



St Cuthbert's Junior School



Knowledge and Skills Progression in RSE

TOPIC	Being Me In My World	Celebrating Difference	Dreams and goals	Healthy Me	Relationships	Changing Me
Year 2						
Skills	I can explain why my behavior can impact on other people in my class. I can compare my own and my friends' choices and can express why some choices are better than others.	I can explain that sometimes people get bullied because they seem to be different; this might include people who do not conform to gender stereotypes. I can explain how it feels to have a friend and be a friend. I can also explain why it is ok to be different from my friends.	I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other. I can explain how it felt to be part of the group and can identify a range of feelings about group work.	I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/unsafe choices. I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.	I can explain why somethings might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. I can give examples of some different problem solving techniques and explain how I might use them in certain situations in my relationships.	I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel ok and others don't. I can tell you what I like or don't like about being a boy/girl and getting older, and recognize that other people might feel differently to me.
Year A Year 3 and 4 (Year 3 Jigsaw)						
Skills	I can explain how my behavior can affect how others feel and behave I can explain why it is important to have rules and how that helps me and others in my class to learn. I can explain why it is important to feel valued.	I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation for example Solve It Together or asking for help.	I can explain the different ways that help me learn and what I need to do to improve. I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. I can express how being anxious/scared and unwell feels.	I can explain how my life is influenced positively by people I know and also by people from other countries. I can explain why my choices might affect my family, friendships and people around the world who I don't know.	I can explain how boys' and girls' bodies change on the inside/outside 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 recognize how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.
Knowledge	Getting to know each other and work as a team Recognise and identify positive and negative attributes of myself and set goals for further achievement in myself and others. Rights and responsibilities to create our dream school Understand my rights and responsibilities as a member of our school and in our local community. Learning Charter	Families and making judgments which could cause conflict. Understanding families and issues that could lead to conflict within the family or with new people we meet. Witness to bullying and the feelings involved Identify what it means to be a witness to bullying and understand the feelings involved and how we can overcome them. Words that harm	Dreams and goals Identify dreams and ambitions in other people as well as ourselves and the feelings involved in trying to achieve them. A new challenge Identify possible new challenges in our lives and the steps, qualities we need to achieve them. Overcoming obstacles and celebrating achievement Recognise obstacles in achieving goals and evaluate	Being fit and healthy in body and mind Understand how exercise affects our body. Recognise how different friendships can impact on you as a person. What do I know about drugs, alcohol and smoking? Understand basic facts about drugs, alcohol and smoking and express personal feelings towards them.	Family roles and responsibilities. Identify the roles and responsibilities of each member of my family and reflect on the expectations of both males and females. Describe how taking some responsibility makes me feel. Being safe online Know and use some strategies for keeping myself safe online. Know who to ask for help if I am worried or concerned about anything online.	Babies Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow Express how I might feel if I had a new baby in my family
						Year 3 only Outside and inside body changes Understand that boys and girls bodies change inside and outside while growing up in order to be able to have babies when they are older.



