Appendix 1: Curriculum Map

EYFS	Relationships	Health	Science	Sex
Topic - Understanding the World: **How tall are you now?** (Growing and Changing)			• Human growth and development • Looks closely at similarities, differences, patterns and change • They talk about the features of their own immediate environment and how environments may vary. • They make observations of animals and plants and explain why some things occur, and talk about changes.	
People and Communities:	• Enjoys joining in with family customs and routines • Children talk about past and present events in their own lives and in the lives of family members. • They know about similarities and differences between themselves and others, and among families, communities and traditions. • They know that other children don't always enjoy the same things.			
Personal, Social and Emotional development:	<u>Celebrating Differences:</u> • I understand that being different makes us all special. Families - I know we are all different but the same in some ways. Houses and Homes - I can tell	<u>Healthy Me:</u> • I understand how moving and resting are good for my body • I understand that I need to exercise to keep my body healthy	<u>Changing me:</u> • I can name parts of the body • I understand that we all grow from babies to adults	

	you why I think my home is special to me <u>Changing Me:</u> Respecting My Body — I can tell you some things I can do and foods I can eat to be healthy <u>Healthy Me:</u> My Family and Me! — I can identify some of the jobs I do in my family and how I feel like I belong	• I know which foods are healthy and not so healthy and can make healthy eating choices • I know how to help myself go to sleep and understand why sleep is good for me • I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet • I know what a stranger is and how to stay safe if a stranger approaches me		
Health and Self-Care		• Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. • Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks		

Year 1	Relationships	Health	Science	Sex
PSHE	Being Me: **Help others to feel welcome** I feel special and safe in my class I know how to make my class a safe place for everybody to learn			
	Celebrating Differences: **Accept that everyone is different** I can identify similarities between people in my class I can identify differences between people in my class			
	Changing me: **Know who to ask for help if they are worried about change** I understand that every time I learn something new I change a little bit		Changing me: **Understand that everyone is unique and special** I am starting to understand the life cycles of animals and humans 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 to girls and can use the correct	

			names for these: penis, testicles, vagina, vulva, anus	
		Healthy me: I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I know how to keep myself clean and healthy, and understand how germs cause disease/illness I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy		
	Relationships: I can identify the members of my family and understand that there are lots of different types of families I know appropriate ways of physical contact to greet my friends and know which ways I prefer I know who can help me in my school community I can tell you why I appreciate someone who is special to me			
Humanities	IT: We are kind and thoughtful (1.2) We are Celebrating Make a card for a celebration – Purple Mash 2 publish (1.6)			

Year 2	Relationships	Health	Science	Sex
Science		**Animals Including Humans** To describe the importance of exercise, hygiene and eating the right amount of different food types for humans. To know how much exercise a child should get per week. To know some foods are healthier than others are. To know what hygiene is and how it helps to keep you healthy.	**Animals Including Humans** To know that animals, including humans, have offspring which grow into adults. To know that animals (including humans) have babies and this can be different for each animal. To know the term reproduction means having babies/offspring. (They don't need to know how this happens.) To know that babies grow into adults. To know the life cycles of other animals (frogs, butterflies, sheep and chickens) Plants To know that a plant grows from a seed. To know that plants have a life-cycle. To know that plants produce their own seeds.	
PSHE	**Celebrating Difference** I know assumptions about boys and girls (stereotypes) understand some ways in which boys and girls are similar and feel good about this understand some ways in which boys and girls are different and accept that this is OK understand that bullying is sometimes about difference be able to tell you how someone who is bullied feels and be kind to children who are bullied	**Healthy Me** I know what I need to keep my body healthy and I am motivated to make healthy lifestyle choices I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I can tell you when a feeling is weak and when a feeling is strong I understand how medicines work in my body and how important it is to use them safely	**Celebrating Difference** I understand some ways in which boys and girls are different and accept that this is OK **Changing Me** I can recognise cycles of life in nature I understand there are some changes that are outside my control and can recognise how I feel about this I can tell you about the natural process of growing from young to	

	recognise what is right and wrong and know how to look after myself know when and how to stand up for myself and others if I am being bullied understand that it is OK to be different from other people and to be friends with them understand that we shouldn't judge people if they are different from us (Covering gender) know how it feels to be a friend and have a friend tell you some ways I am different from my friends and understand these differences make us all special and unique **Relationships** 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 I accept that everyone's family is different and understand that most people value their family I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not I know which types of physical contact I like and don't like and can talk about this I can identify some of the things that o cause conflict with my friends I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends	I feel positive about caring for my body and keeping it healthy I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy I have a healthy relationship with food and know which foods I enjoy the most I can decide which foods to eat to give my body energy	old and understand that this is not in my control I can identify people I respect who are older than me 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 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 I can tell you what I like/don't like about being a boy/girl	

