



Co-op Academy
Woodslee

Co-op Academy Woodslee RSE Curriculum 2024-2025

To be taught in Summer 2 term 2025

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping my body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
Y1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Y3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem



Co-op Academy
Woodslee

E1 RSE Curriculum

Growing and Changing	<p>Overarching learning intentions across this unit:</p> <p>Children will be able to:</p> <ul style="list-style-type: none">• Talk about change in the environment;• Describe the changes in babies, young animals and plants as they grow;• Broaden their expectations beyond potential stereotypes of what girls and boys like, do or look like.
Growing and changing in nature	<ul style="list-style-type: none">• Describe seasonal changes;• Use key vocabulary relating to natural change, e.g. weather, seasons, cold, hot;• Describe the life cycle of an animal.
When I was a baby	<ul style="list-style-type: none">• Talk about how babies change as they grow;• Explain what babies need and how this changes as they grow;• Share their own experiences and listen to those of the others.
Girls, boys and families	<ul style="list-style-type: none">• Talk about the similarities and differences between the males and females;• Begin to play inclusively with their friends, regardless of their sex (if not already doing so);• Think differently and more openly about what a family may look like.



Co-op Academy
Woodslee

F2 RSE Curriculum

Growing and Changing	<p>Overarching learning intentions across this unit:</p> <p>Children will be able to:</p> <ul style="list-style-type: none">• Understand that there are changes in nature and humans;• Name the different stages in childhood and growing up;• Understand that babies are made by a man and a woman;• Use the correct vocabulary when naming the different parts of the body;• Know how to keep themselves safe.
Seasons	<ul style="list-style-type: none">• Name the different seasons and describe their differences;• Explain the changes that occur as seasons change;• Talk about how they have grown in resilience.
Life stages - plants, animals, humans	<ul style="list-style-type: none">• To understand that animals and humans change in appearance over time;• Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals);



Co-op Academy
Woodslee

	<ul style="list-style-type: none">• Make observations and ask questions about living things.
	<ul style="list-style-type: none">• Retell a story and respond to questions about it.• Use the language and describe the different life stages of: baby, child, teenager, adult, older age.• Talk about their own experience of growing up.
Where do babies come from?	<ul style="list-style-type: none">• Explain that a baby is made by a woman and a man, and grows inside a mother's tummy.• Understand that every family is different.• Talk about similarities and differences between themselves and others.
Getting bigger	<ul style="list-style-type: none">• Talk about how they have changed as they have grown.• Explain the differences between babies, children, and adults.• Understand that we are all unique.
Me and my body - girls and boys	<ul style="list-style-type: none">• Name parts of the body (including reproductive parts) using the correct vocabulary.• Explain which parts of their body are kept private and safe and why.• Tell or ask an appropriate adult for help if they feel unsafe.



Co-op Academy
Woodslee

Year 1 RSE Curriculum

Growing and Changing Healthy me	<ul style="list-style-type: none">• Understand that the body gets energy from food, water and air (oxygen);• Recognise that exercise and sleep are important parts of a healthy lifestyle.
Then and now	<ul style="list-style-type: none">• Identify things they could do as a baby, a toddler and can do now;• Identify the people who help/helped them at those different stages.
Taking care of a baby	<ul style="list-style-type: none">• Identify things they could do as a baby, a toddler and can do now;• Identify the people who help/helped them at those different stages.
Who can help? (2)	<ul style="list-style-type: none">• Explain the difference between teasing and bullying;• Give examples of what they can do if they experience or witness bullying;• Say who they could get help from in a bullying situation.
Suprises and secrets	<ul style="list-style-type: none">• Explain the difference between a secret and a nice surprise;• Identify situations as being secrets or surprises;• Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.



Co-op Academy
Woodslee

Keeping privates private

- Identify parts of the body that are private;
- Describe ways in which private parts can be kept private;
- Identify people they can talk to about their private parts.



Co-op Academy
Woodslee

Year 2 RSE Curriculum

A helping hand	<ul style="list-style-type: none">• Demonstrate simple ways of giving positive feedback to others.
Sam moves house	<ul style="list-style-type: none">• Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.
Haven't you grown?	<ul style="list-style-type: none">• Identify different stages of growth (e.g. baby, toddler, child, teenager, adult);• Understand and describe some of the things that people are capable of at these different stages.
My body, your body	<ul style="list-style-type: none">• Identify which parts of our body are private;• Explain that our genitals help us make babies when we are older;• Understand that we mostly have the same body parts but how they look is different from person to person.
Respecting privacy	<ul style="list-style-type: none">• Explain what privacy means;• Know that you are not allowed to touch someone's private belongings without their permission;• Give examples of different types of private information.
Some secrets should never be kept	<ul style="list-style-type: none">• Identify how inappropriate touch can make someone feel;• Understand that there are unsafe secrets and secrets that are nice surprises;• Explain that if someone is being touched in a way that they don't like they have to tell



