

Year Group	Learning within the <u>Cambridgeshire Scheme</u> that is in our PSHE.	Learning within the <u>Cambridgeshire Scheme</u> that is in our RSE.	RSE Vocabulary	Science Specifics taught
Foundation Stage	<p>Myself and My Relationships Beginning and Belonging- Belonging to the class. Likes and dislikes, Similarities and differences, Setting goals, Recognising feelings, Communication and cooperation, Right and wrong, Fair and unfair R1, R2, R3,R4, R5 R6, R12, R13, R14, R15, R16 R30, R31, R32</p> <p>Myself and MY Relationships Family and Friends – (Including Anti-bullying) Valuing difference and diversity, Kind and unkind behaviour, Bullying, Conflict resolution, Asking for help and telling, Being assertive, Supporting others R1, R2, R3, R4, R5, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19,R21, R22, R30</p> <p>Myself and My Relationships My Emotions- Identifying and managing my emotions, Feelings, thoughts and behaviour, Fair and unfair, Loss and change, Empathy R30, R31, R32</p> <p>Citizenship Identities and Diversity- Similarities, difference and diversity, Respecting and valuing others, The way we live, Neighbourhood, Our beliefs, Routines, customs and traditions, Culture, race and religion R3, R4, R10, R13, R14, R15, R16, R18, R19</p> <p>Citizenship Me and My World- People and places, Family, school and neighbourhood, Jobs, roles and responsibilities, Helping and working together, Caring for living things, Local environments, R1, R2, R3, R12, R13, R14, R15, R16, R18</p>	<p>Healthier and Safer Lifestyles- My Body and Growing Up</p> <p>Section A – Understanding Our Bodies To understand and value what our bodies can do.</p> <p>To describe their own appearance and name body parts including using agreed names for sexual parts.</p> <p>To recognise similarities and differences between the bodies of girls and boys.</p> <p>To understand ways in which their body has changed since they were a baby.</p> <p>Section B- Keeping Clean To understand ways of looking after their body and keeping it clean.</p> <p>Section C – People Who Care For Me To understand how members of their family and other trusted people care for and look after them.</p> <p>Section D – Growing Up To understand ways in which they can take responsibility for looking after themselves and recognise situations where they still need to be supported by others.</p> <p>To recognise how growing up makes them feel.</p>	<p>Range of body parts e.g. Hands Head Teeth Arms Legs</p> <p>Penis Vagina Bottom</p> <p>Baby Child Girl Boy Happy Sad Calm Pleased Growing up Germs Shape Size</p>	<p><u>In Understanding The World</u> Children develop an understanding of growth, decay and changes over time. Children look closely at similarities and differences, patterns and change. Children make observations of animals and plants, and explain why some things occur and talk about changes.</p> <p><u>In Physical Development, Health and Self-Care</u> Children observe the effects of activity on their bodies. Children eat a healthy range of foodstuffs and understand that good practices with regards to exercise, eating, sleeping, and hygiene can contribute to good health. Children know the importance of physical exercise, and healthy diet and can talk about ways to keep healthy and safe.</p> <p><u>In PSED- Making Relationships</u> Children can demonstrate friendly behaviour, initiate conversations and forming good relationships with peers and familiar adults. Children can show sensitivity to others’ needs and feelings and form positive relationships with adults and other children.</p>

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Year 1	<p>Myself and My Relationships Beginning and Belonging- Feeling safe and happy, Belonging in the class, School and community, Ground rules and class charter, Doing new things, Resilience, Asking for help, Sources of support R6, R12, R30, R31, R32</p> <p>Myself and MY Relationships Family and Friends- Developing friendship skills, Valuing difference, Different points of view, Problem solving in relationships, Families and other special people, Personal space, Getting support R1, R2, R3, R4, R5, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R19</p> <p>Myself and My Relationships Anti- Bullying- Defining bullying, Causes and types of bullying, How bullying makes us feel, Responding to bullying, Supporting others, Creating safe environments R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R21, R22, R30</p> <p>Myself and My Relationships My Emotions- Self- awareness, Assertiveness, Identifying and naming emotions, Coping with feelings, Feelings, thoughts and behaviour, Likes and dislikes, Calming down and relaxing, Seeking support R30, R31, R32</p> <p>Citizenship Diversity and Communities- My identity, Different families, Different cultures and beliefs, Groups in and out of school, Respect, Community, Stereotypes, People who help us, School environment, Needs of people, animals, pets and plants R3, R4, R10, R13, R14, R15, R16, R18, R19</p>	<p>Healthy and Safer Lifestyles Relationships and Health Education</p> <p>Section A – Body Knowledge To recognise the main parts of the bodies of humans.</p> <p>Section B – Body Functions and Changes To describe what their bodies can do.</p> <p>Section C – Body Awareness and Image To understand that they have responsibility for their body’s actions and that their body belongs to them.</p> <p>To appreciate how amazing their body is.</p> <p>Section D – Personal Hygiene To know how to keep themselves clean</p> <p>Section E- Illness/Disease Prevention To understand the importance of basic hygiene, e.g. washing hands, using a tissue, and how these prevent the spread of disease.</p>	<p>Range of specific body parts e.g. stomach, chest</p> <p>Penis Testicles Vagina Bottom</p> <p>Male Female Man Woman Teenager Adult Birth Death Same Similar Different Unique Special Responsibility</p>	<p>Begin to notice that animals, including humans, have offspring which grow into adults.</p> <p>Describe and compare the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets).</p> <p>Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</p> <p>Describe the importance of exercise and hygiene for humans.</p> <p>Know the basic needs of humans for survival (water, food and air).</p>