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	Understand how an individual's behavior impacts on themselves, and how working together can benefit our school community.	Identify how words can be hurtful and how our initial impressions of others may change after getting to know them.	your contributions towards its success or failure	My amazing body Recognise how complex our bodies are and identify how we can take responsibility in keeping it safe every day and while under pressure.	Being a global citizen Explain how some of the action of people around the world influence my life. Show an awareness of how this could affect my choices. Celebrating my web of relationships Show love and appreciation for people and animals who are special to us.	Year 4 only Girls' Puberty and Babies 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. Know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty. Looking ahead Identify what I am looking forward to when I move to my next class. Start to think about changes I will make next year and know how to go about this. Express how I feel when my ideas are challenged and be willing to change my ideas sometimes.
Vocabulary	Welcome, valued, achievements, proud, pleased, personal goal, praise, acknowledge, affirm, rights, responsibilities, learning charter, nightmare, dream Behavior, rewards, consequences, actions, feelings, fairness, choices	Family, loving, caring, safe, connected, different, special, witness, bystander, bullying, gay, unkind, feelings, tell, consequences, hurtful, solve it together	Perseverance, challenges, success, obstacles, dreams, goals, ambitions, future, aspirations, frustration, 'Solve It Together' technique, solution, teamwork	Oxygen, energy, calories/kilojoules, heartbeat, lungs, heart, fitness, healthy, drugs, attitude, complex, appreciate, body, safe, choice, risk	Men, women, male, female, unisex, role, job, responsibilities, differences, similarities, respect, stereotype Safe, unsafe, risky, internet, social media, private messaging (PM), gaming, Happiness, celebrating, relationships, friendships, family, thank you, appreciation, global, communications, transport, interconnected, food journeys, climate, trade, inequality	Baby, grow, uterus, womb, nutrients, survive, love, affection, care, personal, unique, characteristics, parents, change, puberty, control, male, female, testicles, sperm, penis, ovaries, egg, ovum/ova, vagina, making love, having sex, sexual intercourse, fertilise, conception, stereotypes, challenge, change, acceptance, control
Year B Year 3 and 4 (Year 4 Jigsaw)						
Skills	I can explain why being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued.	I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.	I can plan and set new goals even after a disappointment. I can explain what it means to be resilient and to have a positive attitude.	I can recognize when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.	I can recognize how people are feeling when they miss a special person or animal. I can give ways that might help me manage my feelings when missing a special person or animal.	I can summarize the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. I can explain some of the choice I might make in the future and some of the choices that I have no control over. I



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		I can explain why it is good to accept myself and others for who we are.				can offer some suggestions about how I might manage my feelings when changes happen.
Knowledge	Becoming a class team. Know my attitudes and actions make a difference to the class team. Know how good it is to be included in a group and understand how it feels to be excluded. Rights, Responsibilities and Democracy Understand how democracy works through the school council and recognize my contribution to making a learning charter for the whole school. Rewards and consequences Understand that my actions affect myself and others and caring about other people's feelings trying to empathize with them. Understand how rewards and consequences motivate people's behaviour. Our Learning Charter Understand how groups come together to make decisions and taking on a role in a group and contributing to the overall outcome.	Judging By Appearance Understand that sometimes we make assumptions based on what people look like. Try to accept people for who they are. Understanding Bullying Know that sometimes bullying is hard to spot and to know what to do if I think bullying is going on but I'm not sure. Know how it might feel to be a witness to and a target of bullying. Problem Solving Tell you why witnesses sometimes join in with bullying and sometimes don't tell. Problem solve a bullying situation with others. Special Me Identify what is special about me and to value the ways in which I am unique. Like and respect the unique features of my physical appearance.	Hopes and Dreams Tell you about some of my hopes and dreams and know how it feels to have hopes and dreams. Broken Dreams Understand that sometimes hopes and dreams do not come true and this can hurt. To know how disappointment feels and identify when I have felt that way. Creating New Dreams Know how to make a new plan and set new goals even if I have been disappointed and know what it means to be resilient and have a positive attitude. Achieving Goals Know how to work out the steps to take to achieve a goal and to do this successfully as part of a group.	My Friends and Me Recognise how different friendship groups are formed, how I fit into them and the friends I value most. Identify the feelings I have about my friends and my different friendship groups. Smoking and Alcohol Understand the facts about smoking and alcohol and there effects on health and some of the reasons some people smoke or drink. Recognise negative feelings in peer pressure situations and know how to act assertively to resist pressure from myself and others. Healthy Friendships Recognise when people are putting me under pressure and can explain ways I can resist this when I want. Identify feelings of anxiety and fear associated with peer pressure. Celebrating My Inner Strength and Assertiveness Know myself well enough to have a clear picture of what I believe is right and wrong. Tap into my inner strength and know how to be assertive.	Jealousy Recognise situations which can cause jealousy in relationships. Identify feelings associated with jealousy and suggest strategies to problem-solve when this happens. Love and Loss Identify someone I love and express why they are special to me. Know how most people feel when they lose someone or something they love. Getting on and Falling Out Recognize how friendships change, know how to make new friends and how to manage when I fall out with my friends. Know how to stand up for myself and how to negotiate and compromise. Celebrating my relationships with people and animals Know how to show love and appreciation to the people and animals who are special to me. Know that I can love and be loved.	Babies Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow Express how I might feel if I had a new baby in my family
						Year 3 only Outside and inside body changes Understand that boys and girls bodies change inside and outside while growing up in order to be able to have babies when they are older.
						Year 4 only Girls' Puberty and Babies 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. Know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty.
						Looking Ahead Identify what I am looking forward to when I move to a new class Reflect on the changes I would like to make next year and describe how to go about this.



