

What's changed in Yasmine and Tom for the Sept 2026 curriculum - a lesson-by-lesson breakdown

The new version of Yasmine and Tom is fully compliant with DfE RSHE guidance.

Below we give a lesson-by-lesson breakdown of what's changed between version 4 (released Sept 2025) and version 5.1 (released May - Aug 2026) split by:

- **What's changed for 2026 statutory guidance?**
- **What has FPA changed to improve the lesson quality and support for teachers?**

Year 1

Lesson Number	Lesson Name	**What's changed for 2026 statutory guidance?** (changes needed for Yasmine and Tom to remain compliant)	**What has FPA changed to improve the lesson quality and support for teachers**
1	Introducing Yasmine and Tom	• No changes needed for 2026 curriculum update	• Additional optional resource signposted for teachers • Updated vocabulary terms
2	Friendships and feelings	• No changes needed for 2026 curriculum update	• N/A
3	Different families	• Additional aim and learning outcome for the lesson focusing on the importance of family for wellbeing • Extension to the baseline activity to explore why families are important • Additional teacher notes for the plenary and endpoint assessment to give prompts for family discussion points	• Additional further optional reading signposted for teachers • Additional embedded learning tasks exploring family diversity
4	My brilliant body	• No changes needed for 2026 curriculum update	• Updated teacher notes in the lesson plan to give prompts about Yasmine and Tom's background • Updated teacher notes for creating a safe learning environment including suggested script for positive messages about the body • Additional work sheet resource for plenary activity for ease of preparation • Updated vocabulary terms
5	Keeping safe	• No changes needed for 2026 curriculum update	• Updated vocabulary terms
6	Sleeping well	• No changes needed for 2026 curriculum update	• Updated optional resource signposted for teachers • Updated vocabulary terms
7	Keeping clean	• No changes needed for 2026 curriculum update	• Updated vocabulary terms
8	Safety in the sun	• No changes needed for 2026 curriculum update	• Additional optional resource signposted for teachers • Updated vocabulary terms
9	Good manners	• No changes needed for 2026 curriculum update	• Updated vocabulary terms



Year 2

Lesson Number	Lesson Name	What's changed for 2026 statutory guidance?	What has FPA changed to improve the lesson?
1	Keeping clean and taking care of myself	• No changes needed for 2026 curriculum update	• Additional embedded learning task involving a session with the school nurse
2	Naming body parts - external and private	• No changes needed for 2026 curriculum update	• N/A
3	Keeping safe (lesson revisited)	• No changes needed for 2026 curriculum update	• Updated vocabulary term
4	Healthy eating	• Amended and additional aims and learning outcomes for the lesson focusing on the importance of having a healthy relationship with food • Additional notes for teachers to support conversations about food choices • Replaced the storytime video with a food experiment video which focuses on the impact of food choices and the following questions accordingly • Added challenge to the plenary activity to promote food diversity • Replaced the food diary embedded learning task with a show and tell session which promotes food diversity • Removed the vocabulary term "junk food"	• Additional work sheet resource for differentiation with the baseline activity • Additional embedded learning task involving a online sugar calculator
5	Emotions and anger	• No changes needed for 2026 curriculum update	• Additional optional resource signposted for teachers
6	Keeping fit	• No changes needed for 2026 curriculum update	• Additional optional resource signposted for teachers
7	Safety - out and about	• **New lesson:** This lesson covers the new guidance on "Personal safety" : 1. Hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks 2. How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code	• N/A



