

Year Group	Health and Hygiene	Relationships and Sex Education	Keeping safe – online and off
Foundation	<p>To be able to name key external parts of the body, (Jigsaw Puzzle 6:1- Changing me: My Body) including scientific vocabulary for private parts – penis, vagina. (Add these to the lesson plus SRE Reception Lesson 1, picture resource available in the Y1 Jigsaw pack)</p> <p>To be able to keep clean – washing wiping nose etc. (Jigsaw Puzzle 4- Healthy Me, piece 5, Keeping clean)</p> <p>To understand how to prevent spreading germs. (Jigsaw Puzzle 4- Healthy Me, piece 5, Keeping clean)</p> <p>To know why it is important to be able to dress and use the toilet independently. (Jigsaw Puzzle 4- Healthy Me, piece 5, Keeping clean)</p>	<p>→</p> <p>Understand and be able to recognise ‘good’ and ‘bad’ behaviour. (Jigsaw Puzzle 2, Celebrating Difference, Piece 6; Puzzle 5, Relationships, throughout, but particularly pieces 4/5)</p> <p>Know that there are 4 private areas – mouth, chest, bottom and penis/vagina and that no-one touches you without your permission.</p> <p>Know what to do if they do. (SRE Reception Additional Lesson 1)</p> <p>Understand how to be a good friend. (Jigsaw Puzzle 5 – Relationships)</p> <p>Know to tell a trusted adult if you feel sad or uncomfortable.</p> <p>Understand that there are different types of families. (Link to Puzzle 2, Celebrating Difference Lesson 3 by adding in different types of families)</p> <p>Know that boys and girls are equally capable and valuable. (Add to Puzzle 2, celebrating difference lesson 2)</p>	<p>To understand that there are ‘safe’ adults and be able to talk about why someone is trustworthy. (Jigsaw Puzzle 4:Healthy Me, Piece 6: Stranger Danger)</p> <p>Understand why it is important not to talk to strangers. (Jigsaw Puzzle 4:Healthy Me, Piece 6: Stranger Danger)</p> <p>Know how not to get lost and what to do if you can’t find your adult. (Jigsaw Puzzle 4:Healthy Me, Piece 6: Stranger Danger)</p> <p>Only go online with the supervision of a safe adult. (SRE Additional Lesson 2)</p>
Year 1	<p>Name key external parts of the body, including proper vocabulary for private parts – penis, vagina, chest, nipple. (Jigsaw Puzzle 6- Changing Me, piece 4)</p>	<p>Know that there are four private areas – mouth, chest, bottom and vagina/penis and that no-one touches you without your permission. (Mostly covered in Jigsaw Puzzles)</p>	<p>To understand that there are ‘safe’ adults and be able to talk about why someone is trustworthy. (Jigsaw Puzzle 5 Relationships, lesson 4)</p>

	<p>To be able to explain why it is important to keep clean and give examples of how to be hygienic. (Jigsaw Puzzle 4 – Healthy Me: Pieces 3, 6)</p>	<p>5:3 and 6:6. Additional discussion about autonomy over own body needed)</p> <p>Recognise behaviour in self and others that makes you feel good or bad and be able to say why. (Jigsaw Puzzle 2- Celebrating Difference pieces 2,3,4)/Me in My World 1:3,4,5)</p> <p>To understand how to control your feelings and to get help if you need it. (Jigsaw Puzzle 5 – Relationships, piece 4 – People who help us)</p> <p>Know what bullying is and be able to explain how to prevent it and what to do if you see it. (Jigsaw Puzzle 2 – Celebrating difference Pieces 3 and 4)</p> <p>Understand that there are different types of families. (Jigsaw Puzzle 5, Relationships. Piece 1)</p> <p>Know that girls and boys are equally capable and valuable. (SRE Y1 Additional lesson 1)</p>	<p>To know what to do if you are unsure if someone/something is safe, online or in real life. (Jigsaw Puzzle 5- Relationships, lesson 4)</p> <p>To understand that it is important not to give details about yourself online. (SRE Y1 Additional lesson 2)</p> <p>To know how to cross the road safely. (Jigsaw Puzzle 4 – Healthy Me, piece 5)</p> <p>Understand Stranger danger. (SRE Y1 Additional lesson 2)</p>
Year 2	<p>To name key internal and external parts of the body. (Review from earlier years) (Jigsaw Puzzle 6 - Changing Me: Piece 4)</p> <p>To understand the importance of keeping clean and the consequences of not doing so. (Jigsaw puzzle 4 – Healthy Me, piece 1,4,5,6) (Needs a little more on why we need to keep clean, but only a discussion.)</p> <p>To understand how to stay healthy through diet, exercise and hygiene. (Jigsaw Puzzle4 –</p>	<p>To understand the similarities and differences between girls and boys. (Jigsaw Puzzle 6 – Changing Me, piece 4)</p> <p>To understand why girls and boys are physically different. (Jigsaw Puzzle 6 – Changing Me, piece 4)</p> <p>To understand that in mammals (humans) babies grow inside the woman and are born live. (Jigsaw Puzzle 6 – Changing Me, piece 1,2,3)</p>	<p>To know how to stay safe on the internet. (SRE Y2 Additional Lesson 1)</p> <p>To know not to give out personal details on the internet. (SRE Y2 Additional Lesson 1)</p> <p>To know what to do if they are approached online. (SRE Y2 Additional Lesson 1)</p> <p>To understand that their body is their own and that no-one touches it without permission. (Jigsaw Puzzle 5 – Relationships,</p>

