



## Early Years RSE Links

	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<b>PSHE</b>	<p>I can tell you some things I can do and some food I can eat to be healthy</p> <p>I know I need to wash my hands and body to stay healthy.</p> <p>I know I need sleep to be healthy.</p>	<p>I can tell you about my family</p> <p>I can tell you ways to make friends.</p> <p>I know what to do if someone is unkind to me.</p>	<p>I can understand and respect the changes I see in myself</p> <p>I can name parts of my body and show respect for myself</p> <p>I understand that we all start as babies and grow into children and then adults</p> <p>I know that I grow and change</p>
<b>Making Relationships</b>		<p>Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p>	
<b>Self-Care</b>	<p>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>		
<b>People and communities</b>		<p>Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.</p>	
<b>The World</b>			<p>Children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur, and talk about changes.</p>
<b>Technology</b>	<p>Children recognise that a range of technology is used in places such as homes and schools. They select and use technology for particular purposes.</p>		



## Key Stage 1 RSE Links

<p><b>PHSE</b></p>	<p><b>Healthy Me</b>  <u>Healthy choices / Keeping healthy</u>            I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy            I can recognise how being healthy helps me to feel happy            I can make some healthy snacks and can explain why they are good for my body</p>	<p><b>Relationships</b>  <u>Special people / Resolving conflict</u>            I can express how I feel about somebody who is special to me            I can identify some of the things that cause conflict between me and my friends            I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends            I know that there are different types of relationships – family, friends and others            I know about change and loss and the associated feelings</p>	<p><b>Changing Me</b>  <u>My body / My body parts</u>            I know about the changes that have happened to my body since birth            I know the names for the main body parts (including external genitalia) and the similarities/differences between boys and girls            I know that individuals have rights over their own bodies, and that there are differences between good and bad touching            I know who I can go to if I am worried about something            I know about the process of growing from young to old and how people's needs change</p>
<p><b>Science</b></p>	<p><b>Animals, including Humans</b>            I can find out about and describe the basic needs of animals, including humans for survival.            I can describe the importance for humans of exercise, eating the right amount of different types of food, and hygiene.</p>		<p><b>Animals, including Humans</b>            I can identify, name, draw and label the basic parts of the human body and say which part of the human body is associated with each sense.            I notice that animals, including humans, have offspring which grow into adults (life cycle – baby, toddler, child, teenager, adult)</p>
<p><b>Computing</b></p>	<p><b>Keeping Safe Online</b>            I can use technology safely and respectfully, keeping personal information private            I can identify where to go for help and support when I have concerns about content or contact on the internet or other online technologies</p>		



## Lower Key Stage 2 RSE Links

	<b>Healthy Me</b> <u>Staying safe / Peer pressure</u>	<b>Relationships</b> <u>Role models / Expressing opinions</u>	<b>Changing Me</b> <u>Privacy / Boys and girls</u>
<b>PHSE</b>	<p>I can identify dangers and communicate strategies to keep myself safe</p> <p>I can give and receive compliments and know how this feels</p> <p>I can explain why it is good to accept people for who they are</p> <p>I can identify feelings of anxiety and fear associated with peer pressure</p>	<p>I can identify different types of relationships and show ways to maintain positive and healthy relationships</p> <p>I understand that relationships may change over time</p> <p>I can judge what kind of physical contact is acceptable or unacceptable and how to respond - including who I should tell and how to tell them</p> <p>I understand the difference between secrets and surprises and understand not to keep adult secrets and when to support a friend to tell a trusted adult</p> <p>I can recognise what love is</p> <p>I know that there are different kinds of families and partnerships</p>	<p>I understand the language used to describe changes and feelings</p> <p>I understand that my body and emotions will change as I grow older</p>
<b>Science</b>	<p style="text-align: center;"><b>Animals, including Humans</b></p> <p>I can identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat</p> <p>I can identify that humans and some other animals have skeletons and muscles for support, protection and movement.</p> <p>I can describe the simple functions of the basic parts of the digestive system in humans</p>		
<b>Computing</b>	<p style="text-align: center;"><b>Keeping Safe Online</b></p> <p>I can use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour</p> <p>I can identify a range of ways to report concerns about content and contact.</p>		



## Upper Key Stage 2 RSE Links

<p><b>PHSE</b></p>	<p><b>Healthy Me</b> <u>Staying safe / Alcohol</u></p> <p>I can explain the differences between direct and indirect types of bullying I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied I understand how people can develop eating disorders relating to body image pressures I can evaluate when alcohol is being used responsibly, antisocially or being misused I recognise what acceptable or unacceptable physical contact is I know how to ask for help and have a range of strategies to resist pressure</p>	<p><b>Relationships</b> <u>Role models / Staying in control</u></p> <p>I understand that civil partnerships and marriages are examples of stable, loving relationships freely entered into by both people I can recognise the difference between aggressive and assertive behaviour</p>	<p><b>Changing Me</b> <u>Privacy / Reproduction</u></p> <p>I can name and explain male and female body parts, relating to Sex and Relationship Education I know the ways in which boys and girls grow and develop in puberty – physically and emotionally I know about human reproduction including conception I understand the physical and emotional changes I will go through at puberty</p>
<p><b>Science</b></p>	<p><b>Animals, including Humans</b></p> <p>I recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function I can describe the ways in which nutrients and water are transported within animals, including humans</p>		<p><b>Living Things and their Habitats</b></p> <p>I can describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird I can describe the life process of reproduction in some plants and animals.</p> <p><b>Evolution and Inheritance</b></p> <p>I recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents</p> <p><b>Animals, including Humans</b></p> <p>I can describe the changes as humans develop to old age</p>
<p><b>Computing</b></p>	<p><b>Keeping Safe Online</b></p> <p>I can use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour I can identify a range of ways to report concerns about content and contact.</p>		
<p><b>Puberty Human Reproduction</b></p>		<p>I understand that civil partnerships and marriages are examples of stable, loving relationships freely entered into by both people</p> <p>I know that relationships change over time and that new relationships and friendships develop and the features of a positive healthy relationship</p>	<p>I know about human reproduction including conception I understand the physical and emotional changes I will go through at puberty I recognise different risks in different situations and then decide how to behave responsibly, including judging what kind of physical contact is acceptable or unacceptable I can name and explain male and female body parts, relating to Sex and Relationship Education I know the ways in which boys and girls grow and develop in puberty – physically and emotionally I recognise, as I approach puberty, how people’s emotions change at that time and how to deal with my feelings towards myself, my family and others in a positive way</p>