



Relationships and Sex Education (RSE) and Health Education at St. Peter's Church of England Junior School

	Autumn	Spring	Summer
Year 3	<p>Being Me In My World</p> <ul style="list-style-type: none"> • Getting to Know Each Other • Our Nightmare School • Our Dream School • Rewards and Consequences • Our Learning Charter • Owing our Learning Charter <p>Celebrating Difference</p> <ul style="list-style-type: none"> • Families • Family conflict • Witness and feelings • Witness and solutions • Words that harm • Celebrating difference: compliments 	<p>Dreams & Goals</p> <ul style="list-style-type: none"> • Dreams and Goals • My Dreams and Ambitions • Our New Challenge - Overcoming • Obstacles • Celebrating My Learning <p>Healthy Me</p> <ul style="list-style-type: none"> • Being Fit and Healthy • What Do I Know About Drugs? • Being Safe - Keeping safe • Safe or Unsafe • My Amazing Body 	<p>Relationships</p> <ul style="list-style-type: none"> • Family Roles and Responsibilities • Friendship • Keeping Myself Safe Online • Being a Global Citizen • Celebrating My Web of Relationships <p>Changing Me</p> <ul style="list-style-type: none"> • How Babies Grow • Babies • Outside Body Changes • Inside Body Changes • Family Stereotypes • Looking Ahead
Year 4	<p>Being Me In My World</p> <ul style="list-style-type: none"> • Becoming a Class 'Team' • Being a School Citizen • Rights, Responsibilities and Democracy • Rewards and Consequences • Our Learning Charter • Owing our Learning Charter <p>Celebrating Difference</p> <ul style="list-style-type: none"> • Judging by Appearances • Understanding influences 	<p>Dreams & Goals</p> <ul style="list-style-type: none"> • Hopes and Dreams • Broken Dreams • Overcoming Disappointment • Creating New Dreams • Achieving Goals • We Did It! <p>Healthy Me</p> <ul style="list-style-type: none"> • My Friends and Me • Group Dynamics 	<p>Relationships</p> <ul style="list-style-type: none"> • Jealousy • Love and Loss • Memories • Getting on and Falling Out • Girlfriends and Boyfriends • Celebrating My Relationships with People and Animals <p>Changing Me</p> <ul style="list-style-type: none"> • Unique Me • Having a Baby



	<ul style="list-style-type: none"> • Understanding Bullying • Problem-solving • Special Me • Celebrating Difference: how we look 	<ul style="list-style-type: none"> • Smoking • Alcohol • Healthy Friendships • Celebrating My Inner Strength and Assertiveness 	<ul style="list-style-type: none"> • Girls and Puberty • Circles of Change • Accepting Change • Looking Ahead
Year 5	<p>Being Me In My World</p> <ul style="list-style-type: none"> • My Year Ahead • Being a Citizen of My Country • Year 5 Responsibilities • Rewards and Consequences • Our Learning Charter • Owing our Learning Charter <p>Celebrating Difference</p> <ul style="list-style-type: none"> • Different cultures • Racism • Rumours and Name-calling • Types of Bullying • Does Money Matter? • Celebrating Difference across the world 	<p>Dreams & Goals</p> <ul style="list-style-type: none"> • When I Grow Up (My Dream Lifestyle) • Investigate Jobs and Careers • My Dream Job. Why I want it and the steps to get there • Dreams and Goals of Young People in Other Cultures • How Can We Support Each Other? • Rallying Support <p>Healthy Me</p> <ul style="list-style-type: none"> • Smoking • Alcohol • Emergency Aid • Body Image • My Relationship with Food • Healthy Me 	<p>Relationships</p> <ul style="list-style-type: none"> • Recognising Me • Safety with Online Communities • Being in an Online Community • Online Gaming • My Relationship with Technology: screen time • Relationships and Technology <p>Changing Me</p> <ul style="list-style-type: none"> • Self and Body Image • Puberty for Girls • Puberty for boys • Conception • Looking Ahead
Year 6	<p>Being Me In My World</p> <ul style="list-style-type: none"> • My Year Ahead • Being a Global Citizen • The Learning Charter • Our Learning Charter • Owing our Learning Charter <p>Celebrating Difference</p> <ul style="list-style-type: none"> • Am I Normal? • Understanding Difference 	<p>Dreams & Goals</p> <ul style="list-style-type: none"> • Personal Learning Goals • Steps to Success • My Dream For the World • Helping to Make a Difference • Recognising Our Achievements <p>Healthy Me</p> <ul style="list-style-type: none"> • Taking responsibility for my health and well-being 	<p>Relationships</p> <ul style="list-style-type: none"> • What is Mental Health? • My Mental Health • Love and Loss • Power and Control • Being Online: Real or Fake? Safe or Unsafe? • Using Technology Responsibly <p>Changing Me</p> <ul style="list-style-type: none"> • My Self Image • Puberty



	<ul style="list-style-type: none">• Power Struggles• Why Bully?• Celebrating Difference• Celebrating Difference	<ul style="list-style-type: none">• Drugs• Exploitation• Gangs• Emotional and Mental Health• Managing Stress and Pressure	<ul style="list-style-type: none">• Babies: Conception to Birth• Boyfriends and Girlfriends• Real self and ideal self• The Year Ahead
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