	I understand that sometimes it is good • to keep a secret and sometimes it is not • good to keep a secret I know how it feels to be asked to keep • a secret I do not want to keep and know • who to talk to about this I recognise and appreciate people who can help me in my family, my school and my community I understand how it feels to trust someone I can express my appreciation for the • people in my special relationships I am comfortable accepting appreciation • from others **Changing Me** I understand there are different types of touch and can tell you which ones I like and don't like I am confident to say what I like and don't like and can ask for help			
Humanities	**Women of Courage** Gender roles and stereotypes in the past and how they have changed.	**Women of Courage** Some basic first aid and how to look after people who are unwell. • The safety of medicines at home. • The different types of medicines. • Knowing about people who help us.		

Year 3	Relationships	Health	Science	Sex
Science		**Animals Including Humans** To know animals need nutrition, that they can't make their own food and that they get nutrition from what they eat. To know the different food groups and what they do. To know what a balanced diet is and why it is important for a healthy lifestyle. To know importance of limiting fat and sugar intake. To know that food is not the only way we can keep ourselves healthy – exercise and mental wellbeing.	**Plants** To explore the part that flowers play in the life cycle including pollination, seed formation and seed dispersal (Includes naming reproductive parts of plants)	
PSHE	**Celebrating Difference** I understand that everybody's family is different and important to them I appreciate my family/the people who care for me I understand that differences and conflicts sometimes happen among family members I know how to calm myself down and can use the 'Solve it together' technique I know what it means to be a witness to bullying I know some ways of helping to make someone who is bullied feel better I know that witnesses can make the situation better or worse by what they do I can problem-solve a bullying situation with others	**Healthy Me** I understand how exercise affects my body and know why my heart and lungs are such important organs. I can set myself a fitness challenge I know that the amount of calories, fat and sugar I put into my body will affect my health I know what it feels like to make a healthy choice I can tell you my knowledge and attitude towards drugs 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 express how being anxious or scared feels I can identify when something feels safe or unsafe	**Changing Me** 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 I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow 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. 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	

	I recognise that some words are used in hurtful ways. I try hard not to use hurtful words (e.g. gay, fat) Know how to give and receive compliments **Relationships** I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females I can describe how taking some responsibility in my family makes me feel I can identify and put into practice some of the skills of friendship I know and can use some strategies for keeping myself safe online. I know who to ask for help if I am worried or concerned about anything online I know how to express my appreciation to my friends and family I enjoy being part of a family and friendship groups **Changing Me** I can start to recognise stereotypical ideas I might have about parenting and family roles. I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes I can express how I might feel if I had a new baby in my family I can express how I feel when I see a baby or baby animals	I can take responsibility for keeping myself and others safe I understand how complex my body is and how important it is to take care of it I respect my body and appreciate what it does for me **Changing Me** I understand that my body will change on the inside and the outside as I get older and can recognise how I feel about this, how to cope with those feelings.	necessary so that their bodies can make babies when they grow up	
Humanities	**Chocolate** Different families in different places. **Romans**			

	Gender roles and stereotypes, e.g. women in the army. Women in the Roman Empire versus Celtic women.			

