

**Shiplake C.E. Primary**  
**Mapping Sex and Relationships in the PSHE Framework**

	Term 1&2	Term 3&4	Term 5&6
Foundation Stage	<p>Making friends and settling in to school.</p> <p>Differences and similarities between people.</p> <p>Say no to bullying.</p>	<p>Friendship</p> <p>How to keep healthy and safe.</p>	<p>Life cycle of a butterfly .</p> <p>Baby animals and parents.</p> <p>What I am good at.</p>
Year 1	<p>Process of growing young to old and how peoples' needs change.</p> <p>Names for the main parts of their body.</p> <p>Caring for people who are important to them.</p> <p>Say no to bullying.</p>	<p>What is a healthy lifestyle.</p> <p>The importance of personal hygiene.</p> <p>Differences between surprises and secrets.</p> <p>Recognise difference between kind and unkind.</p> <p>Co-operate with others.</p>	<p>Managing feelings.</p>
Year 2	<p>New and changing opportunities that increasing independence brings.</p> <p>Similarities and differences between people, boys and girls.</p> <p>Say no to bullying</p>	<p>Keeping ones-self healthy. Making responsible choices.</p> <p>Differences between surprises and secrets.</p>	<p>Feelings of loss and change.</p>
Year 3	<p>Differences and similarities between people.</p> <p>Say no to bullying.</p>	<p>To recognise opportunities to make their own choices about food. What is a balanced diet.</p> <p>Feelings – discuss range and intensity.</p>	<p>Taking care of their body, understand that they have autonomy and the right to protect their body from inappropriate or unwanted contact.</p>
Year 4	<p>Taking care of their body, understand that they have autonomy and the right to protect their body from inappropriate or unwanted contact.</p> <p>Differences and similarities between people.</p> <p>Say no to bullying.</p>	<p>Begin to understand the concept of a balanced lifestyle.</p> <p>Emotions and how to deal with them.</p> <p>Maintaining positive and healthy relationships.</p> <p>When not to keep something confidential.</p>	<p>To recognise and challenge stereo types.</p> <p>To recognise that images in media do not always reflect reality.</p>

		To work collaboratively.	
Year 5	Say no to bullying.  Differences and similarities between people.	Pressure to behave in unacceptable ways can come from a variety of sources including the media.  Awareness of unhealthy relationships.	Conflicting emotions and how they could affect relationships.  When is it right to break a confidence?  How their bodies will change as they approach and move through puberty.
Year 6	Differences and similarities between people.  Say no to bullying.	Making own choices.  Resisting pressure from others.	Discuss about change and loss.  Different types of relationships.  When is it right to break a confidence?  To recognise and challenge stereotypes.  Human reproduction.  Protect self from abuse, including FGM and where to get support.

Lessons are based on PSHE scheme of work 2015.

Updated January 2019