Bure Valley School. RSE Scheme of Learning.

Theme	Year 3	Year 4	Year 5	Year 6
My feelings	How do I set aspirational goals for myself?	What emotions do I feel and how do I respond to them?	How will my emotions change as I move through puberty?	How do images in the media affect how people feel about themselves?
My body	How does my body change and how should I care for mine?	How has my body changed and how might it change as I move through puberty? What causes these changes?	How is my body likely to change as I move through puberty?	What is sexual intercourse? What are the correct terms for the male and female organs?
My relationships	What is a healthy relationship and how do I know?	What is the difference between acceptable and unacceptable physical behaviours? How can I respond?	What is a healthy relationship and how can I maintain a healthy relationship?	Why is it unacceptable to use discrimination including prejudice based language?
My beliefs	Is there one way to be a boy or a girl?	What factors make us different from each other?	What are the different types of bullying (including gender identity and sexual orientation) and why are they unacceptable?	Which cultural practices are not allowed in British Law and Universal Human Rights?

My rights	Do I have the right to say no?	When is it ok to break a promise or a surprise?	How can I make sure that I am safe online?	How can I make sure that I keep myself safe from sexually transmitted infections?
Asking for help	When is it OK to enter into a committed relationship?	When should I ask for help to manage a situation and how?	How would I manage if I saw or accidentally shared something that was explicit or I found upsetting online?	When, who and how should I ask for help?