

Growing & Caring For Ourselves Key Stage 1

Scheme of Work

Word Box: Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Respectful relationships (3a,3e) Healthy Education Mental wellbeing (6b,6c)	Learning Intention To understand that we are all different but can still be friends Learning Outcomes Know that we can be friends with people who are different to us	Lesson 1 Different Friends	Talking object Story bag containing an elephant puppet (or the elephant picture) and a school jumper or shirt if the school has one. Paper and coloured pencils_
Key Stage 1 Science - Identify, name, draw and label the basic parts of the human body	Learning Intention To discuss how children grow and change Learning Outcomes Understand that babies need care and support Know that older children can do more by themselves	Lesson 2 Growing and Changing	Talking object Story bag containing Pictures of newborn babies Lifecycle picture cards Lifecycle word cards Lifecycle whiteboard summary
Relationships Education Families and people who care for me (1a,1b,1c,1d,1f) Caring friendships (2e) Respectful relationships (3a,3e) Being Safe (5d,5e) Health Education Mental wellbeing (6b,6c)	Learning Intention To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe Learning Outcomes Know there are different types of families Know which people we can ask for help	Lesson 3 Families and Care	Talking object Story bag - containing a ball and a school jumper Families pictures <i>The Family Book</i> , Todd Parr

Scheme of Work

Word Box: Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance

Relationships Education

Respectful relationships
(3a,3g)

Key Stage 1 Science

- Identify, name, draw and label the basic parts of the human body

Learning Intentions and Learning Outcomes

Learning Intention

To introduce the concept of gender stereotypes
To identify differences between males and females

Learning Outcomes

Understand that some people have fixed ideas about what boys and girls can do
Describe the difference between male and female babies

Lesson Title

Lesson 1

[Differences](#)

Resources

2 large PE hoops

[Boy/Girl/Everyone labels](#)

Bag of objects and clothing to explore male and female stereotypes or [Pictures of objects and clothing](#)

[Clothed Babies picture cards](#)

[Clothed Babies whiteboard summary](#)

[Pictures of newborn babies](#)

Suggested reading:

Pearl Power and the Toy Problem, Mel Elliott

Julian is a Mermaid, Jessica Love

Are you a boy or are you a girl, Sarah Savage and Fox Fisher

Princess Smartypants, Babette Cole

William's Doll, Charlotte Zolotow

Amazing Grace, Mary Hoffman and Caroline Binch

Relationships Education

Respectful relationships (3a)

Key Stage 1 Science

- Notice that animals, including humans, have offspring that grow into adults

Learning Intention

To explore some of the differences between males and females and to understand how this is part of the lifecycle

Learning Outcomes

Describe some differences between male and female animals
Understand that making a new life needs a male and a female

Lesson 2

[Male and Female Animals](#)

Talking object

[Pictures of male and female animals](#)

[Cats and Kittens worksheet](#)

Anatomically correct toy farm animals

Key Stage 1 Science

-Identify, name, draw and label the basic parts of the human body

Learning Intention

To focus on sexual difference and name body parts

Learning Outcomes

Describe the physical differences between males and females
Name the different body parts

Lesson 3

[Naming Body Parts](#)

2 large PE Hoops

[Hoop labels](#)

[Body Parts picture cards](#)

[Female x-ray picture](#)

[Body Parts worksheet](#)

Suggested reading:

Shapesville, Andy Mills

It's OK to be Different, Todd Parr

Valuing Difference and Keeping Safe Key Stage 2

Scheme of Work

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Respectful relationships (3a)	Learning Intention To identify that people are unique and to respect those differences To explore the differences between male and female bodies Learning Outcomes Know and respect the body differences between ourselves and others Name male and female body parts using agreed words	Lesson 1 Body Differences	<i>It's OK to be different</i> , Todd Parr Pictures of male and female bodies Body Difference matching cards Additional Activities <i>Cinderella's Bum</i> , Nicholas Allan <i>Shapesville</i> , Andy Mills
Relationships Education Caring friendships (2e) Respectful relationships (3b,3d,3f) Being safe (5a,5b,5c,5d,5f,5g)	Learning Intention To consider appropriate and inappropriate physical contact and consent Learning Outcomes Understand that each person's body belongs to them Understand personal space and unwanted touch	Lesson 2 Personal Space	PANTS cards Unwanted Touch scenarios Additional Activities <i>It's my body - a book about body privacy</i> , Louise Spilsbury and Mirella Mariani
Relationships Education Families and people who care for me (1a,1b,1c,1d,1f) Being safe (5d,5f,5g, 5h)	Learning Intention To explore different types of families and who to go to for help and support Learning Outcomes Understand that all families are different and have different family members Identify who to go to for help and support	Lesson 3 Help and Support	Families pictures Who can I talk to? worksheet <i>The Family Book</i> , Todd Parr Additional Activities <i>Tell Me Again About The Night I Was Born</i> , Jamie Lee Curtis <i>Who's in a Family?</i> Robert Skutch <i>Happy Families</i> , Allan Ahlberg <i>Spark Learns to Fly</i> , Judith Foxon <i>Stranger Danger</i> , Anne Fine