	<p>Healthy Me: Piece 1,4,5,6)</p>	<p>To understand that there are different types of bullying. (Jigsaw Puzzle 2 – Celebrating Difference, piece 3, partially)</p> <p>To differentiate between an argument and bullying. (Jigsaw Puzzle 6- Changing Me, piece 4, partly; Puzzle 5, Relationships, piece 3)</p> <p>To understand that gender stereotypes exist and be able to challenge them. (Jigsaw Puzzle 2 – Celebrating Difference, pieces 1,2)</p>	<p>piece 2; Puzzle 4, Changing Me, piece 5)</p>
Year 3	<p>To name external and internal body parts, including private parts – penis, vagina, urethra, anus, testicles, breasts, nipples. (Jigsaw puzzle 6- Changing Me: piece 4)</p> <p>To understand how to stay healthy through diet and exercise. (Jigsaw puzzle 4 – Healthy Me: pieces 1,2)</p>	<p>To understand the similarities and differences between boys and girls and how they change in <i>appearance</i> as they go through puberty.(Hair underarms and on genitals, spots, mood swings and eventually for boys on the face, for girls, developing breasts) (Jigsaw Puzzle 6 – Changing Me, pieces 1-4)</p> <p>To understand that there are different types of bullying. (Violence, name calling, spreading rumours, online, peer pressure.) (Jigsaw Puzzle 2 –Celebrating difference, pieces 3-6)</p> <p>To differentiate between an argument and bullying. (Jigsaw Puzzle 2 –Celebrating difference, pieces 3-6)</p> <p>To understand that gender stereotypes exist and be able to challenge them. (Jigsaw puzzle 5 – Relationships, piece 1; Puzzle 6-Changing Me, piece 5)</p>	<p>To know how to stay safe on the internet. (SRE Y3 Additional lesson 1)</p> <p>To know not to give out personal details on the internet. (SRE Y3 Additional lesson 1)</p> <p>To know what to do if they are approached online. (SRE Y3 Additional lesson 1)</p> <p>To understand that online and other computer games have age restrictions in order to protect them. (SRE Y3 Additional lesson 1)</p> <p>To understand that their body is their own and no-one touches it without permission. (Year 2 Jigsaw puzzle 5 – Relationships, piece 2)</p>
Year 4	<p>To name external and internal body parts, including private parts – penis, vagina,</p>	<p>To understand the similarities and differences between boys and girls and how they change</p>	<p>To know that once a picture/post is on the internet then you no-longer have control of it</p>

	<p>urethra, anus, testicles, breasts, nipples. (Jigsaw puzzle 6- Changing Me: piece 2)</p> <p>To understand how to stay healthy through diet and exercise. Understand that some choices are detrimental to health. (i.e cigarettes and alcohol) (Jigsaw Puzzle 4- Healthy Me, pieces 3, 4)</p> <p>To understand that reproduction is making more of the same species, and that in humans, a baby is made from an egg and a sperm, and develops in the womb.(Jigsaw Puzzle 6 – Changing Me, pieces 1,3)</p>	<p>in <i>appearance</i> as they go through puberty.(Hair underarms and on genitals, spots, mood swings and eventually for boys on the face, for girls, developing breasts) (Jigsaw Puzzle 6 – Changing Me piece 3;Review Year 3 Jigsaw Puzzle 6 – Changing Me, pieces 1-4)</p> <p>To understand that some people may not feel that they are in the right body (transgender). (Add a simple discussion to the Changing Me lessons, focus on tolerance.)</p> <p>To understand that there are different types of bullying. (Violence, name calling, spreading rumours, online, peer pressure.) (Jigsaw Puzzle 2 –Celebrating difference, pieces 3,4; Puzzle 4 – Healthy Me, pieces 1,2,5,6)</p> <p>To differentiate between an argument and bullying. (Jigsaw Puzzle 2 –Celebrating difference, pieces 3,4)</p> <p>Understand that it is wrong to judge people on appearances. (Jigsaw Puzzle 2 – Celebrating difference, pieces 1,2)</p>	<p>and it can be made public without your permission. (SRE Y4 Additional lesson 1)</p> <p>To understand that contacts on the internet may not be who they say they are – they may be dangerous/predatory adults. (SRE Y4 Additional lesson 1)</p> <p>To understand that online and other computer games have age restrictions in order to protect children. (SRE Y4 Additional Lesson 1)</p>
Year 5	<p>To understand that as they get older they will have to pay more attention to keeping clean – showering, washing hair regularly, using deodorant. (Jigsaw Puzzle 6 – Changing Me pieces 1-4)</p> <p>To understand the biological processes of</p>	<p>To understand the changes that girls and boys go through during puberty. Girls – hair growth, spots, moods, breasts, menstruation; Boys – hair growth, spots, moods, wet dreams, voice breaking. (Jigsaw Puzzle 6 – Changing Me pieces 1-4)</p>	<p>To know that it can be unsafe to send pictures of yourself; To know that once a picture/post is on the internet then you no-longer have control of it and it can be made public without your permission. (Jigsaw Puzzle 2- Celebrating Difference, piece 4; Jigsaw Puzzle 5 – Relationships, pieces 5,6)</p>

