

Appendix 1

Key Stage 2 Growing Up & Relationships Theme Overview – Highlighted lessons show non-statutory Sex Education content (right to withdraw)

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1	Appropriate Contact <u>Aim</u> To begin to understand the difference between acceptable and unacceptable physical contact. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand that some types of physical contact are never appropriate. I understand that some types of physical contact are appropriate. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Year 1 Safety and the changing body Lesson 5 	Secrets and Surprises <u>Aim</u> To begin to understand the difference between secrets and surprises. <u>Success Criteria</u> <ul style="list-style-type: none"> I can explain what a surprise is. I can explain what a secret is. I understand the difference between a secret and a surprise. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Year 2 Safety and the changing body Lesson 3 	Respect <u>Aim</u> To recognise respectful behaviour and understand the importance of self-respect. <u>Success Criteria</u> <ul style="list-style-type: none"> I can recognise respectful behaviours e.g. helping or including others, being responsible. I know the importance of self-respect and their right to be treated respectfully by others. <u>Planning</u> St Michael's CE (A) Primary School planning – Curriculum 2021 – PSHE Year 3	Changes <u>Aim</u> To discuss how we have changed since we were a baby and how we will change in the future. <u>Success Criteria</u> <ul style="list-style-type: none"> To consider the changes that can take place in our lives and those of others. To discuss the feelings associated with change and how these are different for different people. To appreciate that as we change we are able to do different things and develop different interests. <u>Planning</u> <ul style="list-style-type: none"> SRE Y4 Lesson 1: Changes 	What is Puberty <u>Aim</u> To understand physical changes during puberty. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand how the body changes as a child becomes an adult. I can accurately label sexual external parts of the body. I can accurately label internal reproductive organs. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Y5 Safety and the Changing Body lesson 3 Puberty 	Puberty Changes <u>Aim</u> To explore the changes that happen during puberty and growing up. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand changes that happen during puberty for boys, girls, both. I can name the parts of the body. I can use my knowledge to answer other people's problems. <u>Planning</u> <ul style="list-style-type: none"> CWC Lesson 1 SRE Puberty Pack Y6 Kapow – Y6 Safety and the Changing Body lesson 4 Video
Lesson 2		Appropriate Contact (Lesson 1) <u>Aim</u> To begin to understand the concept of privacy and the correct vocabulary for body parts. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand what 'private' means. I can name parts of the body. I can name the private parts of my body correctly. I understand that my private parts belong to me. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Year 2 Safety and the changing body Lesson 4 	What do families provide? <u>Aim</u> To learn about family relationships. <u>Success Criteria</u> <ul style="list-style-type: none"> recognise the features of family life identify the qualities of different family relationships explain how families can support and care for each other describe positive aspects of belonging to a family <u>Planning</u> <ul style="list-style-type: none"> PSHE Association KS2 Families lesson 1. 	Growing Up <u>Aim</u> To recognise that change is part of growing up. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand I have changed physically and developed skills in my life so far. I can identify some physical changes I will go through before I become an adult. I can identify things I will be able to do when I am an adult that I cannot do now. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Y4 Safety and the Changing Body lesson 6 Growing Up 	Puberty for Boys & Girls (separate lessons) <u>Aim</u> To understand the menstrual cycle <u>Success Criteria</u> <ul style="list-style-type: none"> I understand the process of the menstrual cycle. I can explain some changes I will go through during puberty. I know who I can go to for help if I need to. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Y5 Safety and the Changing Body lesson 4 Menstruation 	Conception <u>Aim</u> To understand the biology of conception. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand the menstrual cycle. I understand how a baby is conceived. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Y6 Safety and the Changing Body lesson 5 Conception
Lesson 3		Appropriate Contact (Lesson 2) <u>Aim</u> To understand safe and unsafe touches. <u>Success Criteria</u> <ul style="list-style-type: none"> I can explain the PANTS rule. I know how to tell someone to stop if I feel uncomfortable or upset about their behaviour. I can name someone I can talk to if I am worried or uncomfortable. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Year 2 Safety and the changing body Lesson 5 	Family Differences <u>Aim</u> To recognise and respect that there are different types of families. <u>Success Criteria</u> <ul style="list-style-type: none"> describe different family structures identify what families have in common and how they can differ recognise that all family types should be valued and celebrated <u>Planning</u> <ul style="list-style-type: none"> PSHE Association KS2 Families lesson 2. 	What is Puberty? <u>Aim</u> To recognise the physical differences between children and adults. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand that my body will change as I become an adult. I understand that different changes happen to males and females. I can identify some physical differences between child and adult bodies. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Y4 Safety and the Changing Body lesson 7 Introducing Puberty 	Puberty and Hygiene <u>Aim</u> To recap on the importance of maintaining personal hygiene as our bodies grow and change. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand why it is important to keep myself clean during puberty. I know about products and routines that can help me to do so. I understand the feelings and emotions associated with personal hygiene. <u>Planning</u> <ul style="list-style-type: none"> CWC Lesson 3 SRE Puberty Pack Y5 	Pregnancy and Birth <u>Aim</u> To understand the development of the baby during pregnancy. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand how a baby develops in the womb during pregnancy. I can identify some of the things a baby needs. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Y6 Safety and the Changing Body lesson 6 Pregnancy and Birth
Lesson 4		Respecting Personal Boundaries <u>Aim</u> To know my body is important and belongs to me. <u>Success Criteria</u> <ul style="list-style-type: none"> I can choose what happens to my body. I know I can give permission and take it away when I choose. I know who to talk to if I feel uncomfortable. 	Individual Strengths and Challenges <u>Aim</u> To recognise how strengths and interests form part of a person's identity. <u>Success Criteria</u> <ul style="list-style-type: none"> I can identify my own personal strengths and interests and what I'm proud of. 	Puberty and Hygiene <u>Aim</u> To learn about how to maintain personal hygiene during puberty. <u>Success Criteria</u> <ul style="list-style-type: none"> I can understand the physical and emotional changes that happen during puberty. I can understand the importance of keeping clean during puberty. 	Emotional Changes During Puberty <u>Aim</u> To understand emotional changes during puberty <u>Success Criteria</u> <ul style="list-style-type: none"> I understand that puberty may change my feelings as well as my body. I understand that everyone is different and these differences are normal. 	Relationships <u>Aim</u> To consider how relationships will change as they grow up. <u>Success Criteria</u> <ul style="list-style-type: none"> I understand how relationships change as I grow up. I understand there are different types of relationships.

