

Claycots School RHE Medium Term Plan

Reception						
<u>Summer 2</u> Changing Me	Piece 1 My Body	Piece 2 Respecting My Body	Piece 3 Growing Up	Piece 4 Fun and Fears Part 1	Piece 5 Fun and Fears Part 2	Piece 6 Celebration
Objectives	I can name parts of the body.	I can tell you some things I can do and foods I can eat to be healthy.	I understand that we all grow from babies to adults.	I can express how I feel about moving to Year 1.	I can talk about my worries and/or the things I am looking forward to about being in Year 1.	I can share my memories of the best bits of this year in Reception.
Year 1						
<u>Summer 2</u> Changing Me	Piece 1 Life Cycles	Piece 2 Changing Me	Piece 3 My Changing Body	Piece 4 Boys' and Girls' Bodies	Piece 5 Learning and Growing	Piece 6 Coping with Changes
Objectives	<p>I am starting to understand the life cycles of animals and humans.</p> <p>I understand that changes happen as we grow and that this is OK.</p>	<p>I can tell you some things about me that have changed and some things about me that have stayed the same.</p> <p>I know that changes are OK and that sometimes they will happen whether I want them to or not.</p>	<p>I can tell you how my body has changed since I was a baby.</p> <p>I understand that growing up is natural and that everybody grows at different rates.</p>	<p>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, breasts.</p> <p>I respect my body and understand which parts are private.</p>	<p>I understand that every time I learn something new, I change a little bit</p> <p>I enjoy learning new things.</p>	<p>I can tell you about changes that have happened in my life.</p> <p>I know some ways to cope with changes.</p>
Year 2						

Key

Red – Taught in line with the Science National Curriculum (statutory)

Purple – Non-statutory Relationship and Health lessons

Updated May 2022



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<u>Summer 2</u> <u>Changing Me</u>	Piece 1 Life Cycles in Nature	Piece 2 Growing from Young to Old	Piece 3 The Changing Me	Piece 4 Boys' and Girls' Bodies	Piece 5 Assertiveness	Piece 6 Looking Ahead
Objectives	<p>I can recognise cycles of life in nature.</p> <p>I understand there are some changes that are outside my control and can recognise how I feel about this.</p>	<p style="color: red;">I can tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>I can identify people I respect who are older than me.</p>	<p style="color: red;">I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p> <p>I feel proud about becoming more independent.</p>	<p style="color: purple;">I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, breasts) and appreciate that some parts of my body are private.</p> <p style="color: purple;">I can tell you what I like/don't like about being a boy/girl.</p>	<p>I understand there are different types of touch and can tell you which ones I like and don't like.</p> <p>I am confident to say what I like and don't like and can ask for help.</p>	<p>I can identify what I am looking forward to when I move to my next class.</p> <p>I can start to think about changes I will make when I am in Year 3 and know how to go about this.</p>
<h3><u>Year 3</u></h3>						
<u>Summer 2</u> <u>Changing Me</u>	Piece 1 How Babies Grow	Piece 2 Babies			Piece 5 Family Stereotypes	Piece 6 Looking Ahead
Objectives	<p>I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female animal who has the baby.</p> <p>I can express how I feel when I see babies or baby animals.</p>	<p style="color: purple;">I understand how babies grow and develop in the mother's uterus</p> <p style="color: purple;">I understand what a baby needs to live and grow.</p> <p>I can express how I might feel if I had a new baby in my family.</p>			<p>I can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.</p>	<p>I can identify what I am looking forward to when I move to my next class start to think about changes.</p> <p>I will make next year and know how to go about this.</p>
<h3><u>Year 4</u></h3>						

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<u>Summer 2</u> <u>Changing Me</u>	Piece 1 Unique Me	Piece 2 Having a Baby	Piece 3 Girls and Puberty	Piece 4 Circles of Change	Piece 5 Accepting Change	Piece 6 Looking Ahead
Objectives	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</p> <p>I appreciate that I am a truly unique human being.</p>	<p><i>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</i></p> <p>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.</p>	<p>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</p>	<p>I know how the circle of change works and can apply it to changes I want to make in my life.</p> <p>I am confident enough to try to make changes when I think they will benefit me.</p>	<p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept.</p> <p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.</p>	<p>I can identify what I am looking forward to when I move to a new class.</p> <p>I can reflect on the changes I would like to make next year and can describe how to go about this.</p>

Year 5

<u>Summer 2</u> <u>Changing Me</u>	Piece 1 Self and Body Image	Piece 2 Puberty for Girls	Piece 3 Puberty for Boys	Piece 4 Conception	Piece 5 Looking Ahead 1	Piece 6 Looking Ahead 2
Objectives	<p>I am aware of my own self-image and how my body image fits into that.</p> <p>I know how to develop my own self esteem.</p>	<p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me.</p>	<p>I can describe how boys' and girls' bodies change during puberty.</p> <p>I can express how I feel about the changes that will happen to me during puberty.</p>	<p><i>I understand that sexual intercourse can lead to conception and that is how babies are usually made</i></p> <p><i>I also understand that sometimes people need IVF to help them have a baby.</i></p> <p>I appreciate how amazing it is that human bodies can reproduce in these ways.</p>	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</p> <p>I am confident that I can cope with the changes that growing up will bring.</p>	<p>I can identify what I am looking forward to when I move to my next class.</p> <p>I can start to think about changes I will make next year and know how to go about this.</p>

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<h1>Year 6</h1>						
<u>Summer 2</u>	Piece 1		Piece 3		Piece 5	Piece 6
<u>Changing Me</u>	My Self Image		Babies: Conception to Birth		Real-self and Ideal-self	The Year Ahead
Objectives	<p>I am aware of my own self-image and how my body image fits into that.</p> <p>I know how to develop my own self esteem.</p>		<p style="color: purple;">I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I can recognise how I feel when I reflect on the development and birth of a baby.</p>		<p>I am aware of the importance of a positive self-esteem and what I can do to develop it.</p> <p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'.</p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p> <p>I know how to prepare myself emotionally for the changes next year.</p>

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