Domain	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
My Feelings	Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Pupils can recognise how they grow and will change as they become older.	Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.	Pupils can anticipate how their body may change as they approach and move through puberty.	Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.
My Body	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Pupils can recognise how they grow and will change as they become older.	Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.	Pupils can anticipate how their body may change as they approach and move through puberty.	Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.
My Relationships	Pupils understand that there are similarities and differences between everyone and can celebrate this.	Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.	Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.	Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.	Pupils realise the nature and consequences of discrimination, including the use of prejudice based language.

Domain	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
My Beliefs	Pupils can recognise what they like and dislike and feel empowered to make real, informed choices.	Pupils can identify and respect the differences and similarities between people.	Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.	Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity	Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.	Pupils know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM)
My Rights & Responsibilities	Pupils understand that there are similarities and differences between everyone and can celebrate this.	Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.	Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.	Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.	Pupils realise the nature and consequences of discrimination, including the use of prejudice based language.
Asking for Help	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.	Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.	Pupils know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.	Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.	Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.	Pupils have considered how to manage accidental exposure to explicit images, and upsetting online material, including who to talk about what they have seen.	Pupils develop the confidence and skills to know when, who and how to ask for help independently, or with support.