Co-op Academy
Woodslee

	someone in their safety network so they can help it stop.
--	---



Co-op Academy
Woodslee

Year 3 RSE Curriculum

Relationship Tree	<ul style="list-style-type: none">● Identify different types of relationships;● Recognise who they have positive healthy relationships with.
Body space	<ul style="list-style-type: none">● Understand what is meant by the term body space (or personal space);● Identify when it is appropriate or inappropriate to allow someone into their body space;● Rehearse strategies for when someone is inappropriately in their body space.
None of your business!	<ul style="list-style-type: none">● Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;● Recognise and describe appropriate behaviour online as well as offline;● Identify what constitutes personal information and when it is not appropriate or safe to share this;● Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.
Secret or surprise	<ul style="list-style-type: none">● Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;● Recognise how different surprises and secrets might make them feel;● Know who they could ask for help if a secret made them feel uncomfortable or unsafe.



Co-op Academy
Woodslee

<p>My changing body</p>	<ul style="list-style-type: none">● Recognise that babies come from the joining of an egg and sperm;● Explain what happens when an egg doesn't meet a sperm;● Understand that for girls, periods are a normal part of puberty.
-------------------------	--



Co-op Academy
Woodslee

Year 4 RSE Curriculum

Moving house	<ul style="list-style-type: none">• Describe some of the changes that happen to people during their lives;• Explain how the Learning Line can be used as a tool to help them manage change more easily;• Suggest people who may be able to help them deal with change.
My feelings are all over the place!	<ul style="list-style-type: none">• Name some positive and negative feelings;• Suggest reasons why young people sometimes fall out with their parents;• Take part in a role play practising how to compromise.
All change!	<ul style="list-style-type: none">• Identify parts of the body that males and females have in common and those that are different;• Know the correct terminology for their genitalia;• Understand and explain why puberty happens.
Preparing for changes at puberty (formerly Period positive)	<ul style="list-style-type: none">• Recognise that babies come from the joining of an egg and sperm;• Explain what happens when an egg doesn't meet a sperm;• Understand that periods are a normal part of puberty for girls;• Identify some of the ways they can cope better with periods.
Secret or surprise?	<ul style="list-style-type: none">• Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;• Recognise how different surprises and secrets might make them feel;• Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
Together	<ul style="list-style-type: none">• Recognise that marriage includes same sex and opposite sex partners;• Know the legal age for marriage in England or Scotland;



Co-op Academy
Woodslee

	<ul style="list-style-type: none">• Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.
--	--

Year 5 RSE Curriculum

How are they feeling?	<ul style="list-style-type: none">• Use a range of words and phrases to describe the intensity of different feelings;• Distinguish between good and not so good feelings, using appropriate vocabulary to describe these;• Explain strategies they can use to build resilience.
Taking notice of our feelings	<ul style="list-style-type: none">• Identify people who can be trusted;• Describe strategies for dealing with situations in which they would feel uncomfortable.
Dear Ash	<ul style="list-style-type: none">• Explain the difference between a safe and an unsafe secret;• Identify situations where someone might need to break a confidence in order to keep someone safe.
Growing up and changing bodies	<ul style="list-style-type: none">• Identify some products that they may need during puberty and why;• Know what menstruation is and why it happens.
Changing bodies and feelings	<ul style="list-style-type: none">• Know the correct words for the external sexual organs;• Discuss some of the myths associated with puberty.



Co-op Academy
Woodslee

Help, I'm a teenager...get me out of here!

- Recognise how our body feels when we're relaxed;
- List some of the ways our body feels when it is nervous or sad;
- Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.



Co-op Academy
Woodslee

Year 6 RSE Curriculum

I look great!	<ul style="list-style-type: none">• Understand that fame can be short-lived;• Recognise that photos can be changed to match society's view of perfect;• Identify qualities that people have, as well as their looks.
Media manipulation	<ul style="list-style-type: none">• Define what is meant by the term stereotype;• Recognise how the media can sometimes reinforce gender stereotypes;• Recognise that people fall into a wide range of what is seen as normal;• Challenge stereotypical gender portrayals of people.
Pressure online	<ul style="list-style-type: none">• Understand the risks of sharing images online and how these are hard to control, once shared;• Understand that people can feel pressured to behave in a certain way because of the influence of the peer group;• Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.
Helpful or unhelpful? Managing change	<ul style="list-style-type: none">• Recognise some of the changes they have experienced and their emotional responses to those changes;• Suggest positive strategies for dealing with change;



Co-op Academy
Woodslee

	<ul style="list-style-type: none">• Identify people who can support someone who is dealing with a challenging time of change.
Is this normal?	<ul style="list-style-type: none">• Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;• Suggest strategies that would help someone who felt challenged by the changes in puberty;• Understand what FGM is and that it is an illegal practice in this country;• Know where someone could get support if they were concerned about their own or another person's safety.
Making babies	<ul style="list-style-type: none">• Identify the changes that happen through puberty to allow sexual reproduction to occur;• Know a variety of ways in which the sperm can fertilise the egg to create a baby;• Know the legal age of consent and what it means.