



Progression of knowledge



Relationships	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships							
Piece 1 Know how to make friends	I can identify some of the jobs I do in my family and how I feel like I belong.	I can identify the members of my family and understand that there are lots of different types of families.	I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.	I can recognise situations which can cause jealousy in relationships.	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.	I know that it is important to take care of my mental health.
Piece 2 Try to solve friendship problems when they occur	I know how to make friends to stop myself from feeling lonely.	I can identify what being a good friend means to me and know how to make a new friend.	I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.	I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener.	I can identify someone I love and can express why they are special to me.	I understand that belonging to an online community can have positive and negative consequences.	I know how to take care of my mental health.
Piece 3 Help others to feel part of a group	I can think of ways to solve problems and stay friends.	I know appropriate ways of physical contact to greet my friends and know which ways I prefer.	I can identify some of the things that cause conflict with my friends.	I know and can use some strategies for keeping myself safe online.	I can tell you about someone I know that I no longer see.	I understand there are rights and responsibilities in an online community or social network.	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.
Piece 4 Show respect in how they treat others	I am starting to understand the impact of unkind words.	I know who can help me in my school community.	I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.	I can explain how some of the actions and work of people around the world help and influence my life.	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.	I know there are rights and responsibilities when playing a game online	I can recognise when people are trying to gain power or control.
Piece 5 Know how to help themselves and others when they feel upset and hurt	I can use Calm Me time to manage my feelings.	I can recognise my qualities as a person and a friend	I recognise and appreciate people who can help me in my family, my school and my community.	I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.	I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older.	I can recognise when I am spending too much time using devices (screen time).	I can judge whether something online is safe and helpful for me.
Piece 6 Know and show what makes a good relationship	I know how to be a good friend.	I can tell you why I appreciate someone who is special to me	I can express my appreciation for the people in my special relationships.	I know how to express my appreciation to my friends and family.	I know how to show love and appreciation to the people and animals who are special to me.	I can explain how to stay safe when using technology to communicate with my friends and family.	I can use technology positively and safely to communicate with my friends and family.

Changing Me	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Changing Me (Parents can withdraw their children from lessons highlighted in red) Year 3, Lesson 4 (Inside Body Changes) Year 4, Lesson 2 (Having a baby) Year 5, Lesson 4 (Conception) Year 6, Lesson 3 (Conception, birth)							
Piece 1 Understand that everyone is unique and special	I can name parts of the body.	I am starting to understand the life cycles of animals and humans.	I can recognise cycles of life in nature.	I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby.	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.	I am aware of my own self-image and how my body image fits into that.	I am aware of my own self-image and how my body image fits into that.
Piece 2 Can express how they feel when change happens	I can tell you some things I can do and foods I can eat to be healthy.	I can tell you some things about me that have changed and some things about me that have stayed the same.	I can tell you about the natural process of growing from young to old and understand that this is not in my control.	I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow.	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
Piece 3 Understand and respect the changes that they see in themselves	I understand that we all grow from babies to adults.	I can tell you how my body has changed since I was a baby.	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. I can identify how boys' and girls' bodies change on the outside during this growing up process.	I understand what responsibilities there are in parenthood and the joy it can bring. I can consider what has influenced my life and what might influence the lives of other people.	I can describe how boys' and girls' bodies change during puberty.	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
Piece 4 Understand and respect the changes that they see in other people	I can express how I feel about moving to Year 1.	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, vulva, anus.	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private.	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.	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.	I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.
Piece 5 Know who to ask for help if they are worried about change	I can talk about my worries and/or the things I am looking forward to about being in Year 1.	I understand that every time I learn something new I change a little bit.	I understand there are different types of touch and can tell you which ones I like and don't like.	I can start to recognise stereotypical ideas I might have about parenting and family roles.	I know how the circle of change works and can apply it to changes I want to make in my life.	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity
Piece 6 Are looking forward to	I can share my memories of the best bits of this year in	I can tell you about changes that have happened in my	I can identify what I am looking forward to when I	I can identify what I am looking forward to when I	I can identify changes that have been and may	I can identify what I am looking forward to when I	I am aware of the importance of a positive