

Reception

Family and Friendship

Scheme of Work

Word Box: Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad.

Statutory Guidance	Learning Intentions and Learning Outcomes	Title	Resources
Relationships Education Caring friendships (2a,2c) Health Education Mental wellbeing (6b,6c,6g)	Learning Intention To recognise the importance of friendship Learning Outcomes Know that friendships can make us feel happy Know some ways that we can make new friends feel welcome	Lesson 1 Caring Friendships	Elephant glove puppet or toy Pictures of children at school
Relationships Education Caring friendships (2d) Health Education Mental wellbeing (6b,6c)	Learning Intention To recognise the importance of saying sorry and forgiveness Learning Outcomes Know that arguing with friends and then making up can make friendships stronger That resorting to violence is never right	Lesson 2 Being Kind	Elephant glove puppet or toy Picture of a crown and art materials to make crowns, i.e. paper or play-doh
Relationships Education Families and people who care for me (1a) Caring friendships (2a) Respectful relationships (3a)	Learning Intention To recognise that all families are different Learning Outcomes Identify different members of the family Understand how members of a family can help each other	Lesson 3 Families	Elephant glove puppet or toy <i>The Family Book</i> , Todd Parr Families pictures Paper and drawing materials

Year 1

Growing & Caring For Ourselves Key Stage 1

Scheme of Work

Word Box: Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance

Relationships Education
Respectful relationships
(3a,3e)
Healthy Education
Mental wellbeing
(6b,6c)

Learning Intentions and Learning Outcomes

Learning Intention
To understand that we are all different but can still be friends
Learning Outcomes
Know that we can be friends with people who are different to us

Lesson Title

Lesson 1
[Different Friends](#)

Resources

Talking object
Story bag containing an elephant puppet (or the elephant picture) and a school jumper or shirt if the school has one.
Paper and coloured pencils

Key Stage 1 Science
- Identify, name, draw and label the basic parts of the human body

Learning Intention
To discuss how children grow and change
Learning Outcomes
Understand that babies need care and support
Know that older children can do more by themselves

Lesson 2
[Growing and Changing](#)

Talking object
Story bag containing [Pictures of newborn babies](#)
[Lifecycle picture cards](#)
[Lifecycle word cards](#)
[Lifecycle whiteboard summary](#)

Relationships Education
Families and people who care for me (1a,1b,1c,1d,1f)
Caring friendships (2e)
Respectful relationships (3a,3e)
Being Safe (5d,5e)
Health Education
Mental wellbeing (6b,6c)

Learning Intention
To explore different types of families and who to ask for help
To identify who can help when families make us feel unhappy or unsafe
Learning Outcomes
Know there are different types of families
Know which people we can ask for help

Lesson 3
[Families and Care](#)

Talking object
Story bag - containing a ball and a school jumper
[Families pictures](#)
The Family Book, Todd Parr

Year 2

Differences

Key Stage 1

Scheme of Work

Word Box: Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance

Relationships Education
Respectful relationships
(3a,3g)
Key Stage 1 Science
- Identify, name, draw and label the basic parts of the human body

Learning Intentions and Learning Outcomes

Learning Intention
To introduce the concept of gender stereotypes
To identify differences between males and females
Learning Outcomes
Understand that some people have fixed ideas about what boys and girls can do
Describe the difference between male and female babies

Lesson Title

Lesson 1
[Differences](#)

Resources

2 large PE hoops
[Boy/Girl/Everyone labels](#)
Bag of objects and clothing to explore male and female stereotypes or [Pictures of objects and clothing](#)
[Clothed Babies picture cards](#)
[Clothed Babies whiteboard summary](#)
[Pictures of newborn babies](#)
Suggested reading:
Pearl Power and the Toy Problem, Mel Elliott
Julian is a Mermaid, Jessica Love
Are you a boy or are you a girl, Sarah Savage and Fox Fisher
Princess Smartypants, Babette Cole
William's Doll, Charlotte Zolotow
Amazing Grace, Mary Hoffman and Caroline Binch

Relationships Education
Respectful relationships (3a)
Key Stage 1 Science
- Notice that animals, including humans, have offspring that grow into adults