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Vocabulary	Included, excluded, welcome, valued, team, charter	Character, assumption, judgement, surprised, different, appearance, accept, influence, opinion, attitude, witness, bystander, bully, problem solve, cyberbullying, text message, website, troll, special, unique, characteristics, physical features	Dream, hope, goal, determination, perseverance, resilience, positive attitude, disappointment, fears, hurt, self-belief, motivation, commitment, teamwork, enterprise, design, cooperation	Friendships, emotions, healthy, relationships, friendship groups, value, smoking, vaping, pressure, peers, guilt, advice, alcohol, liver, disease, anxiety, fear, believe, assertive, opinion, right, wrong	Relationship, close, jealousy, problem-solve, emotions, positive, negative, loss, strategy, shock, disbelief, numb, denial, anger, guilt, sadness, pain, despair, hopelessness, relief, acceptance, depression, friendships, negotiate, compromise, trust, loyalty, anger, betrayal, empathy, special, love, appreciation, symbol, care	Baby, grow, uterus, womb, nutrients, survive, love, affection, care, personal, unique, characteristics, parents, change, puberty, control, male, female, testicles, sperm, penis, ovaries, egg, ovum/ova, vagina, making love, having sex, sexual intercourse, fertilise, conception, stereotypes, challenge, change, acceptance, control
Year A Years 5 and 6 (Year 5 Jigsaw)						
Skills	I can compare my life with other people in my country and explain why we have rules rights and responsibilities to try to make the school and the wider community a fair place	I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behavior.	I can compare my hopes and dreams with those of young people from different cultures. I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.	I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. I can summarise different ways that I respect and value my body.	I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to others or myself.	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception. I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.
Knowledge	Knowledge My Year Ahead Recognize the challenges and responsibilities I am going to face in the year ahead. Responsibilities Understand my rights and responsibilities as a citizen of	Different Cultures Recognise a different culture from my own, understand racism and that cultural differences sometimes cause conflict Rumours, Name-calling and Bullying	My Dream Lifestyle Investigate jobs and careers and understand that I need money to help me achieve some dreams Dream Job Identify a job I would like to do when I grow up and what	Smoking and Alcohol I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I can make an informed decision about whether or not I choose to smoke and	Recognising Me Have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. Now how to keep building my own self-esteem.	Self & Body Image Recognise my own characteristics and personal qualities including my own self-image and how my body image fits into that.



