



**Relationships and Sex Education**  
**Year Group Overview**

The table below outlines the RSE objectives covered across the ‘Relationships’ and ‘Changing Me’ units of Jigsaw for each year group:

<u>Year Group</u>	<u>Themes</u>	
	<u>Relationships</u>	<u>Changing Me</u>
<b>Nursery &amp; Reception</b>	<ul style="list-style-type: none"> <li>• I can identify some of the jobs I do in my family and how I feel like I belong</li> <li>• I know how to make friends to stop myself from feeling lonely</li> <li>• I can think of ways to solve problems and stay friends</li> <li>• I am starting to understand the impact of unkind words</li> <li>• I can use Calm Me time to manage my feelings</li> <li>• I know how to be a good friend</li> </ul>	<ul style="list-style-type: none"> <li>• I can name parts of the body</li> <li>• I can tell you some things I can do and foods I can eat to be healthy</li> <li>• I understand that we all grow from babies to adults</li> <li>• I can express how I feel about moving into Reception/Year 1</li> <li>• I can talk about my worries and/or the things I am looking forward to about being in Reception/Year 1</li> <li>• I can share my memories of the best bits of this year in Nursery/Reception</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• I can identify the members of my family and understand that there are lots of different types of families</li> <li>• I can identify what being a good friend means to me</li> <li>• I know appropriate ways of physical contact to greet my friends and know which ways I prefer</li> <li>• I know who can help me in my school community</li> <li>• I can recognise my qualities as person and a friend</li> <li>• I can tell you why I appreciate someone who is special to me</li> </ul>	<ul style="list-style-type: none"> <li>• I am starting to understand the life cycles of animals and humans</li> <li>• I can tell you some things about me that have changed and some things about me that have stayed the same</li> <li>• I can tell you how my body has changed since I was a baby</li> <li>• I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</li> <li>• I understand that every time I learn something new I change a little bit</li> <li>• I can tell you about changes that have happened in my life</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</li> <li>• I understand that there are lots</li> </ul>	<ul style="list-style-type: none"> <li>• I can tell you about the natural process of growing from young to old and understand that this is not in my control</li> <li>• I can recognise how my body has changed since I was a baby and where I am on the</li> </ul>

	<p>of forms of physical contact within a family and that some of this is acceptable and some is not</p> <ul style="list-style-type: none"> <li>• I can identify some of the things that cause conflict with my friends</li> <li>• I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</li> <li>• I recognise and appreciate people who can help me in my family, my school and my community</li> <li>• I can express my appreciation for the people in my special relationships</li> </ul>	<p>continuum from young to old</p> <ul style="list-style-type: none"> <li>• I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private</li> <li>• I understand there are different types of touch and can tell you which ones I like and don't like</li> <li>• I can identify what I am looking forward to when I move to my next class</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>• I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</li> <li>• I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener</li> <li>• I know and can use some strategies for keeping myself safe online</li> <li>• I can explain how some of the actions and work of people around the world help and influence my life</li> <li>• I understand how my needs and rights are shared by children around the world and can identify how our lives may be different</li> <li>• I know how to express my appreciation to my friends and family</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</li> <li>• I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow</li> <li>• I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process</li> <li>• I can identify how boys' and girls' bodies change on the inside 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</li> <li>• I can start to recognise stereotypical ideas I might have about parenting and family roles</li> <li>• identify what I am looking forward to when I move to my next class</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• I can recognise situations which can cause jealousy in relationships</li> <li>• I can identify someone I love and can express why they are special to me</li> <li>• I can tell you about someone I know that I no longer see</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</li> <li>• I can correctly label the internal and external parts of</li> </ul>

	<ul style="list-style-type: none"> <li>• I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</li> <li>• I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older</li> <li>• I know how to show love and appreciation to the people and animals who are special to me</li> </ul>	<p>male and female bodies that are necessary for making a baby</p> <ul style="list-style-type: none"> <li>• I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> <li>• I know how the circle of change works and can apply it to changes I want to make in my life</li> <li>• I can identify changes that have been and may continue to be outside of my control that I learnt to accept</li> <li>• I can identify what I am looking forward to when I move to a new class</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</li> <li>• I understand that belonging to an online community can have positive and negative consequences</li> <li>• I understand there are rights and responsibilities in an online community or social network</li> <li>• I know there are rights and responsibilities when playing a game online</li> <li>• I can recognise when I am spending too much time using devices (screen time)</li> <li>• I can explain how to stay safe when using technology to communicate with my friends</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify what I am looking forward to when I move to a new class</li> <li>• I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</li> <li>• I can describe how boys' and girls' bodies change during puberty</li> <li>• I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby</li> <li>• I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</li> <li>• I can identify what I am looking forward to when I move to my next class.</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>• I know that it is important to take care of my mental health</li> <li>• I know how to take care of my mental health</li> <li>• I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</li> <li>• I can recognise when people are trying to gain power or</li> </ul>	<ul style="list-style-type: none"> <li>• I am aware of my own self-image and how my body image fits into that</li> <li>• I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</li> <li>• I can describe how a baby develops from conception</li> </ul>

	<p>control</p> <ul style="list-style-type: none"><li>• I can judge whether something online is safe and helpful for me</li><li>• I can use technology positively and safely to communicate with my friends and family</li></ul>	<p>through the nine months of pregnancy, and how it is born</p> <ul style="list-style-type: none"><li>• I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</li><li>• I am aware of the importance of a positive self-esteem and what I can do to develop it</li><li>• I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</li></ul>
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