

## 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 1	<p><i>My special people</i></p> <p>We are learning about the special people in our lives and how we care for one another.</p>	<p><b>R1.</b> about the roles different people (e.g., acquaintances, friends and relatives) play in our lives.</p> <p><b>R2.</b> to identify the people who love and care for them and what they do to help them feel cared for</p> <p><b>R20.</b> what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p> <p><b>R23.</b> to recognise the ways in which they are the same and different to others.</p>	<p><b>Caring friendships</b></p> <p>how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p>
Year 2	<p><i>We are growing: human life cycle.</i></p> <p>We are learning about how we change as we grow.</p> <p><i>Everybody's body.</i></p> <p>We are learning to name different parts of the body, including genitalia</p>	<p><b>H25.</b> to name the main parts of the body including external genitalia (e.g., vulva, vagina, penis, testicles)</p> <p><b>H26.</b> about growing and changing from young to old and how people's needs change</p> <p><b>R13.</b> to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private.</p> <p><b>L2.</b> how people and other living things have different needs; about the responsibilities of caring for them.</p>	