



Long Term Plan: RSE – Relationships and Sex Education (Jigsaw Scheme of Work)

Year group	Summer			
	Themes	Expected outcomes	Themes	Expected Outcomes
EYFS	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	<ul style="list-style-type: none"> To give focused attention to what the teacher says To respond appropriately To show an ability to follow instructions involving several ideas or actions 	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	<ul style="list-style-type: none"> To show sensitivity to our own and others' needs To show an understanding of our own feelings and those of others To begin to regulate our behaviour
1	Relationships Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgment Being a good friend to myself Celebrating special relationships	<ul style="list-style-type: none"> To explain why we have special relationships with some people and how these relationships help us feel safe and good about ourselves. To give examples of behaviour in other people that we appreciate and behaviours that we don't like. 	Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between male and female bodies (correct terminology) Linking growing and learning Coping with change Transition	<ul style="list-style-type: none"> To compare how we are now to when we were a baby and explain some of the changes that will happen to us as we get older. To use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. To explain why some changes we might experience might feel better than others.
2	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Expressing appreciation for special relationships	<ul style="list-style-type: none"> To explain why some things might make us feel uncomfortable in a relationship and compare this with relationships that make us feel safe and special. To give examples of some different problem-solving techniques and explain how we might use them in certain situations in my relationships. 	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing form transition	<ul style="list-style-type: none"> To use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. To explain why some types of touches feel OK and others don't. To tell what we like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to us.
3	Relationships Family roles and responsibilities Friendship and negotiation Keeping safe on-line and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	<ul style="list-style-type: none"> To explain how our life is influenced positively by people we know and also by people from other countries. To explain why our choices might affect our family, friendships and people around the world who we don't know. 	Changing Me How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition	<ul style="list-style-type: none"> To explain how boys' and girls' bodies change on the inside/outside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up. To recognise how we feel about these changes happening to us and can suggest some ideas to cope with these feelings.



4	<p>Relationships</p> <p>Jealousy Love and Loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<ul style="list-style-type: none"> To recognise how people are feeling when they miss a special person or animal. To give ways that might help us manage our feelings when missing a special person or animal. 	<p>Changing Me</p> <p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p>	<ul style="list-style-type: none"> To summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. To explain some of the choices we might make in the future and some of the choices that we have no control over. To offer some suggestions about how we might manage our feelings when changes happen.
5	<p>Relationships</p> <p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules</p>	<ul style="list-style-type: none"> To compare different types of friendships and the feelings associated with them. To explain how to stay safe when using technology to communicate with our friends, including how to stand up for ourselves, negotiate and to resist peer pressure. To apply strategies to manage feelings and the pressures we may face to use technology in ways that may be risky or cause harm to ourselves or others. 	<p>Changing Me</p> <p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition</p>	<ul style="list-style-type: none"> To explain how boys and girls change during puberty and why looking after ourselves physically and emotionally is important. To summarise the process of conception. To express how we feel about the changes that will happen to us during puberty, and that we accept these changes might happen at different times to our friends.
6	<p>Relationships</p> <p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p>	<ul style="list-style-type: none"> To identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. To explain the feelings we might experience if we lose somebody special and when we need to stand up for ourselves and our friends in real or online situations. To offer strategies to help manage these feelings and situations. 	<p>Changing Me</p> <p>Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>	<ul style="list-style-type: none"> To describe how a baby develops from conception through the nine months of pregnancy, and how it is born. To recognise how we feel when we reflect on becoming a teenager and how we feel about the development and birth of a baby.