

Relationships, Sex and Health Education (RSHE) scheme overview 2022 based on Jigsaw PSHEE scheme of work.						
Foundation PSHEE Learning outcomes	I can name parts of the body.	I can tell you some things I can do and foods I can eat to be healthy.	I understand that we all grow from babies to adults.	I can express how I feel about moving to Year 1.	I can talk about my worries and/or the things I am looking forward to about being in Year 1.	I can share my memories of the best bits of this year in Reception.
Year 1 PSHEE Learning outcomes	I am starting to understand the life cycles of humans and other animals.	I can tell you some things about me that have changed and some things about me that have stayed the same.	I can tell you how my body has changed since I was a baby.	I can identify the parts of the body that make boys different from girls and can use the correct names for these: penis, testicles, vagina, vulva, anus.	I understand that every time I learn something new, I change a little bit.	I can tell you about changes in my life.
Year 1 <i>Social and emotional development learning outcome</i>	<i>I understand that changes happen as we grow and that this is OK.</i>	<i>I know that changes are OK and that sometimes they will happen whether I want them to or not.</i>	<i>I understand that growing up is natural and that everyone grows at different rates.</i>	<i>I respect my body and understand which parts are private.</i>	<i>I enjoy learning new things.</i>	<i>I know some ways to cope with changes.</i>
Year 2 PSHEE Learning outcomes	I can recognise cycles of life in nature.	I can tell you about the natural process of growing from young to old and understand that this is not in my control.	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.	I recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private.	I understand that there are different types of touch and can tell you which ones I like and don't like.	I can identify what I am looking forward to when I move to my next class.
Year 2 <i>Social and emotional development learning outcome</i>	<i>I understand that there are some changes that are outside of my control and can recognise how I feel about this.</i>	<i>I can identify people I respect who are older than me.</i>	<i>I feel proud about becoming more independent.</i>	<i>I can tell you what I like/don't like about being a boy/girl.</i>	<i>I am confident to say what I like and don't like and can ask for help.</i>	<i>I can start to think about changes I will make when I am in Year 3 and know how to go about this.</i>

Year 3 PSHEE Learning outcomes	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually, it is the female that has the baby. I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow.	I recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private.	I understand that boys' and girls' bodies need to change so that when they grow up they can make babies. I can identify how boys' and girls' bodies change on the outside during this growing up process.	I know how the circle of change works and can apply it to changes I want to make in my life.	I can start to recognise stereotypical ideas I might have about parenting and family roles.	I can identify what I am looking forward to when I move to my next class.
Year 3 Social and emotional development learning outcome	<i>I can express how I feel when I see babies and baby animals. I can express how I might feel if I had a new baby in my family.</i>	<i>I can tell you what I like/don't like about being a boy/girl.</i>	<i>I can recognise how I feel about these changes happening to me and I know how to cope with those feelings.</i>	<i>I am confident enough to try to make changes when I think they will benefit me.</i>	<i>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.</i>	<i>I have started to think about changes I will make next year and know how to go about this.</i>
Year 4 PSHEE Learning outcomes (Optional, after school session on periods will be offered.)	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am	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	I can identify the parts of the body that make boys different from girls and can use the correct names for these: penis, testicles, vagina, vulva, anus.	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.	I can identify changes that have been and may continue to be outside of my control that I learnt to accept.	I can identify what I am looking forward to when I move to a new class.

	made from the joining of their egg and sperm.	their bodies can make babies when they grow up.	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.			
Year 4 <i>Social and emotional development learning outcome</i>	<i>I appreciate that I am a truly unique human being.</i>	<i>I can recognise how I feel about these changes happening to me and I know how to cope with those feelings.</i>	<i>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.</i>	<i>I can recognise how I feel when I reflect on the development and birth of a baby.</i>	<i>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.</i>	<i>I can reflect on the changes I would like to make next year and can describe how to go about this.</i>
Year 5 PSHEE Learning outcomes	I am aware of my own self-image and how my body image fits into that.	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.	I can describe how boys' and girls' bodies change during puberty.	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.	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).	I can identify what I am looking forward to when I move to my next class.
Year 5 <i>Social and emotional development learning outcome</i>	<i>I know how to develop my own self esteem.</i>	<i>I understand that puberty is a natural process that happens to everybody and that it will be ok for me.</i>	<i>I can express how I feel about the changes that will happen to me during puberty.</i>	<i>I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</i>	<i>I am confident that I can cope with the changes that growing up will bring.</i>	<i>I can start to think about changes I will make next year and know how to go about this.</i>
Year 6 PSHEE Learning outcomes	I am aware of my own self-image and how my body image fits into that.	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after	I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.	I am aware of the importance of a positive self-esteem and what I can do to develop it.	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.

		yourself physically and emotionally.	that sometimes people need IVF to help them have a baby.			
Year 6 <i>Social and emotional development learning outcome</i>	<i>I know how to develop my own self esteem.</i>	<i>I can express how I feel about the changes that will happen to me during puberty.</i>	<i>I appreciate how amazing it is that human bodies can reproduce in these ways.</i>	<i>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.</i>	<i>I can express how I feel about my self-image and know how to challenge negative 'body-talk'.</i>	<i>I know how to prepare myself emotionally for the changes next year.</i>