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

Statutory Guidance

Health Education

Changing adolescent body (8a)

Key Stage 2 Science

- describe the life process of reproduction in some plants and animals

Learning Intentions and Learning Outcomes

Learning Intention

To explore the human lifecycle
To identify some basic facts about puberty

Learning Outcomes

Understand that puberty is an important stage in the human lifecycle
Know some changes that happen during puberty

Lesson Title

Lesson 1
[Changes](#)

Resources

[Lifecycle whiteboard summary](#)
[Body Parts Bingo cards](#)
[Bingo Flash cards](#)
[Body Changes pictures](#)
[Lifecycle Quiz slides](#)
[Lifecycle Quiz answers](#)
Additional Activities
[Babies and Children worksheet](#)

Health Education

Mental wellbeing (6a,6b,6c,6d,6f)

Health Education

Changing adolescent body (8a, 8b)

Menstruation (9a)

Key Stage 2 Science

- describe the life process of reproduction in some plants and animals
-describe the changes as humans develop to old age

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty
Understand that children change into adults to be able to reproduce if they choose to

Lesson 2

[What is Puberty?](#)

Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart
[Puberty Card Sort](#)
[Puberty Card Sort whiteboard summary](#)
[Body Changes worksheet](#)
[Puberty Changes Teacher Guide](#)

Suggested Reading

Where Willy Went, Nicholas Allan
Hair in Funny Places, Babette Cole

Relationships Education

Caring friendships (2b,2c,2d,2e)

Respectful relationships

(3a,3b,3d,3e,3f,3h)

Online relationships (4b,4d)

Learning Intention

To explore respect in a range of relationships
To discuss the characteristics of healthy relationships

Learning Outcomes

Know that respect is important in all relationships including online
Explain how friendships can make people feel unhappy or uncomfortable.

Lesson 3

[Healthy Relationships](#)

[Healthy Friendships cards](#)
[Relationship pictures](#)

Online Respect and Self-Respect video
<https://www.youtube.com/watch?v=mZtXwLzllpk>

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c, 6d,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To explore the emotional and physical changes occurring in puberty Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence	Lesson 1 Talking About Puberty	Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template
Health Education Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To understand male and female puberty changes in more detail Learning Outcomes Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production	Lesson 2 The Reproduction System	Reproductive System slides Puberty Changes Teacher Guide Menstrual cycle animation Male Changes Powerpoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of menstrual product (tampons, pads, liners, re-usables) Pupil questions from Lesson 1 Additional Activities What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary Menstruation Card Game Menstruation Card Game whiteboard summary
Health Education Mental wellbeing (6a,6b,6c, 6d,6e,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty Learning Outcomes Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty	Lesson 3 Puberty Help and Support	Kim's Game items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Year 5 Problem Page Teacher Guide Pupil questions from Lesson 1 Additional Activities Puberty Bingo cards

Puberty, Relationships and Reproduction Key Stage 2

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)	Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence	Lesson 1 Puberty and Reproduction	Puberty Changes Teacher Guide Puberty Body Part cards Reproduction questions sheet Reproduction answer cards Reproduction whiteboard summary Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide
Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)	Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important	Lesson 2 Communication in Relationships	Communication and Touch cards Pupil Questions template
Relationships Education Families and people who care for us (1c,1d,1e) Key Stage 2 Science - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents	Learning Intention To consider different ways people might start a family Learning Outcomes Describe the decisions that have to be made before having children Know some basic facts about conception and pregnancy	Lesson 3 Families, Conception and Pregnancy	Couple pictures How does a baby start? cards (one set per group) How does a baby start? whiteboard summary Pupil Questions from previous lesson - typed Additional Activities Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Reproductive System slides
Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Learning Intention To explore positive and negative ways of communicating in a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong	Lesson 4 Online Relationships	Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from www.thinkuknow.co.uk

