

RSE overview

These lessons address the relevant learning opportunities included in the [PSHE Association Programme of Study](#) and the relevant content outlined in the [Department for Education statutory guidance for Relationships Education/Relationships and Sex Education \(RSE\) and Health Education](#). The table below maps where the lesson plans address this content.

	Lesson title and summary	PSHE education Programme of Study	DfE statutory RSHE guidance, key stages 1 and 2
Year 6	<p><i>Puberty: recap and review</i> We are learning about the changes that happen during puberty. (Recap from year 4-5)</p>	<p>In addition to recapping on the Year 4 and 5 content:</p> <p>H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools.</p> <p>H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for¹.</p>	<p>Changing adolescent body</p> <ul style="list-style-type: none"> key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. about menstrual wellbeing including the key facts about the menstrual cycle.
	<p><i>Puberty: change and becoming independent</i> We are learning about managing change and becoming more independent</p>	<p>H35. about the new opportunities and responsibilities that increasing independence may bring</p> <p>H36. strategies to manage transitions between classes and key stages.</p> <p>R1. to recognise that there are different types of relationships (e.g., friendships, family relationships, romantic relationships, online relationships)</p>	
	<p><i>Positive and healthy relationships</i> We are learning about positive, healthy relationships.</p>	<p>R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different.</p> <p>R5. that people who loves and care for each other can be in a committed relationship (e.g., marriage), living together, but may also live apart.</p>	
	<p><i>How babies are made</i> We are learning about how a baby is made</p>	<p>R6. that a feature of positive family life is caring relationships: about the different ways in which people care for one another.</p> <p>R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online.</p> <p>R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships</p>	