

Aspire Academy Trust – Relationship and Sex Education Policy

Appendix 1 – Curriculum Map

Academy Name	Probus Primary School
Head of School	Angela Praed
Date Completed	11.05.21

Year Group	Topic/Theme details					
	Autumn 1 Being me in my world	Autumn 2 Celebrating differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
EYFS	Self-identify Understanding feelings Being in the classroom Being gentle Rights & responsibilities	Identifying talents Being special Families Where we live Standing up for yourself Making friends	Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth & Change Fun & Fears Celebrations
Year 1	Feeling special & safe Being part of a class Rights & responsibilities Rewards & feeling proud Consequences Owning the learning charter	Similarities & differences Understanding bullying & knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes & achievements Learning styles Working well & celebrating achievement with a partner Tackling new challenges Identifying & overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health & happiness	Belonging to a family Making friends/ being a good friend Physical contact preferences People who help us Qualities as a friend & person Self-acknowledgement Being a good friend myself Celebrating special relationships	Life cycles – animal & human Changes in me Changes since being a baby Differences between female & male bodies (correct terminology) Linking growing & learning Coping with change Transition

Year 2	Hopes & fears for the year Rights & responsibilities Rewards & consequences Safe & fair learning environment Valuing contributions Choices Recognising feelings	Assumptions & stereotypes about gender Understanding bullying Standing up for self & others Making new friends Gender diversity Celebrating difference & remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to & sharing success	Motivation Healthier choices Relaxation Healthy eating & nutrition Healthier snacks & sharing food	Different types of family Physical contact boundaries Friendship & conflict Secrets Trust & appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female & male bodies (correct terminology) Assertiveness Preparing for transition
Year 3	Setting personal goals Self-identify & worth Positivity in challenges Rules, rights & responsibilities Rewards & consequences Responsible choices Seeing things from others' perspectives	Families & their differences Family conflict & how to manage it (child-centred) Witnessing bullying & how to solve it Recognising how words can be hurtful Giving & receiving compliments	Difficult challenges & achieving success Dreams & ambitions New challenges Motivation & enthusiasm Recognising & trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling & healthy swaps Attitude towards drugs Keeping safe & why it's important online and offline scenarios Respect for myself & others Healthy & safe choices	Family roles & responsibilities Friendship & negotiations Keeping safe online & who to go to for help Being a good citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family & friends.	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	Being part of a class team Being a school citizen Rights, responsibilities & democracy (school council) Rewards & consequences Group decision making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self & others Understanding influences Understanding bullying Problem-solving Identifying how special & unique someone is First impressions	Hopes & dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love & loss Memories of loved ones Getting on & falling out Girlfriends & boyfriends Showing appreciation to people & animals	Being unique Having a baby Girls & puberty Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the forthcoming year Being a citizen Rights & responsibilities Rewards & consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences & how they can cause conflict Racism Rumours & name calling Types of bullying Material wealth & happiness Enjoying & respecting other cultures	Future dreams The importance of money Jobs & careers Dream job & how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol & anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation & behaviour	Self-recognition & self-worth Building self-esteem Safer online communities Rights & responsibilities online Online gaming & gambling Reducing screen time Dangers of online grooming SMARTT internet safety rules	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

Year 6	Identifying goals for the year Global citizenship Feeling welcome & valued Choices, consequences & reward Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences in conflict, differences in celebration Empathy	Personal learning goals, in & out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitations, including 'county lines' and gang culture Emotional & mental health Managing stress	Mental health identifying mental health worries & sources of support Love & loss Managing feelings Power & control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty & feelings Conception in birth Reflection about change Physical attraction Respect & consent Boyfriends/ girlfriends Sexting Transition
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