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Year 2	<p>Citizenship Rights, Rules and Responsibilities – Class and school rules , Charters, Rules and laws in society, Understanding right from wrong, Explaining views, Decision making, School and class councils, Responsibility to others R1,R2, R3, R4, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R19</p> <p>Citizenship Working Together- Recognising their strengths, Developing skills to work together, Effective communication, Compromise and cooperation, Discussion and negotiation, Applying group work and communication skills, Evaluating R7, R8, R9, R10, R11, R12, R13, R14, R15, R16</p> <p>Myself and My Relationships Anti- Bullying- Defining bullying, Causes and types of bullying, How bullying makes us feel, Responding to bullying, Supporting others, Creating safe environments R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R21, R22, R30</p> <p>Healthy and Safer Lifestyles Personal Safety- Identifying trusted adults, Bodies, Touches, Secrets, Assessing risk, Assertiveness, What, Who, and How to tell R2, R6, R7, R12, R18, R20, R21, R22, R23, R24, R25, R26, R27, R28, R29, R30, R31, R32</p> <p>Myself and My Relationships Managing Change- Changing friendship patterns, Changing skills and responsibilities, Changing habits, Transition within school, Losing things, Emotions involved in change. R7, R8, R8, R10, R11, R12, R13, R14, R15, R16, R30, R32</p>	<p>Healthy and Safer Lifestyles Relationships and Health Education</p> <p>Section A – The Human Life Cycle To know that humans produce babies that grow into children and then into adults.</p> <p>Section B – Growing Up To consider the ways they have changed physically since they were born.</p> <p>Section C – Personal Responsibilities To consider their responsibilities now and compare these with when they were younger.</p> <p>Section D – Parents, Carers and Families To understand the needs of babies and young children.</p> <p>Section E- Processing the Learning To understand what they have learned and be able to share it with others.</p>	<p>Range of specific body parts e.g. stomach, chest</p> <p>Penis Testicles Vagina Bottom</p> <p>Male Female Man Woman Teenager Adult Birth Death Same Similar Different Unique Special Responsibility</p>	<p>Notice that animals, including humans, have offspring which grow into adults.</p> <p>Find out about and describe the basic needs of animals, including humans, for survival (water, food and air).</p>

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Year 3	<p>Myself and My Relationships Beginning and Belonging- Ground rules, Class charter, Responsibilities, Belonging, New situations, Meeting new people Resilience, Managing feelings, Asking for help, Network of support R6, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R30, R31, R32</p> <p>Myself and My Relationships Family and Friends- Developing friendships, Emotions in friendships, Trustworthiness, Special people networks, Compromise, Empathy, Conflict resolution, Personal boundaries, Networks of support R1, R2, R3, R4, R5, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R19, R25, R30, R31, R32</p> <p>Myself and My Relationships Anti- Bullying- Falling out, Prejudice based bullying, Respect, Direct and indirect bullying, Cyberbullying, Bystanders and followers, Being supportive and getting help R7, R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R21, R22, R30</p> <p>Myself and My Relationships My Emotions- Self- respect, Communicating emotions, Self-care, Diverse emotions and responses, Care and respect for others, Seeking support R7, R8, R9, R30, R31, R32</p> <p>Citizenship Diversity and Communities- Similarities and differences, People in the community, People with different backgrounds, Stereotypes, Roles in the community, Local environment, Animal welfare, R3, R4, R10, R13, R14, R15, R16, R18, R19</p>	<p>Healthy and Safer Lifestyles Relationships and Health Education</p> <p>Section A – Body Knowledge To recognise the main external parts of the bodies of humans, including scientific names for sexual parts.</p> <p>Section B – Body Functions and Changes To understand the physical differences between males and females.</p> <p>Section C – Body Awareness and Image To value their own body recognising their uniqueness.</p> <p>Section D – Personal Hygiene To understand the benefits of carrying regular personal hygiene routines.</p> <p>To consider who is responsible their personal hygiene now, and how this will change in the future.</p> <p>Section E- Illness/Disease Prevention To understand a range of ways illness and disease e.g. colds, chickenpox, head lice, might spread and how they are able to reduce this.</p>	<p>Differences between male and female Range of specific body parts e.g. Breast Nipple Anus Scrotum</p> <p>Toiletries Bacteria Infection Hygiene Love Dependent Independent</p>	<p>Know how to look after teeth.</p> <p>Begin to know about the life cycles of a mammal, an amphibian, an insect and a bird.</p>