Year 7	Transition (6 lessons) Transition to secondary school Starting in secondary school NEW Becoming independent at school NEW Becoming independent outside of school Making new friends NEW Respectful behaviours NEW Healthy phone use and communication online	Identity (1 lesson) Exploring identities and similarities Exploring identities and similarities	Identity (1 lesson) Exploring identities and differences Exploring identities and differences	Community (1 lesson) Appreciating diversity What is a community?	Community (2 lessons) Identifying and challenging bullying Identifying and understanding bullying NEW Challenging bullying - the bystander effect	Body awareness (2 lessons) Knowing your body Knowing Your Body - reproductive systems NEW Knowing your body - reproductive systems and sex	Body awareness (1 lesson) Body Image Body Image and self care	Body Awareness (1 lesson) Puberty Bodily Changes Through Puberty	Body Awareness (2 lessons) Periods Introduction to Periods NEW Period positivity	Body Awareness (2 lessons) Developing sexuality Developing sexual awareness Developing sexuality	Body Awareness (1 lesson) Privacy and consent Privacy and Consent	Body Awareness (2 lessons) FGM and Forced Marriage FGM - Female Genital Mutilation NEW CFM - Child Forced Marriage	Independence (3 lessons) Safety and First Aid Introduction to First Aid NEW Introduction to Fire Safety Personal safety in everyday life	Independence (2 lessons) Making choices about health Making healthy choices - personal hygiene Making healthy choices - eating and sleep	Independence (1 Lesson) Making choices with friends and online Evaluating influences
Year 8	Relationships (3 lessons) Family relationships Introduction to relationships Introduction to family relationships Maintaining healthy family relationships	Relationships (2 lessons) Healthy and unhealthy relationships incl online Healthy friendships Romantic relationships	Relationships (1 lesson) Intimate relationships Physical intimacy	Relationships (2 lessons) Boundaries and consent, incl. sexting Unhealthy relationships, boundaries and consent Relationships and intimacy online	Relationships (1 lesson) Contraception Introduction to contraception	Wellbeing (1 lesson) Knowing your rights Know your rights	Wellbeing (2 lessons) Online wellbeing Online wellbeing - Fake news and echo chambers Online wellbeing - Online safety, grooming and self-esteem	Wellbeing (1 lesson) Media influence Media influence - Influencers, gender and pornography	Wellbeing (1 lesson) Media influence on body image Media influence on body image	Wellbeing (1 lesson) Link between physical health and mental wellbeing Wellbeing - physical and mental wellbeing	Wellbeing (1 lesson) Attitudes to mental health Attitudes to mental health - Recognising and dealing with emotions	Wellbeing (2 lessons) Alcohol and drug misuse Alcohol and smoking/vaping Drug (mis)use			
Year 9	Transition (4 lessons) Transition to KS4. Dealing with change in life Study skills, resilience and managing stress Basics of mental health NEW Managing mental health including self-harm	Identity (1 lesson) Identities and belonging Peer pressure, exploitation and knife crime	Identity (1 lesson) Exploring identities critically Forms of discrimination and allyship	Community (3 lessons) Appreciating diversity Discrimination and prejudice NEW Understanding racism NEW Anti-racism	Community (3 lessons) Identifying abusive relationships Sexual violence and harassment Part 1 NEW Sexual violence and harassment Part 2 Sexual violence and harassment Part 3	Body awareness (1 lesson) Cultivating a positive relationship with body Cultivating a positive relationship with your body	Body awareness (2 lessons) Body Image Body Image 1 - Depictions of relationships, and sexuality Body Image 2 - Beauty standards	Body Awareness (1 lesson) Puberty and hormones Body changes through puberty	Body Awareness (1 lesson) Periods – cycle awareness and period poverty Cycle, Awareness and Period Poverty	Body Awareness (2 lessons) Developing sexuality and readiness for sex Developing, sexuality and readiness for sex Contraceptive Methods	Body Awareness (2 lessons) Consent Consent - Part 1 Consent - Part 2	Body Awareness (1 lesson) Sexual Health and STIs Sexual Health and STIs	Independence (3 lessons) Safety and First Aid Personal safety - Drugs and drug related emergencies NEW Personal safety - Alcohol and alcohol related emergencies Online safety - scams and gambling	Independence (1 lesson) Making choices about health and health prevention Making healthy choices - Preventing cancer and heart disease	Independence (1 lesson) Evaluating influence Managing peer pressure
Year 10	Relationships (2 lessons) Stable, committed relationships Marriage and civil partnerships Becoming a parent	Relationships (1 lesson) Healthy family functioning Family relationships and value conflicts	Relationships (1 lesson) Respectful Relationships Communication and vulnerability in relationships	Relationships (3 lessons) Unhealthy relationships Abusive relationships NEW Sexual violence NEW Sexual violence - Gender stereotypes	Relationships (2 lessons) Making sexual choices and pregnancy Making decisions about sex Foetal development, pregnancy and abortion	Wellbeing (1 lesson) Knowing your rights Know your rights	Wellbeing (1 lesson) Online wellbeing Online wellbeing - Bias and extremism	Wellbeing (1 lesson) Media influence and role models Media influence and gangs	Wellbeing (1 lesson) Media influence and persuasion Media influence, radicalisation, and extremism	Wellbeing (1 lesson) Conversations about mental health Conversations about mental health	Wellbeing (1 lesson) Mental wellbeing Mental wellbeing	Wellbeing (1 lesson) Alcohol and drug misuse Alcohol and Drug Misuse - Addiction and responsibility for others	Independence (1 lesson) Safety and First Aid First Aid - CPR, AEDs, wounds and choking	Independence (2 lessons) Making choices about health and health prevention Making healthy choices - cosmetic and plastic surgery Making healthy choices- organ donation, vaccines and health clinics	Independence (1 lesson) Creating influence Creating influence