Learning Intention
To explore some of the differences between males and females and to understand how this is part of the lifecycle
Learning Outcomes
Describe some differences between male and female animals
Understand that making a new life needs a male and a female

Lesson 2
[Male and Female Animals](#)

Talking object
[Pictures of male and female animals](#)
[Cats and Kittens worksheet](#)
Anatomically correct toy farm animals

Key Stage 1 Science
-Identify, name, draw and label the basic parts of the human body

Learning Intention
To focus on sexual difference and name body parts
Learning Outcomes
Describe the physical differences between males and females
Name the different body parts

Lesson 3
[Naming Body Parts](#)

2 large PE Hoops
[Hoop labels](#)
[Body Parts picture cards](#)
[Female x-ray picture](#)
[Body Parts worksheet](#)
Suggested reading:
Shaperville, Andy Mills
It's OK to be Different, Todd Parr

Valuing Difference and Keeping Safe Key Stage 2

Scheme of Work

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship

Statutory Guidance

Relationships Education
Respectful relationships
(3a)

Learning Intentions and Learning Outcomes

Learning Intention

To identify that people are unique and to respect those differences
To explore the differences between male and female bodies

Learning Outcomes

Know and respect the body differences between ourselves and others
Name male and female body parts using agreed words

Lesson Title

Lesson 1
[Body Differences](#)

Resources

It's OK to be different, Todd Parr
[Pictures of male and female bodies](#)
[Body Difference matching cards](#)

Additional Activities
Cinderella's Bum, Nicholas Allan
Shapesville, Andy Mills

Relationships Education
Caring friendships (2e)
Respectful relationships
(3b,3d,3f)
Being safe (5a,5b,5c,5d,5f,5g)

Learning Intention

To consider appropriate and inappropriate physical contact and consent

Learning Outcomes

Understand that each person's body belongs to them
Understand personal space and unwanted touch

Lesson 2
[Personal Space](#)

[PANTS cards](#)
[Unwanted Touch scenarios](#)

Additional Activities
It's my body - a book about body privacy, Louise Spilsbury and Mirella Mariani

Relationships Education
Families and people who care
for me (1a,1b,1c,1d,1f,)
Being safe (5d,5f,5g, 5h)

Learning Intention

To explore different types of families and who to go to for help and support

Learning Outcomes

Understand that all families are different and have different family members
Identify who to go to for help and support

Lesson 3
[Help and Support](#)

[Families pictures](#)
[Who can I talk to? worksheet](#)
The Family Book, Todd Parr

Additional Activities
Tell Me Again About The Night I Was Born, Jamie Lee Curtis
Who's in a Family? Robert Skutch
Happy Families, Allan Ahlberg
Spark Learns to Fly, Judith Faxon

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

Statutory Guidance

Health Education

Changing adolescent body
(8a)

Key Stage 2 Science

- describe the life process of reproduction in some plants and animals

Learning Intentions and Learning Outcomes

Learning Intention

To explore the human lifecycle
To identify some basic facts about puberty

Learning Outcomes

Understand that puberty is an important stage in the human lifecycle
Know some changes that happen during puberty

Lesson Title

Lesson 1
[Changes](#)

Resources

[Lifecycle whiteboard summary](#)
[Body Parts Bingo cards](#)
[Bingo Flash cards](#)
[Body Changes pictures](#)
[Lifecycle Quiz slides](#)
[Lifecycle Quiz answers](#)
Additional Activities
[Babies and Children worksheet](#)

Health Education

Mental wellbeing (6a,6b,6c,6d,6f)

Health Education

Changing adolescent body
(8a, 8b)

Menstruation (9a)

Key Stage 2 Science

- describe the life process of reproduction in some plants and animals
-describe the changes as humans develop to old age

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty
Understand that children change into adults to be able to reproduce if they choose to

Lesson 2

[What is Puberty?](#)

Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart
[Puberty Card Sort](#)
[Puberty Card Sort whiteboard summary](#)
[Body Changes worksheet](#)
[Puberty Changes Teacher Guide](#)

Suggested Reading

Where Willy Went, Nicholas Allan
Hair in Funny Places, Babette Cole

Relationships Education

Caring friendships (2b,2c,2d,2e)

Respectful relationships

(3a,3b,3d,3e,3f,3h)

Online relationships (4b,4d)

Learning Intention

To explore respect in a range of relationships

To discuss the characteristics of healthy relationships

Learning Outcomes

Know that respect is important in all relationships including online
Explain how friendships can make people feel unhappy or uncomfortable.