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	my country and as a member of my school. Rewards and consequences Understand that I can make choices about my own behavior and I understand how rewards and consequences feel. Learning Charter Understand how an individual's behavior impacts a group. Understand democracy and how having a voice benefits the school community	Understand the different types of bullying and how rumour-spreading and name-calling can be bullying behaviours. Money Matters Compare my life with people in the developing world.	steps I need to take to get there. Dreams and Goals of Young People in Other Cultures I can describe the dreams and goals of young people in a culture different to mine. Question: do young people of different cultures have different goals? How Can We Support Each Other? Understand communicating with someone in a different culture means we can learn from each other	know how to resist pressure. I know some of the risks with misusing alcohol, including anti-social behavior, and how it affects the liver and heart. I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure. Emergency Aid Basic first aid and emergency procedures. I know how to keep myself calm in emergencies. Body Image I understand how the media, social media and celebrity culture promotes certain body types. I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am. My Relationship with Food I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. I respect and value my body	Online Communities Understand that belonging to an online community can have positive and negative consequences. Recognise when an online community feels unsafe or uncomfortable. Online Gaming Know there are rights and responsibilities when playing a game online. Recognise when an online game is becoming unhelpful or unsafe. Staying Safe and Happy Online Explain how to stay safe when using technology to communicate with my friends. Recognize and resist pressures to use technology in ways that may be risky or may cause harm to others or myself.	Year 5 only Puberty Explain how our body changes during puberty and the importance of looking after yourself physically and emotionally. Understand that sexual intercourse can lead to conception and that is how babies are usually made.
						Year 6 only Puberty, Conception, Boyfriends and Girlfriends Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally. Conception to Birth Understand how being physically attracted to someone changes the nature of the relationship and what that mean about having a girlfriend or boyfriend.
						Looking Ahead Identify what I am looking forward to about becoming a teenager and my next class/moving to new school.
Vocabulary	Education, appreciation, opportunities, goals, motivation, vision, hopes, challenge, rights, responsibilities, citizen, denied, empathize, refugee, persecution, conflict, asylum, migrant, wealth, poverty, prejudice, privilege, deprive,	Culture, conflict, difference, similarity, belong, cultural wheel, Racism, race, colour, discrimination, bullying, rumour, name-calling, homophobic, cyber-bullying, texting, problem-solving, indirect, direct, difference,	Dream, hope, goal, feeling, achievement, money, grown-up, adult, lifestyle, job, career, profession, salary, contribution, society, determination, perseverance, motivation, aspiration, culture, sponsorship,	Emergency, procedure, recovery position, calm, level-headed, body image, media, social media, altered, body, self-respect, comparison, eating problem, eating disorder, respect, pressure, debate,	Characteristics, personal qualities, attributes, self-esteem, responsibility, age-limit, responsible, social network, community, online, offline, responsibility, rights, risky, age-limit, community, violence, appropriate, grooming, trolled, gambling/betting, trustworthy,	Self, self-image, body image, self-esteem, perception, characteristics, aspects, affirmation, puberty, menstruation, periods, sanitary towels, tampons, ovary/ovaries, vagina, estrogen, vulva, womb/uterus, sperm, semen, testicles/tests,



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	rewards, consequences, choices, learning charter, cooperation, collaboration, participation, motivation	continuum, developing world, celebration, artifacts, presentation	communication, support, rallying, team-work	opinion, fact, choices, healthy lifestyle, motivation	responsibility, rights, risky, devices, screen time, offline, mental health, physical health, personal information, safe, online, choices, vulnerable, risk, grooming, rights	erection, ejaculation, wet dream, larynx, facial hair, growth spurt, hormones, relationships, conception, making love, sexual intercourse, fallopian tube, fertilization, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF), teenager, milestone, perceptions, responsibilities, change, hope, manage, cope, opportunities, emotions, fear, excitement, anxious
Year B Year 5 and 6 (Year 6 Jigsaw)						
Skills	I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and explain how this can influence the choices I make	I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empath with people in situations where their difference is a source of conflict or a cause for celebration.	I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place.	I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.	I can identify when people may be experiencing feelings associated with loss and also recognize when people are trying to gain power or control. I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception. I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.
Knowledge	Being a Global Citizen Identify my goals for this year, understand my fears and worries about the future and know how to express them. Being a Global Citizen Know that there are universal rights for all children but for many children these rights are not met and that my actions affect other people locally and globally The Learning Charter Make choices about my own behavior because I understand how rewards and consequences feel and I	Am I Normal? Understand there are different perceptions about what normal means and emphasize with people who are different Understanding difference Understand how being different could affect someone's life. Be aware of my attitude towards people who are different. Power Struggles and Bullying Explain some of the ways in which one person or a group can have power over another.	Personal Learning Goals Know my learning strengths and set challenging but realistic goals for myself What steps do I need to take to reach my goals? My Dream for the World Identify problems in the world that concern me and talk to other people about them. Work with other people to help make the world a better place Helping to Make a Difference Describe some ways in which I can work with other people	Taking responsibility for my health and well-being I can take responsibility for my health and make choices that benefit my health and well-being. I am motivated to care for my physical and emotional health. Drugs I know about different types of drugs, their uses, and their effects on the body particularly the liver and heart. I am motivated to find ways to be happy and	What is Mental Health? Know that it is important to take care of my mental health. Understand that people can get problems with their mental health and that it is nothing to be ashamed of. Know how to take care of mental health. Help myself and others when worried about a mental health problem. Love and Loss Understand that there are different stages of grief and that there are different types of loss that cause people to grieve.	My Self-Image Be aware of my own self-image and how my body image fits into that. Know how to develop my own self-esteem. Year 5 Puberty Explain how our body changes during puberty and the importance of looking after yourself physically and emotionally. Understand that sexual intercourse can lead to conception and that is how babies are usually made.