Year 11	Transition (1 lesson) Transition to more responsibility Adulting, self worth and celebrating successes	Identity (1 lesson) Exploring identities deeper Identity and mental health	Identity (2 lessons) Exploring Identities critically Gender norms Gender identities	Community (1 lesson) Appreciating diversity Appreciating diversity	Community (2 lessons) Identity and power dynamics. Bereavement and grieving Gender stereotypes and relationships Grief	Body awareness(2 lessons) Connecting with body and emotions mindfully Connecting with yourself mindfully - Stress Connecting with yourself mindfully - Self-Concept and motivation	Body awareness (1 lesson) Body Image in media Body image in media - pornography	Body Awareness (1 lesson) Body image dangers Body Image Dangers	Body Awareness (2 lessons) Parenthood and fertility Parenthood and Fertility - Choices in parenthood, pregnancy and birth Parenthood and Fertility - Routes to parenthood, infertility and miscarriages	Body Awareness (1 lesson) Developing sexuality and readiness for sex Developing sexuality and readiness for sex	Body Awareness (1 lesson) Consent Consent - Pressure and dealing with rejection	Body Awareness (1 lesson) Sexual Health and STIs Sexual Health: STIs and symptoms NEW Sexual Health: STIs, testing and protection			
Year 12	Relationships (1 lesson) Relationship values What kind of person do I want to be for and with others?	Relationships (1 lesson) Healthy family functioning Sharing with others	Relationships (2 lessons) Managing changing relationships Managing intimate relationships Maintaining old and developing new relationships	Relationships (1 lesson) Improving or ending relationships Ending and improving relationships	Relationships (2 lessons) Consent Unhealthy relationships Deepening your understanding of consent Sexual assault and violence	Wellbeing Knowing your rights Know your rights - Sexual and reproductive rights	Wellbeing Online wellbeing Online wellbeing - Bias and extremism	Wellbeing Responsible use of social media Using social media responsibly	Wellbeing Media influence Media influence - Identities and relationships	Wellbeing Conversations about mental health Conversations about mental health	Wellbeing Mental wellbeing Wellbeing and mental health	Wellbeing Alcohol and drug misuse Alcohol and drug misuse - Parties and nights out First aid - Revising basic skills and deepening understanding NEW First aid - Revising basic skills and deepening understanding 2	Independence Safety and First Aid Personal safety - Travelling in the UK and abroad	Independence Making choices about health and health prevention Making healthy choices and preventing illness	Independence Making choices with friends and online Creating Influence - Volunteering
Year 13	Transition (2 lessons) Moving out/ to University What next? Thinking about the future and leaving home Staying healthy	Identity (1 lesson) Identities and inclusion Exploring discrimination and inclusion	Identity (1 lesson) Exploring Identities critically Norms, values and behaviour	Community (1 lesson) Appreciating diversity Appreciating diversity	Community (1 lesson) Identity and power dynamics Exploring privilege	Body awareness Connecting with body and emotions mindfully Connecting with body and emotions mindfully	Body awareness Looking after your body Looking After Your Body - Healthy food and exercise	Body Awareness Sexual health Sexual Health - Condoms NEW Sexual health - Stealthing	Body Awareness Parenthood and fertility Parenthood and Fertility - Discussing contraception and accessing emergency contraception	Body Awareness Developing sexuality and readiness for sex Developing sexual readiness - Pleasure	Body Awareness Consent Consent				