

Aspire Academy Trust – Relationship and Sex Education Policy

Appendix 1 – Curriculum Map

Academy Name	St Breock
Head of School	Sian Hall
Date Completed	10/5/21

Year Group	Topic/Theme details					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
FS1	Helping others to feel welcome. Caring about feelings of others.	Pupils accept that everyone is different. Pupils include others when working and playing.	Know how to stay motivated when doing something challenging. Keep trying even when it is difficult. Know how to work well with a partner or in a group.	Make a healthy choice. Eaten a healthy balanced diet. Are physically active.	Know how to make friends. Know how to solve friendship problems when they occur. Know how to help others to feel part of a group.	Understand that everyone is unique and special. Express how they feel when change happens.
FS2	How they can make school a better place. Working well with others.	Try to solve their own problems. Try to use kind words.	Have a positive attitude. Know how to help others to achieve their goals. Work hard to achieve their own dreams and goals	Tried to keep themselves and others safe. Know how to be a good friend and enjoy healthy relationships.	Show respect in how they treat others. Know how to help themselves and others when they feel hurt/upset. Know and show what makes a good relationship.	Understand and respect the changes that they see in themselves and other people. Know who to ask for help if they are worried about change. Look forward to change.

Y1	Understanding rights and responsibilities.	Explain how they are different from their friends. Understand differences which make us unique.	Know what success feels like and celebrate. Store feelings of success.	Know why their body is amazing and can identify ways to keep it healthy and safe. Recognise how being healthy helps them to feel happy.	Tell you why they appreciate someone who is special to them. Express how they feel about themselves.	Identify the parts of the body that make boys different to girls and can use the correct names for these. Respect their body and understand which parts are private.
Y2	Understanding how they can make their classroom a safe and happy place to learn.	Identify ways their friends are different. Explain why they value difference.	Work co-operatively with others. Express feelings of working as part of a group.	Make healthy snacks and explain why they are good for their body. Express how it feels to share healthy foods with their friends,	Identify some of the things that cause conflict between themselves and their friends. Demonstrate how to use the positive problem-solving technique to resolve conflicts.	Recognise the physical differences between boys and girls. Use the correct names for parts of the body and appreciate that some parts of their bodies are private
Y3	Rights and responsibilities – why rules are needed. How to value themselves and make others feel valued.	How their words affect peoples feelings. Receiving and giving compliments.	Know how to evaluate their learning process & make it better next time. Share their successes.	Identify things, people and places that they need to keep safe from and can tell you some strategies for keeping themselves safe including who to go to for help. Express how being anxious or scared feels.	Explain how some of their actions and work of people around the world help and influence their life. Show an awareness of how this could affect their choices.	Identify boys' and girls' and how 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. Recognise how they feel about these changes happening to them and know how to cope with these feelings.
Y4	Democracy and Pupil Voice. Working as a group.	How first impressions can change. Accepting people for who they are.	Make a plan and set new goals even in disappointment. Know how to show	Recognise when people are putting them under pressure and can explain ways to resist this when they want to.	Explain different points of view on animal rights issues. Express their own opinion	Understand that they are made from the joining of a sperm and an egg from their parents. Label the internal and

			resilience and a positive attitude.	Identify feelings of anxiety and fear associated with peer pressure.	and feelings on this.	<p>external body parts of male and female bodies that are necessary for making a baby.</p> <p>Describe how a girl's body changes in order for her to have babies and how menstruation is a part of this.</p> <p>Express fears and concerns about changes and know how to manage this positively.</p>
Y5	<p>Rights and responsibilities as a British Citizen.</p> <p>Empathy with people whose lives are different from their own.</p>	<p>Direct and indirect bullying.</p> <p>Behaviour choices which support children who are bullying or being bullied.</p>	Exploring dreams and goals of a child from a culture different from theirs and relate them to their own.	<p>Describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.</p> <p>Respect and value their body.</p>	<p>Explain how to stay safe when using technology to communicate with their friends.</p> <p>Recognise and resist pressures to use technology in ways that may be risky or cause harm to themselves or others.</p>	<p>Describe how boys' and girls' bodies change during puberty.</p> <p>Express how they feel about the changes that will happen to themselves during puberty.</p>
Y6	<p>Universal rights for children – when these not met.</p> <p>Understanding their own wants and needs and compare this to other communities.</p>	<p>Difference as conflict and celebration.</p> <p>Empathy with people in either situation.</p>	Describe ways in which they can work with others to make the World a better place.	<p>Evaluate when alcohol is being used responsibly, anti-socially or being misused.</p> <p>Tell you how they feel about using alcohol when they are older and their reasons for this.</p>	<p>Recognise when people are trying to gain power or control.</p> <p>Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control.</p>	<p>Describe how a baby develops from conception through the 9 months of pregnancy and how it is born.</p> <p>Recognise how they feel when they reflect on the development and birth of a baby.</p>