might help someone cope with these strong emotions? <b>Getting Help</b> Does the body feel differently when someone may need help? When might someone</p>	<p><b>Keeping Safe</b> What secrets can be kept private? Why? Are there secrets that should be shared? Why? Who should some secrets be shared with? <b>Body Image</b> What physical changes happen during puberty? How might someone feel when their body changes? Do emotional changes happen during puberty? Why? How can a person feel better about their body changing? <b>Self-Esteem</b> What can affect the way someone feels about themselves? What can someone do or say to feel good about themselves? Do words affect someone as much as actions? How?</p>

						<p>need help?          What advice would you give to someone who needs to get help?          What makes someone a trusted adult?</p>	
Key vocabulary	<p>seasons life cycle          grow baby child          teenager adult family          body parts</p>	<p>Adult Trusted adult          Growing Learning          Heart Brain Stomach          Lungs Genitals</p>	<p>Supportive Loss          Change Food Feelings          Help Forward          Growing Care          Goodbye Learning          Safe Upset Genitals</p>	<p>Relationships          Assertive Jealous          Trust Respect          Uncomfortable Upset          Puberty Vulva Penis</p>	<p>Puberty Period/          Menstruation          Hormones Genitals          Choice Civil          partnership Marriage          Love Live together          Uncomfortable          feelings Compromise</p>	<p>Respect Wellbeing          Trust Hormones          Mood swings          Confidential          Confidence          Resilience Puberty          Crush Embarrassed          Period/menstruation          Unwanted attention          Unwanted touch          Period products          Separation</p>	<p>Media manipulation          Puberty Sexual          intercourse Discuss          Confidential Online          safety Self-esteem          Right to privacy Age          of consent          Stereotype Peer          pressure          Uncomfortable          Physical changes          Body image          Emotional changes In</p>

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Skills	<p>I can name my special people. I can tell you something that I can do now that I couldn't do when I was a baby. I can name some of my body parts</p>	<p>I can identify an adult I can talk to at both home and school. If I need help. I can tell you some things I can do now that I couldn't do when I was a toddler. I can tell you what some of my body parts do.</p>	<p>I can tell you who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger. I can give examples of how it feels when you have to say goodbye to someone or something (e.g. move house). I can give examples of how to give feedback to someone.</p>	<p>I can name a few things that make a positive relationship and some things that make a negative relationship.  I can identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable.</p>	<p>I can label some parts of the body that only boys have and only girls have. I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents). I can tell you why people get married.</p>	<p>I can explain what resilience is and how it can be developed. I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone). I am able to identify when I need help and can identify trusted adults in my life who can help me.</p>	<p>I can give an example of a secret that should be shared with a trusted adult. I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change. I can give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).</p>
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