Moss Hall Schools Federation
Relationships & Sex Education (RSE) - learning by year group

Year Group	Term	Core Theme & Topic (Kapow Unit)	Content (Children should learn…)
1	Au1	**Connecting with others: Family and relationships**	How families are all different but share common features; what friendships are; recognising emotions in others; working together and solving friendship problems.
1	Su1	**Staying safe: Safety and the changing body**	To use correct names for main body parts including external genitalia; that body parts covered by underwear are private; appropriate physical contact; people who keep us safe inside and outside school.
2	Au1	**Connecting with others: Family and relationships**	How families offer stability and love; how to ask for and give/not give permission regarding physical contact; responding if physical contact makes them uncomfortable; intro to courtesy and manners; managing change.
2	Su2	**Growing up: Safety and the changing body**	How to respect and look after our bodies as we grow; understanding online safety and secrets/surprises; respecting private body parts and boundaries.
3	Au1	**Connecting with others: What helps us feel safe and included?**	How to respect oneself; personal boundaries; what makes a family; being a good friend and resolving friendship conflicts vs bullying; respecting differences in others.

3	**Su1**	**Health & Wellbeing: Safety and the changing body**	That their body belongs to them and should not be hurt or touched without permission; who to tell if feeling uncomfortable; road safety and illness prevention.
4	**Au1**	**Connecting with others: How can we respect each other?**	Respect and manners; healthy friendships and how behaviour impacts others; identifying bullying and stereotypes (gender, disability); wider family structures.
4	**Su2**	**Growing Up: How can I manage the changes to my body and emotions as I grow up?**	About puberty and how bodies change (including menstruation, menstrual wellbeing, erections, wet dreams); how puberty affects emotions/feelings; changing hygiene routines; asking for support.
5	**Au1**	**Connecting with others: Why are healthy relationships important?**	Different types of relationships in life; marriage and legal partnerships; family life; respecting oneself and challenging stereotyping (gender, race, religion).
5	**Su2**	**Growing Up: Managing changes to body and emotions**	Navigating emotional and physical growth; rest, physical health, and sun safety; handling peer influences online and offline; drug awareness.

6	**Au1**	**Connecting with others: What does it mean to stand up for myself and others?**	Navigating complex friendships; independence and boundaries; understanding that adult relationships/marriages must be entered into with mutual consent (e.g. forced marriage awareness); addressing illegal practices like FGM and human rights.
6	**Su2**	**Sex Education*: How do people become parents and carers?**	How puberty relates to growing from childhood to adulthood; human reproduction, conception, and birth; how babies need to be cared for. **Note: This specific unit covers non-statutory sex education. Parents retain the statutory right to request withdrawal from non-statutory sex education lessons.*