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Year 4	<p>Citizenship Rights, Rules and Responsibilities – Respect, Authority, Class and school rules, Charters, Rights and responsibilities, Democracy at school, School and class councils, Decision making, Debating and voting, Responsibilities at home and at school R1, R2, R3, R4, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R19</p> <p>Citizenship Working Together- Recognising and valuing strengths, Developing skills, Steps towards goals, Effective communication, Questioning skills, Problem solving and perseverance, Decision making, Communication and group work skills, Evaluating and feedback R7, R8, R9, R10, R11, R12, R13, R14, R15, R16</p> <p>Myself and My Relationships Anti- Bullying- Falling out, Prejudice based bullying, Respect, Direct and indirect bullying, Cyberbullying, Bystanders and followers, Being supportive and getting help R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R21, R22, R30</p> <p>Healthy and Safer Lifestyles Personal Safety- Identifying and communicating feelings, School and classroom rules, Early warning signs, Identifying trusted adults, Personal networks, Recognising and reporting unkind behaviour, Bodily autonomy, personal boundaries, Safe, unsafe and unwanted touch, Safe and unsafe secrets, Online safety R2, R6, R7, R12, R18, R20, R21, R22, R23, R24, R25, R26, R27, R28, R29, R30, R31, R32</p> <p>Myself and My Relationships Managing Change- Range of experiences of change, Positive changes, Emotions involved in loss and change, Taking responsibility for choices, Confidence in new situations, People I see, people I don't see, Bereavement R7, R8, R8, R10, R11, R12, R13, R14, R15, R16, R30, R32</p>	<p>Healthy and Safer Lifestyles Relationships and Health Education</p> <p>Section A – The Human Life Cycle To understand the main stages of a human life cycle: birth, baby, child, adolescent, adult, middle aged, old age, death.</p> <p>Section B – Growing Up To investigate perceptions of being 'grown up'.</p> <p>Section C – Personal Responsibilities To consider their responsibilities and how these have changed and how they will change in the future.</p> <p>Section D – Parents, Carers and Families To consider the responsibilities that parents and carers have for babies and children.</p> <p>Section E- Processing the Learning To understand what they have learned and share it with others.</p>	<p>Differences between male and female Range of specific external body parts e.g. Breast Nipple Anus Scrotum</p> <p>Toiletries Bacteria Infection Hygiene Love Dependent Independent</p>	<p>Describe the differences in the life cycles of a mammal, an insect and a bird and compare with a human.</p>

