

Relationships and Sex Education Overview

This overview of the Twinkl Life Relationships scheme of work shows the objectives covered in each unit across year groups 1 to 6. It also shows the Big Questions, which give a clear idea of each lesson's content. As we are a mixed year group school the units are spread across each class on a two-year rolling programme more information on this can be found by looking at the Long-Term Plan for your child's class on the school website. The lessons in orange are the lessons which cover strands of Sex Education not statutory from September 2020 under the new statutory Relationships Education. Parents and carers may wish to withdraw their child from these lessons and have the right to make such a request.

Year 1 and 2

Unit and Lesson Title	Objectives Covered	Big Questions
TEAM - Together Everyone Achieves More	To know that they belong to different groups and communities such as family and school. To identify their special people (family, friends, carers), what makes them special and how special people should care for one another.	What does it mean to be part of a team? What teams are we a part of?
TEAM - Listening	To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation). To share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.	Why is it important to listen to other people? How can we be good listeners?
TEAM - Being Kind	To recognise what is fair and unfair, kind and unkind, what is right and wrong. To offer constructive support and feedback to others.	Why is it important to be kind to our team members? How can we be kind and make people feel good about themselves?
TEAM - Bullying and Teasing	To recognise when people are being unkind either to them or others, how to respond, who to tell and what to say. To recognise different types of teasing and bullying, to understand that these are wrong and unacceptable. To develop strategies to resist teasing or bullying, if they experience or witness it, who to go to and how to get help.	What kinds of unkind behaviour are there? What can we do if we see teasing or bullying or if it happens to us?
TEAM - Brilliant Brains	To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals. To recognise what they like and dislike, how to make real, informed choices that improve their	How can we be positive learners? What can we do if we find something difficult?

	physical and emotional health, to recognise that choices can have good and not so good consequences.	
TEAM - Making Good Choices	To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences. To recognise that their behaviour can affect other people.	What choices can we make about our behaviour? How might our choices affect the members of our team?
Be Yourself - Marvellous Me	To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals. To identify ways in which they are all unique; understand that there has never been and will never be another 'them'.	What makes us special? Why is it important to be kind to ourselves?
Be Yourself - Feelings	To know about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings. To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals.	How can we describe them? What are our different feelings called?
Be Yourself - Things I Like	To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences. To identify ways in which they are all unique; understand that there has never been and will never be another 'them'.	When do we feel happy? What other good feelings do you feel?
Be Yourself - Uncomfortable Feelings	To communicate their feelings to others, to recognise how others show feelings and how to respond. To share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.	What things make us feel unhappy or cross? What can we do when we have uncomfortable feelings?
Be Yourself - Changes	To know about change and loss and the associated feelings (including moving home, losing toys, pets or friends). To know about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings.	How does it feel when things change or we lose something precious? What can we do to help ourselves and others when this happens?
VIPs - Who Are Your VIPs?	To know about people who look after them, their family networks, who to go to if they are worried and how to attract their attention.	Who are our special people? What makes them special?

	To identify their special people (family, friends, carers), what makes them special and how special people should care for one another.	
VIPs - Families	To know about people who look after them, their family networks, who to go to if they are worried and how to attract their attention. To identify their special people (family, friends, carers), what makes them special and how special people should care for one another.	Why are families important? How do the people in our families make us feel?
VIPs - Friends	To offer constructive support and feedback to others. To communicate their feelings to others, to recognise how others show feelings and how to respond.	What makes a good friend? How can we be a good friend?
VIPs - Falling Out	To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation). To recognise that their behaviour can affect other people. To know that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable).	Why is it important to treat people fairly, even when we are cross with them? What can we do about arguments and disagreements?
VIPs - Working Together	To recognise that their behaviour can affect other people. To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation).	What does 'cooperate' mean? How can we cooperate with others?
VIPs - Showing You Care	To communicate their feelings to others, to recognise how others show feelings and how to respond. To offer constructive support and feedback to other.	Why is it important to let people know that they are special to us? How can we show our special people that we care?
Growing Up - Our Bodies Recapping the NSPCC Pants Campaign covered in EYFS	To know the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls. Covered using the NSPCC Pants Campaign lesson resources. https://learning.nspcc.org.uk/research-resources/schools/pants-teaching To know about the process of growing from young to old and how people's needs change.	What are the differences between girls and boys? What are the main parts of our bodies?
Growing Up - Is It OK?	To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond	What is 'consent' and what are the rules for respecting people's

	(including who to tell and how to tell them). To know the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid. To understand what is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy.	bodies? What should we do if these rules are broken?
Growing Up - Pink and Blue	To learn about ways in which we are unique. To identify and respect the differences and similarities between people.	What is a stereotype? Can we tell what someone is like depending on if they are a boy or a girl?
Growing Up - Look at Me Now	To know about the process of growing from young to old and how people's needs change. To know about growing and changing and new opportunities and responsibilities that increasing independence may bring.	What can we do know that we couldn't do last year? What will we be able to do next year?
Growing Up - Getting Older	To know about the process of growing from young to old and how people's needs change. To know about growing and changing and new opportunities and responsibilities that increasing independence may bring.	How have we changed since we were babies? How will we change as we grow older?
Growing Up - Changes	To know about change and loss and the associated feelings (including moving home, losing toys, pets or friends). To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals.	What are some changes that might happen in people's lives? What feelings can these changes cause?