	<p>menstruation , wet dreams and voices breaking. (Jigsaw Puzzle 6 – Changing Me pieces 1-4)</p> <p>Girls – To understand how to be hygienic during menstruation; to know what the options are for sanitary protection. (Jigsaw puzzle 6 – Changing Me, piece 2)</p> <p>Boys – To understand what wet dreams are and that they are normal. (Jigsaw puzzle 6 – Changing Me, piece 3)</p>	<p>To recognise when behaviour is bullying. To take responsibility for their own behaviour. (Jigsaw Puzzle 2- Celebrating Difference, pieces 3,4)</p> <p>To be able to discuss and reason through disagreements without adult input. (Jigsaw Puzzle 5 – Relationships, piece 2)</p> <p>To understand that it is normal to begin having feelings for members of the opposite (or same) sex. (Jigsaw Puzzle 5 – Relationships, pieces 3,4)</p> <p>To understand that the representations of people on television and the internet are not necessarily what they look like in real life – airbrushing and filters. (Jigsaw puzzle 6 – Changing Me, piece 1; Jigsaw Puzzle 4 – Healthy Me, pieces 4,5)</p>	<p>To understand that they are responsible for their online behaviour. (Jigsaw Puzzle 5 – Relationships, pieces 5,6)</p> <p>To understand that there can be severe consequences to posting inappropriate things online. (Jigsaw Puzzle 2 – Celebrating Difference, piece 4; Jigsaw Puzzle 5 – Relationships, pieces 5,6)</p> <p>To understand that at age 10 they are considered legally responsible for their actions. (Add simple discussion of this to the objective below)</p> <p>To understand that their body is their own and that no-one touches it without their permission, and that the reverse is true. (Jigsaw Puzzle 4 – Healthy Me, pieces 4,5)</p>
Year 6	<p>To understand that as they get older they will have to pay more attention to keeping clean – showering, washing hair regularly, using deodorant. (Jigsaw Puzzle 6 – Changing Me piece 2)</p> <p>To understand the biological processes of menstruation , wet dreams and voices breaking. (Jigsaw Puzzle 6 – Changing Me pieces 2,3)</p> <p>Girls – To understand how to be hygienic during menstruation; to know what the options are for sanitary protection. (Jigsaw</p>	<p>To understand the biological mechanics of heterosexual sex/conception to birth. (Jigsaw Puzzle 6- Changing Me, piece 4)</p> <p>To understand that sexual intercourse is how babies are created. (Jigsaw Puzzle 6- Changing Me, piece 4)</p> <p>To understand that the age of consent is 16; sex is illegal below that age and a person is not legally able to give consent below the age of 16. (Year 5 Jigsaw Puzzle 6, Changing Me piece 2; Puzzle 6 – Changing Me, piece 2)</p>	<p>To know that it can be unsafe to send pictures of yourself; To know that once a picture/post is on the internet then you no-longer have control of it and it can be made public without your permission (Jigsaw Puzzle 5 – Relationships, pieces 5,6)</p> <p>To understand that they are responsible for their online behaviour. (Jigsaw Puzzle 1 – Being Me in My World, pieces 4,5; Jigsaw Puzzle 5 – Relationships, pieces 5,6)</p> <p>To understand that there can be severe consequences to posting inappropriate things</p>

	<p>puzzle 6 – Changing Me, piece 2,3) Boys – To understand what wet dreams are and that they are normal. (Jigsaw puzzle 6 – Changing Me, piece 2,3)</p>	<p>To understand that sex normally takes place between adults in a marriage/loving relationship.</p> <p>To understand that representations of people on television and on the internet are not necessarily what they look like in real life – airbrushing and filters. (Jigsaw Puzzle 6 – Changing Me, piece 1)</p>	<p>online. (Jigsaw Puzzle 5 – Relationships, pieces 5,6)</p> <p>To understand that at age 10 they are considered legally responsible for their actions. (Add to discussion to Jigsaw Puzzle 5 – Relationships pieces 5,6)</p> <p>To understand that their body is their own and that no-one touches it without their permission, and that the reverse is true. (Recap Year 5 Jigsaw Puzzle 4 – Healthy Me, pieces 4,5)</p>
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------