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Year 5	<p>Myself and My Relationships Beginning and Belonging- Ground rules, class rules, Charters, Responsibilities, Belonging, New experiences, Resilience, Managing emotions, Network of support, Online sources of support R6, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R19, R26, R30, R31, R32</p> <p>Myself and MY Relationships Family and Friends- Healthy friendships, Trust, Loyalty, Empathy, Compromise, Consent, Changing networks, Family support, Influences and pressures, Cooperation, Online communities, networks of support R1, R2, R3, R4, R5, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R19, R25, R30, R31, R32</p> <p>Myself and My Relationships Anti- Bullying- Friendship difficulties, Defining bullying, Cyberbullying, Physical, mental and emotional wellbeing, Peer influences, Bystanders and colluders, Responsive strategies, Assertiveness, Sources of support R7, R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R24, R25, R30, R31, R32</p> <p>Myself and My Relationships My Emotions- Mental health, Self-respect and identity, Feelings, thoughts, behaviour, Recognising strong feelings, Loneliness, Empathy, Networks of support R7, R8, R9, R30, R31, R32</p> <p>Citizenship Diversity and Communities- Influences on my identity, Gender, Diversity in communities, Challenging stereotypes, Voluntary community, Charities, Environmental issues, Sustainability R3, R4, R10, R13, R14, R15, R16, R18, R1</p>	<p>Healthy and Safer Lifestyles Relationships and Health Education</p> <p>Section A – Body Knowledge To identify male and female sexual parts and describe their functions.</p> <p>To know appropriate terminology for use in different situations.</p> <p>Section B – Body Functions and Changes To know and understand about the physical changes that take place at puberty, why they happen, and how to manage them.</p> <p>To understand that physical change happens at different rates for different people.</p> <p>Section C – Body Awareness and Image To understand how media, families and friends can influence attitudes to their bodies.</p> <p>Section D – Personal Hygiene To know about new aspects of personal hygiene relevant to puberty.</p> <p>Section E- Illness/Disease Prevention To know and understand that safe routines can stop the spread of viruses and bacteria.</p> <p>Section F - Processing the Learning To understand what they have learned and be able to share it with others.</p>	<p>Puberty Development Period Menstruation Voice breaking Sanitary towel Tampon Body odour Deodorant</p> <p>Range of body parts e.g. Cervix Labia Fallopian tubes Ovary Ovum Vulva Vagina Uterus Ovulation Sperm Sperm duct Urethra Pubic hair</p>	<p>Describe the changes as humans develop through puberty.</p> <p>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p>

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<p>Year 6</p>	<p>Citizenship Rights, Rules and Responsibilities – Courtesy, Manners and respect, Online behaviour, Privacy, ground Rules and class rules, Children’s rights, Conflicting rights and responsibilities, Rules and laws in society, Role of the police, Local and national democracy, Participation in class and school, School and class councils, Social and moral issues R1,R2, R3, R4, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R19</p> <p>Citizenship Working Together- Self- perception and self -evaluation, Developing skills, Steps towards goals, The world of work, Effective communication, Charing group discussions, Courtesy, Negotiation and debate, Problem solving and perseverance, Evaluation R3, R7, R8, R9, R10, R11, R12, R13, R14, R15, R16, R18, R30</p> <p>Myself and My Relationships Anti- Bullying- Friendship difficulties, Defining bullying, Cyberbullying, Physical, mental and emotional wellbeing, Peer influences, Bystanders and colluders, Responsive strategies, Assertiveness, Sources of support R9, R10, R11, R12, R13, R14, R15, R16, R17, R18, R19, R21, R22, R30</p> <p>Healthy and Safer Lifestyles Personal Safety- Recognising own feelings and considering others, Rights and responsibilities, Is my fun, fun for everyone? Early warning signs, Identifying trusted adults, Personal networks, Recognising and reporting abuse and neglect, Personal boundaries, Safe, unsafe and unwanted touch, Safe and unsafe secrets, Online safety, Assessing risk R2, R6, R7, R12, R18, R19, R20, R21, R22, R23, R24, R25, R26, R27, R28, R29, R30, R31, R32</p> <p>Myself and My Relationships Managing Change- Range of changes, Emotions, Strategies for change, Supporting others, School/phase transition R7, R8, R8, R10, R11, R12, R13, R14, R15, R16, R30, R32</p>	<p>Healthy and Safer Lifestyles Relationships, Health and Sex Education</p> <p>Section A – The Human Life Cycle To know about the facts of the human lifecycle, including sexual intercourse.</p> <p>Section B – Growing Up To be able to recognise their changing emotions with friends and family and be able to express their feelings and concerns positively.</p> <p>Section C – Personal Responsibilities To consider how they have some responsibility for the feelings and well-being of others.</p> <p>Section D – Parents, Carers and Families To consider the need for trust and love in marriage and established relationships.</p> <p>To have a basic awareness of responsible parenting choices.</p> <p>To understand and respect a wide range of family arrangements e.g. second marriages, fostering, same sex partners and extended families.</p> <p>Section E- Processing the Learning To understand what they have learnt and share it with others.</p>	<p>Sexual Reproduction Puberty Development Period Menstruation Range of internal and external body parts - e.g. Cervix Labia Fallopian tubes Clitoris Ovary Ovum Vulva Vagina Uterus Ovulation Sperm Sperm duct Urethra Pubic hair Voice breaking Arousal Erection Sexual intercourse Sex Ejaculate Conception Pregnancy Commitment Marriage Stable relationship Sanitary towel Tampon Body odour Deodorant</p>	<p>Describe the changes as humans develop to old age.</p> <p>Describe how living things are classified into broad groups according to common observable characteristics and based on similarities and differences.</p> <p>Describe the life process of reproduction in some plants and animals.</p> <p>Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.</p>
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