		<u>Planning</u> <ul style="list-style-type: none"> Kapow – Year 2 Safety and the changing body Lesson 6 	<ul style="list-style-type: none"> I know that everyone is an individual and has unique and valuable contributions to make. <u>Planning</u> <ul style="list-style-type: none"> Kapow - Y3 Health & Wellbeing Lesson 3: My Superpowers 	<ul style="list-style-type: none"> I can understand how to keep clean during puberty. <u>Planning</u> <ul style="list-style-type: none"> SRE Y4 Lesson 4: Puberty and Hygiene 	<ul style="list-style-type: none"> I know who I can talk to if I am worried about anything. <u>Planning</u> <ul style="list-style-type: none"> Kapow – Y5 Safety and the Changing Body lesson 5 emotional Changes in puberty 	<ul style="list-style-type: none"> I am able to explain some of the love and relationship qualities with a boyfriend/girlfriend. <u>Planning</u> <ul style="list-style-type: none"> CWC Lesson 3 SRE Puberty Pack Y6
Lesson 5			Peer pressure/ Influences <p><u>Aim</u> To understand the choices people can make and those which are made or influenced by others.</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> I understand some choices I can make. I understand why some decisions are made for me. I can explain who might make choices for me. I understand that there are people who will influence what I choose. I can explain how someone's influence might not be good for me <p><u>Planning</u></p> <ul style="list-style-type: none"> Kapow Y3/4 Lesson 6: Choices and Influences 	Personal Safety and Touch <p><u>Aim</u> To understand the concepts of personal space, appropriate touch, and respecting their bodies.</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> I can report concerns and seek help if worried or uncomfortable about someone's behaviour, including online I can identify situations where it is necessary to maintain personal space and boundaries. I can demonstrate understanding of appropriate and inappropriate touches. I can recognise when it is appropriate to keep a confidence or share a secret. I can explain the importance of seeking help if feeling worried or uncomfortable about someone's behaviour, including online interactions. <p><u>Planning</u></p> <ul style="list-style-type: none"> SRE Y4 Lesson 5: Personal Safety and Touch 	Relationships <p><u>Aim</u> To consider how relationships will change as they grow up, the qualities in a friend and discuss qualities in a future boyfriend/girlfriend.</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> I understand how relationships will change as I grow up. I can recognise that we all have different types of relationships. I am aware of the qualities that make a good friend. I am beginning to explore love and relationship qualities with a boyfriend/girlfriend. <p><u>Planning</u></p> <ul style="list-style-type: none"> CWC Lesson 5 SRE Puberty Pack Y5 	Marriage <p><u>Aim</u> To understand the concept of marriage.</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> I understand that marriage is a legal commitment. I understand that marriage is an individual choice. I can explain why people might decide to get married. <p><u>Planning</u></p> <ul style="list-style-type: none"> Kapow – Y5 Families and Relationships Lesson 3 Marriage
Lesson 6			Similarities and Differences <p><u>Aim</u> To explore the similarities and differences between males and females.</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> To consider factors that contribute to their own identity To consider similarities and differences between sexes (males and females). To name male and female body parts. <p><u>Planning</u></p> <ul style="list-style-type: none"> SRE Lesson Plan Y3 Lesson 2: Teams-Curriculum-PSHE-Y3 	Periods (Girls only) <p><u>Aim</u> To understand the menstrual cycle</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> I understand the process of the menstrual cycle. I know who I can go to for help if I need to. <p><u>Planning</u></p> <ul style="list-style-type: none"> Kapow – Y5 Safety and the Changing Body lesson 4 Menstruation 	Support Networks <p><u>Aim</u> To consolidate learning through providing and knowing where to access support.</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> I understand how to manage the changes that will happen during puberty. I can recap on the physical, emotional and social changes that happen during puberty. I can identify who I can ask for support with regards to puberty and relationships. <p><u>Planning</u></p> <ul style="list-style-type: none"> CWC Lesson 6 SRE Puberty Pack Y5 	Safe Relationships <p><u>Aim</u> To discuss how we can always feel safe in our relationships.</p> <p><u>Success Criteria</u></p> <ul style="list-style-type: none"> I can recognise that secrets can be good and bad and have different feelings associated with them. I can identify appropriate touches in different relationships. I know who I can speak with if a situation makes me feel uncomfortable. I know the NSPCC PANTS rule. <p><u>Planning</u></p> <ul style="list-style-type: none"> CWC Lesson 6 SRE Puberty Pack Y6