Year 3 and 4

Unit and Lesson Title	Objectives Covered	Big Questions
TEAM - A New Start	To know about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement. To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their	How does it feel to start a new class? What are we looking forward to? Is there anything we will miss?

	feelings to others.	
TEAM - Together Everyone Achieves More	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	What are the features of a good team? How do team members benefit from being in a team?
TEAM -Working Together	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	How do the actions of our teammates affect us? How is our team affected by our actions?
TEAM - Being Considerate	To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves. To recognise and respond appropriately to a wider range of feelings in others.	How can we tell what our teammates are feeling? How can we respond to the feelings of other people?
TEAM - When Things Go Wrong	To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves. To know that their actions affect themselves and others. To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.	What happens when we fall out with our team members? How can we solve these problems?
TEAM- Responsibilities	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	Why is it important that everyone on a team fulfils their responsibilities? What are our responsibilities towards our team?
Be Yourself - Pride	To reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals. To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.	What does it mean to have pride in ourselves? Why should we be proud of our achievements?
Be Yourself - Feelings	To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. To know what positively and negatively affects their physical, mental and emotional health.	What are our main feelings and emotions called? What do they feel like? When might these feelings happen?
Be Yourself - Express Yourself	To deepen their understanding of good and not so good feelings, to extend their	What can we do when we feel unhappy or

	vocabulary to enable them to explain both the range and intensity of their feelings to others. To recognise that they may experience conflicting emotions and when they might need to listen to or overcome these.	uncomfortable? Why is it important to tell people how you feel?
Be Yourself - Know Your Mind	To know how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media. To recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong. To recognise and manage 'dares'.	What is 'being assertive'? When and how can we be assertive?
Be Yourself - Media Wise	To explore and critique how the media present information. To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves. To recognise and challenge stereotypes.	What messages do we get from the media about how people should look, feel and behave? Are those messages realistic?
Be Yourself - Making It Right	To reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals. To know that their actions affect themselves and others. To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action.	What can we do if we do something wrong or make a mistake? How can this help you in the future?
VIPs - Making Friends	To recognise and respond appropriately to a wider range of feelings in others. To know that their actions affect themselves and others. To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy.	Why is it a good idea to make new friends? How can we make new friends?
VIPs - Staying Friends	To recognise different types of relationship, including those between acquaintances, friends, relatives and families. To recognise what constitutes a positive, healthy relationship and develop the skills	How should we treat our friends? Whys is it important to be kind to our friends?

	to form and maintain positive and healthy relationships.	
VIPs - Is This a Good Friend?	To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy. To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support. To know how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media.	What makes a good friend? What can we do if someone is not a good friend?
VIPs - Falling Out	To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices. To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves. To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.	How and why do people fall out with their friends? What can we do when this happens?
VIPs - Bullying	To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help). To realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk. To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support.	What are the different ways people can be bullied? How can this affect the people involved?
VIPs - Anti-Bullying	To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help). To realise the consequences of anti-social, aggressive and harmful	What can we do if we are being bullied? What can we do if we know someone else is being bullied?

	behaviours such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk. To be able to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media).	
Growing Up - Human Reproduction	To know how their body will, and their emotions may, change as they approach and move through puberty.	What are the differences between male and female bodies? What are the male and female parts of the body for?
Growing Up - Changes in Boys	To know how their body will, and their emotions may, change as they approach and move through puberty.	What changes happen to boys' bodies as they grow up? Why do these changes happen?
Growing Up - Changes in Girls	To know how their body will, and their emotions may, change as they approach and move through puberty.	What changes happen to girls' bodies as they grow up? Why do these changes happen?
Growing Up - Changes in Boys and Girls	To know how their body will, and their emotions may, change as they approach and move through puberty. To recognise that they may experience conflicting emotions and when they might need to listen to or overcome these.	How do feelings change as we grow up? What is a crush and how does it feel?
Growing Up - Relationships and Families	To know that civil partnerships and marriage are examples of a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment. To know that two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership. To know that marriage is a commitment freely entered into by both people, that no one should marry if they don't absolutely want to do so or are not making this decision freely for themselves.	What are loving relationships like? What kinds of families are there?
Growing Up - Where Do I Come From?	To know about Human Reproduction. To understand the development of a human baby.	How are babies made? How are babies born?

