

RSE progression map - 2024

Year group	Lesson one	Lesson two	Lesson three	Lesson four	Lesson five	Lesson six
EYFS	Name body parts Name external body parts e.g. knee, ears, eyes etc	Being healthy Identify healthy and unhealthy foods	Grow from baby to adulthood. Compare what they look like as a baby, now and as an adult. Discuss what has changed and what has stayed the same	Looking ahead Changes from EYFS to year 1	Looking ahead What they are worried about and excited about going to year 1	Celebration Share things they have enjoyed and achieved in EYFS
One	Life cycles Understand what life cycles are, Identify the life cycle of different animals include humans	Changes Identify and understand how they have changed since being a baby. Identify what they can now do that they couldn't when they were a baby	Consent Introduce the pants rule (NSPCC) Understand the importance of private parts	Differences Identify the difference between boys and girls' body parts. Use the correct terms Introduce the words – penis, vagina, breasts, nipples, testicles, anus and vulva.	Changes Identify how they have changed from a baby, the skills and knowledge they now have	Dealing with change Identify coping mechanisms for dealing with change Identify ways to manage emotions during changes
Two	Life cycles Identify how animals, including humans, grow and change from birth to old age. Discuss how it feels during change	Changes Identify what changes as they get older. Understanding the importance of respecting others	Stage of life Understanding the different stages of life (baby, toddler, childhood, teenage, adult, old person). Identify the skills they will learn as they grow up	Boys and girls bodies Use the correct names for body parts and identify where the body parts are	Assertiveness Understand there are different touches and they may not like all touches. Explain what they like and do not like.	Looking ahead Changes from year 2 to 3 Identify changes they want to make and how to achieve these changes
Three	How babies grow Understand why a baby needs to be looked after	Babies Understand how a baby grows in the womb. Identify how it feels to be a sibling	Outside body changes Understand what puberty is – changes in the body. Understand what they can and can't control		Family Stereotypes Identify family stereotypes including jobs for males and females	Looking ahead Changes from year 3 to 4 e.g. swimming lessons
Four	Unique me Identify characteristics from our parents and from us	Inside body changes Understand the male and female reproduction systems	Girls and puberty Introduce menstruation	Circles of changes Changes that will be occurring soon (move to year 5) Explain how they feel about the changes and how they can manage these emotions	Accepting change Identify changes in their life they can and can't control	Looking ahead Changes from year 4 to 5
	Five	Self and body image Self-image – positive and negative	Puberty for girls Understand what the menstruation cycle is. Understand what different sanitary products there are	Puberty for boys Understand the changes that occur during puberty	Conception Understand how babies are made – making love. Identifying and understanding male and female reproduction organs	Looking ahead Understand what to think about before conception Understand what conception means. Understand the consequences of conception
	Six	My self-image Understand what air brushing is. Identify what is the real image and the importance of self-image	Puberty Puberty – truth or myth	Girl talk / boy talk Question and answer session about puberty	Babies – conception to birth Progression from conception, through pregnancy and birth	Attraction What age is appropriate to complete actions independently? Different types of relationships age, gender etc.
					Transition to senior school Memories - look back at their time at Sunnymede. Discuss worries they may have about senior school.	