Lesson 3

[Healthy Relationships](#)

[Healthy Friendships cards](#)

[Relationship pictures](#)

Online Respect and Self-Respect video

<https://www.youtube.com/watch?v=mZtXwLzllpk>

Year 5

Puberty

Key Stage 2

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Health Education</p> <p>Mental wellbeing (6c, 6d, 6f,)</p> <p>Changing adolescent body (8a, 8b)</p> <p>Menstruation (9a)</p>	<p>Learning Intention</p> <p>To explore the emotional and physical changes occurring in puberty</p> <p>Learning Outcomes</p> <p>Explain the main physical and emotional changes that happen during puberty</p> <p>Ask questions about puberty with confidence</p>	<p>Lesson 1</p> <p>Talking About Puberty</p>	<p>Puberty Changes Teacher Guide</p> <p>Puberty Changes worksheet</p> <p>Reproductive System slides</p> <p>Pupil Questions template</p>
<p>Health Education</p> <p>Changing adolescent body (8a, 8b)</p> <p>Menstruation (9a)</p>	<p>Learning Intention</p> <p>To understand male and female puberty changes in more detail</p> <p>Learning Outcomes</p> <p>Understand how puberty affects the reproductive organs</p> <p>Describe what happens during menstruation and sperm production</p>	<p>Lesson 2</p> <p>The Reproduction System</p>	<p>Reproductive System slides</p> <p>Puberty Changes Teacher Guide</p> <p>Menstrual cycle animation</p> <p>Male Changes Powerpoint</p> <p>Puberty Card Game</p> <p>Puberty Card Game answer sheet</p> <p>Puberty Card Game whiteboard summary</p> <p>Model materials: spaghetti (fallopian tubes) and poppy seeds (eggs)</p> <p>Selection of menstrual product (tampons, pads, liners, re-usables)</p> <p>Pupil questions from Lesson 1</p> <p>Additional Activities</p> <p>What is the Menstrual Cycle? cards</p> <p>What is the Menstrual Cycle? whiteboard summary</p> <p>Menstruation Card Game</p> <p>Menstruation Card Game whiteboard summary</p>
<p>Health Education</p> <p>Mental wellbeing (6a, 6b, 6c, 6d, 6e, 6f,)</p> <p>Changing adolescent body (8a, 8b)</p> <p>Menstruation (9a)</p>	<p>Learning Intention</p> <p>To explore the impact of puberty on the body and the importance of physical hygiene</p> <p>To explore ways to get support during puberty</p> <p>Learning Outcomes</p> <p>Explain how to keep clean during puberty</p> <p>Explain how emotions/relationships change during puberty</p> <p>Know how to get help and support during puberty</p>	<p>Lesson 3</p> <p>Puberty Help and Support</p>	<p>Kim's Game items and a cloth to cover them (see lesson plan)</p> <p>Kim's Game Teacher Guide</p> <p>Year 5 Puberty Problem Page</p> <p>Year 5 Puberty Problem Page cut-outs</p> <p>Year 5 Problem Page Teacher Guide</p> <p>Pupil questions from Lesson 1</p> <p>Additional Activities</p> <p>Puberty Bingo cards</p>

Year 6

Puberty, Relationships and Reproduction Key Stage 2

Scheme of Work

Word Box: puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, womb, sperm, egg, fostering, adoption, relationship, friendship, consent, communication, personal/private information, internet safety

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)	Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence	Lesson 1 Puberty and Reproduction	Resources Puberty Changes Teacher Guide Puberty Body Part cards Reproduction questions sheet Reproduction answer cards Reproduction whiteboard summary Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide
Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)	Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important	Lesson 2 Communication in Relationships	Communication and Touch cards Pupil Questions template
Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Learning Intention To explore positive and negative ways of communicating in a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong	Lesson 4 Online Relationships	Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from www.thinkuknow.co.uk

Lesson 3 not to be taught due to coverage about conception and pregnancy.