Year 5 and 6

Unit and Lesson Title	Objectives Covered	Big Questions
TEAM - Together Everyone Achieves More	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	Can we think of any teams that we admire? What are the attributes that make a good team?
TEAM - Communicate	To know that their actions affect themselves and others. To listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary, constructively challenge others' points of view. To recognise and respond appropriately to a wider range of feelings in others.	How can we make our views heard without falling out with others? How can we respond respectfully to other people's feelings and opinion?
TEAM - Collaborate	To know that their actions affect themselves and others. To work collaboratively towards shared goals.	What does collaborate mean? When have we worked collaboratively?
TEAM - Compromise	To recognise and respond appropriately to a wider range of feelings in others. To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves. To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.	What is compromise? How can compromising help to resolve difficult situations?
TEAM - Care	To listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary, constructively challenge others' points of view. To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves.	How can we be sensitive to the feelings of others? How can we make other people feel valued?
TEAM - Shared Responsibilities	To know why and how rules and laws that protect them, and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.	Why are responsibilities important in a team? What are the most important responsibilities for our team?
Be Yourself - You	To reflect on and celebrate their	Is it OK to think and feel

Are Unique	achievements, identify their strengths and areas for improvement, set high aspirations and goals. To recognise that they may experience conflicting emotions and when they might need to listen to or overcome these.	differently from other people? What does 'being an individual' mean, and why is this a good thing?
Be Yourself - Let It Out!	To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. To recognise that they may experience conflicting emotions and when they might need to listen to or overcome these.	Why is it important to share our thoughts and feelings with those around us? How can we communicate our thoughts and feelings to others?
Be Yourself - Uncomfortable Feelings	To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. To recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong.	What are some of the uncomfortable feelings that people can feel? What can we do to manage them?
Be Yourself - The Confidence Trick	To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action. To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.	What situations might make us feel nervous or shy? How can we feel and act more confident in these situations?
Be Yourself - Do the Right Thing	To know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences and to begin to understand the concept of a 'balanced lifestyle'. To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action.	How can we know what to do in a tricky situation? How can we do the right thing even if others do not?
Be Yourself - Making Amends	To reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals. To face new challenges positively by collecting information, looking for help, making responsible choices, and taking action.	How might we feel if we have made a mistake or done something wrong? What can we do about it?
VIPs - Family and	To recognise different types of	Who are the important

Friends	relationship, including those between acquaintances, friends, relatives and families. To know that their actions affect themselves and others. To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.	people in our lives? Why are they important? Why is it important to treat them kindly? What can happen if we don't treat your family and friends with respect?
VIPs - Think Before You Act	To know that their actions affect themselves and others. To recognise and respond appropriately to a wider range of feelings in others.	What are the consequences of behaving unkindly to the people around us? How can we calm down when we are feeling angry or upset with other people?
VIPs - It's OK to Disagree!	To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves. To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices. To recognise and respond appropriately to a wider range of feelings in others.	Do people who care about each other always have to agree? How can we resolve disagreements without falling out?
VIPs - You Decide	To know how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media. To recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong. To recognise and manage 'dares'.	When might we feel under pressure to do something that we feel unsure about or don't want to do? What can we do when this happens?
VIPs - Secrets	To understand the concept of 'keeping something confidential or secret', when they should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'. To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support. To understand personal boundaries; to identify what they are willing to share with their most special people; friends;	When is it OK to keep a secret? When is it not OK? How can we know when we should break a confidence or tell a secret?

	classmates and others; and that we all have rights to privacy.	
VIPs - False Friends	To recognise different types of relationship, including those between acquaintances, friends, relatives and families. To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support. To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy.	What are some of the signs of an unhealthy or risky relationship? When might it be best to end a relationship, and how can we do this?
Growing Up - Changing Bodies	To know how their body will, and their emotions may, change as they approach and move through puberty.	What are the changes that occur in boys' and girls' bodies during puberty? How can we look after our changing bodies as we grow?
Growing Up - Emotional Changes	To know how their body will, and their emotions may, change as they approach and move through puberty. To recognise and challenge stereotypes.	How might our thoughts and feelings change during puberty? How can we deal with difficult feelings and moods?
Growing Up - Just the Way You Are	To recognise and challenge stereotypes. To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves.	Is there an ideal kind of body? What information can affect how we think and feel about ourselves and our bodies?
Growing Up - Relationships	To know about the difference between, and the terms associated with, sex, gender identity and sexual orientation. To know that civil partnerships and marriage are examples of a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment. To know that two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership.	What is a loving relationship? What kinds of loving relationship are there?
Growing Up - Human Reproduction	To know about human reproduction. To recognise different types of relationship, including those between acquaintances, friends, relatives and families.	How is a baby conceived? How does a baby grow? How is a baby born?