RHSE Overview 2026-27					
Autumn		**Spring**		**Summer**	
Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Year 1					
	Managing Risk and Keeping Safe Children learn about who are safe adults to them, when to speak up when they feel uncomfortable, the difference between good and bad secrets and that their bodies are private **<u>Life to the Full KS1: Module 2, Unit 4, Session 1-2</u>** Session 1: Good and bad secrets *Children learn what good and bad secrets are and when to tell an adult and not keep a secret* Session 2: Physical contact *Children recap the PANTS session from NSPCC, learning that private parts are private.*				

Year 2

Relationships, Health and Sex Education; Lifecycles
Autumn 2
Link to Science

Children learn the correct terminology for private body parts, the human lifecycle and different stages of life

Life to the Full KS1:
Module 1, Unit 2, Session 1-3
Session 1: I am unique
Children learn that they are unique with special gifts and talents
Session 2: Girls and Boys (version 2)
Children learn the correct names for genitalia, in order to keep them safe
Session 3: Clean and healthy, my body
Children will learn how to take care of their bodies
Life to the Full KS1:
Module 1, Unit 2, Session 1-2
Session 1: The cycle of life
Exploring the different stages of life from babies, toddlers, children, teenagers, adults and the elderly
Session 2: Beginnings and Endings
Exploring birth and death as part of the human lifecycle
Life to the Full KS1:
Module 2, Unit 4, Session 1-2
Session 1: Good and bad secrets
Children learn what good and bad secrets are and when to tell an adult and not keep a secret
Session 2: Physical contact
Children recap the PANTS session from NSPCC, learning that private parts are private.

Year 3

	Keeping Safe and Managing Risk; Bullying **Link to Arsenal and racism** Children explore the differences between difficulties in friendships	**Identity, Society and Equality; celebrating difference** Children learn about similarities and differences between them and others, the importance of community, relationships			

	and bullying and how to spot the difference. Children explore bullying online with links to racism and Arsenal players	and belonging to different groups			

Year 4

Relationships, Health and Sex Education; Puberty

Summer 2

Children explore the physical and hormonal changes related to puberty and what to expect as boys and girls in relation to hormones and physical changes

Life to the Full LKS2:
Module 1, Unit 2, Session 1-5
Session 1: We don't have to be the same
Similarities and differences
Session 2: Respecting our Bodies
Our bodies are a gift from God, which we should respect
Session 3: What is Puberty?
Exploring what Puberty is
Session 4: Changing Bodies
Physical Changes to Boys and Girls during Puberty
Session 5: Discussion Groups
Discussion and review about what we have learnt

Life to the Full LKS2:
Module 1, Unit 3, Session 1
Session 1: What am I feeling? Version 2
Hormones and our changing emotions, linked to changes in Puberty

Life to the Full LKS2:
Module 2, Unit 4, Session 1
Session 1: Safe in my body
Learning about types of abuse (not FGM)

Year 5

Relationships, Health and Sex Education; Puberty

Autumn 2

Children learn further details about the changes they will experience in puberty as boys and girls and explore peer pressure when exploring relationships

Life to the Full LKS2:
Module 1, Unit 2, Session 4*(recap from Y4)*
Session 4: Changing Bodies
Physical Changes to Boys and Girls during Puberty

Life to the Full UKS2:
Module 1, Unit 2, Session 1-4
Session 1: Gifts and Talents
Recognising our strengths, talents and differences, how to be confident in ourselves and own talents
Session 2: Girls Bodies
Changes to girl's bodies during puberty including physical changes
Session 3: Boys Bodies
Changes to boy's bodies during puberty, including wet dreams
Session 4: Spots and Sleep
The importance of looking after ourselves as we grow
Life to the Full UKS2:
Module 1, Unit 4, Session 3
Session 3: Menstruation
Exploring periods and what to expect

Girls and boys to be separated for the following lessons:
Module 1, Unit 2, Session 2: Girls Bodies
Module 1, Unit 2, Session 3: Boys Bodies
Module 1, Unit 4, Session 3: Menstruation

Girls and boys will cover the same content so they learn about boys and girls' changes, but separation will ensure they are comfortable to ask questions

Year 6

Relationships, Health and Sex Education; Conception and Intercourse
Summer 2
Children learn about sexual intercourse and conception and how to stay safe as well as understanding the importance for healthy relationships and the family unit

Life to the Full UKS2:
Module 1, Unit 2, Session 2-3 (recap from Y5)
Session 2: Girls Bodies
Changes to girls bodies during puberty including physical changes
Session 3: Boys Bodies
Changes to boys bodies during puberty, including wet dreams

Life to the Full UKS2:
Module 1, Unit 4, Session 3(recap from Y5)
Session 3: Menstruation
Exploring periods and what to expect
Teachers to dip in and out of recap lessons to ensure there are no gaps in learning
Life to the Full UKS2:
Module 1, Unit 3, Session 1-4
Session 1: Body Image
Exploring body images often portrayed by the media as 'normal' and how this can impact how we feel about ourselves
Session 2: Peculiar Feelings
Exploring appropriate and inappropriate behaviour
Session 3: Emotional Changes
Hormonal changes we experience as we go through puberty
Session 4: Seeing stuff online*
Exploring what to do when you see inappropriate images online (pornography)
Life to the Full LKS2:
Module 1, Unit 4, Session 1 and 2
Session 1: Life Cycles*
Sperm meeting the egg, growing inside the womb
Session 2: A time for everything
Life cycles, Death and life after it, discussions around grief
Life to the Full UKS2:
Module 1, Unit 4, Session 1-2
Session 1: Making Babies (part 1)*
How babies are conceived and develop, discussions around marriage and relationships
Session 2: Making Babies (part 2)*
Key facts about intercourse, underpinned by marriage
Life to the Full UKS2:
Module 2, Unit 4, Session 1
Session 1: Types of Abuse (FGM)*
Exploring types of abuse to keep ourselves safe including understanding what FGM is and that it is an illegal practice in the UK

Girls and boys to be separated for the following lessons:
Module 1, Unit 4, Session 1
Session 1: Life Cycles*
Module 1, Unit 4, Session 1-2
Session 1: Making Babies (part 1)*
How babies are conceived and develop, discussions around marriage and relationships
Session 2: Making Babies (part 2)*

Girls and boys will cover the same content so they learn about boys and girls' changes, but separation will ensure they are comfortable to ask questions

**demonstrates elements of sex education which are non-statutory in primary schools, giving parents the right to withdraw*