Aspire Academy Trust – Relationship and Sex Education Policy

Curriculum Map

Year Group	Autumn		Spring		Summer	
Jigsaw Puzzle Piece	**Being me in my world**	**Celebrating difference**	**Dreams and goals**	**Healthy me**	**Relationships**	**Changing me**
Class R	I help others to feel welcome. I know everyone has the right to learn and I can work well with others.	I accept that everyone is different. I try to solve problems and use kind words.	I can stay motivated when doing something challenging. I have a positive attitude and I can help others.	I make healthy choices and I am physically active. I know how to be a good friend and enjoy healthy friendships.	I know how to make friends and I try to solve friendship problems. I show respect in how I treat others.	I can express how I feel when change happens. I understand and respect the changes that are happening in me and in others.
Year 1	I feel special and safe in my class. I know that I belong in my class and I recognise how it feels to be proud of an achievement.	I can tell you how I am different from my friends and understand that these differences make us special and unique.	I can say how it felt when I succeeded in a new challenge and how I celebrated it.	I can tell you why my body is amazing and identify some ways to keep it safe and healthy. I can recognize how being healthy helps me to feel happy.	I can say why I appreciate someone who is special to me and can express how I feel about them.	I can use the correct names for parts of the body including penis, testicles and vagina. I respect my body and understand which parts are private.
Year 2	I understand the rights and responsibilities for being a member of my class and school. I can	I can identify some ways in which my friend is different from me and why I value this difference.	I can explain some of the ways I worked cooperatively in my group to create an end product. I can express how it felt to	I can make some healthy snacks and explain why they are good for my body. I can express how it feels to share	I can identify some of the things that cause conflict between me and my friends. I can	I can recognise the physical differences between boys and girls, use the correct names for

	listen to other people and contribute my own ideas about rights and responsibilities.		be working as part of this group.	healthy foods with my friends.	demonstrate how to use the positive problem-solving technique to resolve these conflicts.	parts of the body. I can tell you what I like or don't like about being a boy/girl.
Year 3	I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals.	I can talk about how my words affected someone' feelings and what the consequences were. I can give and receive compliments.	I can evaluate my own learning process and identify how it can be better next time. I am confident in sharing my success with others.	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.	I can explain how some of the actions and work of people around the world help and influence my life. I show an awareness of how this could affect my choices.	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.
Year 4	I know my attitudes and actions make a difference to the class team. I know how democracy works.	I can talk about how my first impression of someone changed and I can say why it is good to accept people for who they are.	I know how to make a new plan and set new goals even if I have been disappointed. I know what it means to be resilient and to have a positive attitude.	I can recognise when people are putting me under pressure and can explain ways to resist this. I can identify feelings associated with peer pressure.	I can explain different points of view on an animal rights issue and express my own opinion and feelings on this.	I understand that some of my personal characteristics come from my birth parents and from the joining of an egg and sperm. I know that having periods is a change in a girl's body necessary for her to have babies.
Year 5	I can face new challenges positively. I	I can explain the differences between direct	I can describe the dreams and goals of a young person from	I can describe the different roles food can play in peoples'	I can explain how to stay safe when using technology	I can describe how boys' and girls' bodies

	understand my rights and responsibilities as a British citizen. I understand how democracy and having a voice benefits the school community.	and indirect types of bullying. I know how to support children who are being bullied.	another culture and can reflect on how these relate to my own.	lives and can explain how people might develop eating problems. I respect and value my body.	to communicate with my friends. I recognise and resist pressures to use technology in ways that may be risky or cause harm.	change during puberty. I can express how I feel about the changes that will happen to me during puberty. I understand that sexual intercourse can lead to conception.
Year 6	I know that there are universal rights for all children but for many children these rights are not met. I know that my actions affect other people locally and globally.	I can explain how different can be a source of conflict or celebration and can show empathy with people in either situation.	I can describe some ways in which I can work with other people to help make the world a better place. I can identify why I am motivated to do this.	I can evaluate when alcohol is being used responsibly, anti-socially, or being mis-used.	I can recognise when people are trying to gain power or control. I can demonstrate how I could stand up for myself or others in situations where others are trying to gain power or control.	Puberty and changes to boys' and girls' bodies, self-image, that sexual intercourse, conception and pregnancy, changing feelings and relationships.