Year 4	Relationships	Health	Science	Sex
PSHE	Healthy friendships – recognise how different friendship groups are formed, how I fit into them and the friends I value the most Group dynamics (Healthy me) – understand there are people who take on the roles of leaders or followers in a group, and to know the role I take on in different situations Peer pressure (Healthy me) – recognise when people are putting me under pressure and can explain ways to resist this when I want Jealousy (Relationships) – recognise situations which can cause jealousy in relationships. Identify feelings associated with jealous and suggest strategies to problem-solve when this happens. Love and Loss (Relationships) – identify someone I love and can express why they are special to me Getting on and falling out (Relationships) – recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. Girlfriends and boyfriends (Relationships) – understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older. Understand that boyfriend/girlfriend relationships are special, and there	Smoking (Healthy me) – understand the facts about smoking and its effects on health, and also some of the reasons people start to smoke. Alcohol (Healthy me) – understand the facts about alcohol and its effects on healthy, particularly the liver, and also some of the reasons some people drink alcohol Girls and puberty (Changing me) – know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty.	Unique me (Changing me) – personal characteristic have come from birth parents and that this happens because I am made from the joining of their egg and sperm. Having a baby (Changing me) – correctly label the internal and external parts of male and female bodies that are necessary for making a baby. Understand that having a baby is personal choice and express how I am feeling about having children when I am an adult. Girls and puberty (Changing me) – describe how a girls body changes in order for her to be able to have babies when she is an adult, and that menstruation us a natural part of this.	Changing me - The choice and reasoning behind sex

	is no need to feel pressurised into having a boyfriend/girlfriend Showing appreciation to people and animals (Relationships) – know how to show love and appreciation to the people and animals who are special to me. Know that I can love and be loved.			
Science			Living things and their habitats – MRS NERG, including reproduction. Know that reproduction is one of the 7 life processes	
Computing	We are careful when talking to virtual friends. Virtual friendship vs. read friendship; who can we trust?	we are standing up to peer pressure		
RE	Why did Judas betray Jesus? (Easter people) – talk about what is important to them in the challenges they face in their relationships with others, with reference to their own feelings.			

Year 5	Relationship	Health	Science	Sex
Science		**Animals Including Humans** To know what needs baby have when they are young.	**Living Things and Their Habitats** Changing Me Jigsaw Unit. To describe the main difference in the life cycles of mammals and birds **Animals Including Humans – Summer 1 Changing Me** To know how humans change overtime. (adolescent, foetus) To know the basics of how reproduction occurs in humans. (fertilization, egg and sperm) To know what the gestation period is and how it differs between animals To know about different types of mammals and how they reproduce. To know how babies grow and develop. To know what needs baby have when they are young. To know what puberty is and how it changes your body.	
PSHE -Jigsaw **Healthy Me –** **Spring 2** **Relationships – Summer 1** **Changing Me –Summer 2**	**Relationships** Safer online Communities Dangers of online grooming (Pictures/Sexting) -I understand that belonging to an online community can have positive and negative consequences -I can explain how to stay safe when using technology to communicate with my	**Healthy ME** Body Image Alcohol and Anti-Social Behaviour (Decision making, sexual risks) I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart **Changing Me**	**Changing Me** Puberty for girls I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Puberty for boys I can describe how boys' and girls' bodies change during puberty Conception	**Changing Me** Puberty for Girls

	friends **Changing Me** Conception 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	Puberty for girls I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Puberty for boys I can describe how boys' and girls' bodies change during puberty Conception 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	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	The act of sexual intercourse **Changing Me** How puberty affects the act of sexual intrercourse
Humanities	**60's 70's 80's** Civil Rights Mixed Race relationships/children Clothing - Women			

Year 6	Relationships	Health	Science	Sex
PSHE -Jigsaw **Healthy Me –** **Spring 2** **Relationships – Summer 1** **Changing Me –Summer 2**	**Healthy Me** How substances affect my body I know about different types of drugs and their uses and their effects on the body particularly the liver and heart **Relationships** Being online (Videos/images) I can judge whether something online is safe and helpful for me **Changing Me** Puberty (Masturbation and changes to thoughts, feelings and physical changes) -I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally **Changing Me** I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	**Healthy ME** How Substances affect my body I know about different types of drugs and their uses and their effects on the body particularly the liver and heart **Changing Me** Puberty (Masturbation and changes to thoughts, feelings and physical changes) -I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	**Changing Me** Puberty (Masturbation and changes to thoughts, feelings and physical changes) -I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally Conception to birth I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	**Changing Me** Puberty Pleasure during sexual intercourse