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	understand how these relate to my rights and responsibilities. Owning Our Learning Charter understand how democracy and having a voice benefits the school community	Know some of the reasons why people use bullying behaviours. Celebrating Difference I can give examples of people with disabilities who lead amazing lives. Recognise ways in which difference can be a source of conflict and a cause for celebration.	to help make the world a better place. Recognising Our Achievements Know what some people in my class like or admire about me and to accept their praise.	cope with life's situations without using drugs. Exploitation and Gangs I understand that some people can be exploited and made to do things that are against the law. I can suggest ways that someone who is being exploited can help themselves. I know why some people join gangs and the risks this involves. I can suggest strategies someone could use to avoid being pressurized. Emotional and Mental Health I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. I know how to help myself feel emotionally healthy and can recognize when I need help with this.	Recognise when I am feeling those emotions and have strategies to manage them. Power and Control Recognise when people are trying to gain power or control. Demonstrate ways I can stand up for myself and my friends in situations where others are trying to gain power or control. Being online – real or fake, safe or unsafe Judge whether something online is safe and helpful for me. Resist pressure to do something online that might hurt myself or others.	Year 6 Puberty, Conception, Boyfriends and Girlfriends Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally. Conception to Birth Understand how being physically attracted to someone changes the nature of the relationship and what that mean about having a girlfriend or boyfriend. Looking Ahead Identify what I am looking forward to and what worries me about the transition to secondary school/moving to my next class. Know how to prepare myself emotionally for the changes next year.
Vocabulary	Goals, worries, fears, value, choice, Ghana, West Africa, cocoa plantation, cocoa pods, machete, rights, community, education, wants, needs, Maslow, empathy, comparison, opportunities, rights, responsibilities, rewards, consequences, cooperation, legal, illegal, lawful, laws, learning charter, collaboration, participation, motivation, democracy, decision, proud	Normal, ability, disability, visual impairment, empathy, perception, medication, vision, blind, male, female, diversity, transgender, gender diversity, courage, fairness, rights, responsibilities, power, struggle, imbalance, control, harassment, bullying, direct, indirect, argument, recipient, Para Olympian, achievement, accolade, disability, sport, perseverance, admiration, stamina, celebration, difference, conflict	Dream, hope, goal, learning, strengths, stretch, achievement, personal, realistic, unrealistic, feeling, success, criteria, learning steps, global, issue, suffering, concern, hardship, motivation, sponsorship, suffering, admire, respect, praise, compliment, contribution, recognition	Responsibility, choice, immunization, prevention, drugs, effects, motivation, prescribed, unrestricted, over-the-counter, restricted, illegal, volatile substances, synthetic highs, new psychoactive substances, exploited, vulnerable, drugs, criminal, illegal, gangs, pressure, strategies, reputation, anti-social behavior, crime, mental health, emotional health, mental illness, symptoms	Mental health, ashamed, stigma, stress, anxiety, support, worried, signs, warning, self-harm, emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, hopelessness, anger, acceptance, bereavement, coping strategies, power, control, authority, bullying, script, assertive, risks, pressure, influences, self-control, real/fake, true/untrue, assertiveness, judgement	Self-image, real-self, celebrity, self-esteem, perception, characteristics, aspects, affirmation, puberty, menstruation, periods, sanitary towels, tampons, ovary/ovaries, vagina, estrogen, vulva, womb/uterus, sperm, semen, testicles/tests, erection, ejaculation, wet dream, larynx, facial hair, growth spurt, hormones, relationships, conception, making love, sexual intercourse, fallopian tube, fertilization, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF), teenager, milestone, perceptions, responsibilities, change, hope,



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						manage, cope, opportunities, emotions, fear, excitement, anxious