Year 3

Lesson Number	Lesson Name	What's changed for 2026 statutory guidance?	What has FPA changed to improve the lesson?
1	Yasmine and Tom recap and ground rules for Year 3	• Amendments to aims and learning outcomes to ensure alignment with curriculum guidance in regards to boundaries • Additional activities and worksheets to fulfill new learning outcomes and amended teaching notes to support these • Additional vocabulary term	• Updated vocabulary terms
2	Me, myself and I	• Amended learning outcome for the lesson to more closely align with curriculum guidance in regards to self-esteem • Updated teacher notes in the lesson plan • Additional vocabulary term	• Additional optional appendix resource signposted for teachers
3	What makes a good friend?	• No changes needed for 2026 curriculum update	• Updated vocabulary terms
4	Families and getting on with our families	• No changes needed for 2026 curriculum update	• Additional optional resources signposted for teachers including an additional appendix • Updated vocabulary terms
5	My personal and private body parts and keeping safe	• No changes needed for 2026 curriculum update	• Updated teacher notes in the lesson plan • Updated vocabulary terms
6	People who can help us on and offline	• No changes needed for 2026 curriculum update	• Updated teacher notes on CEOP reporting • Amended and additional activities to match the updated CEOP reporting information • Updated vocabulary terms
7	Being safe in the sun	• No changes needed for 2026 curriculum update	• Additional optional resource signposted for teachers • Updated vocabulary terms
8	Hidden sugar	• Amended aim for the lesson to more closely align with curriculum guidance with regards to nutritional content • Additional notes in regards to creating a safe learning environment that focuses on fostering a healthy relationship with food.	• Updated teacher notes in the lesson plan • Updated embedded learning tasks • Additional optional resource signposted for teachers
9	Getting physical	• No changes needed for 2026 curriculum update	• Additional optional resource signposted for teachers • Updated vocabulary term



Year 4

Lesson Number	Lesson Name	What's changed for 2026 statutory guidance?	What has FPA changed to improve the lesson?
1	Gender stereotypes and aspirations	• Amended learning outcome for the lesson to more closely align with curriculum guidance in regards to the harm stereotypes can cause • Updated teacher notes in the lesson plan	• Additional optional appendix resource signposted for teachers • Updated vocabulary term
2	My personal and private body parts and keeping safe (lesson revisited)	• No changes needed for 2026 curriculum update	• Updated teacher notes in the lesson plan
3	Body care	• No changes needed for 2026 curriculum update	• Updated vocabulary terms
4	Is it risky?	• No changes needed for 2026 curriculum update	• Additional optional resource signposted for teachers
5	People who can help us on and offline (lesson revisited)	• No changes needed for 2026 curriculum update	• Updated teacher notes on CEOP reporting • Amended and additional activities to match the updated CEOP reporting information • Updated vocabulary terms

6	Germs	• No changes needed for 2026 curriculum update	• We removed "Year 5, lesson 8, Keeping clean" to make room for a new Year 5 lesson. We have taken the best parts of "Year 5, lesson 8, Keeping clean" and added them to this lesson, including:
			  ○ Updated aims and learning outcomes for the lesson
			  ○ Additional discussion activities on illness and microbes
			  ○ A video from the NHS about how germs spread
			  ○ Additional appendix on handwashing
			  ○ Added information about microbes for teachers
			  ○ Added/updated vocabulary terms
			• Additional optional appendix resource signposted for teachers for an embedded learning task

7	Getting enough sleep	• No changes needed for 2026 curriculum update	• This lesson was previously taught in Year 5. We removed a repeated lesson of Year 3, lesson 7, Being safe in the sun to make room for new content • Additional optional appendix resource signposted for teachers for an embedded learning task

8	Oral hygiene	• Amended aims and learning outcomes for the lesson to add clarity to existing aims and learning outcomes	• We removed "Year 5, lesson 10, Oral hygiene" to make room for a new Year 5 lesson. We have taken the best parts of "Year 5, lesson 10, Oral hygiene" and added them to this lesson, including:
			  ○ Updated aims and learning outcomes for the lesson
			  ○ Minor updates to teacher notes
			  ○ Additional baseline assessment
			  ○ A video on how to brush your teeth
			  ○ Amended key questions and vocabulary



9	Feeling good	• No changes needed for 2026 curriculum update	• Additional optional appendix resource signposted for teachers for an embedded learning task
10	Keeping safe - online risks	• Amended aims and learning outcomes for the lesson to more closely align with curriculum guidance in regards to the dangers of the internet and online gaming • Updated teacher notes in the lesson plan • Additional vocabulary term	• N/A
11	Wellbeing online	• New lesson for Sep 2026 designed to support the new category "Wellbeing online"	• N/A

Year 5

Lesson Number	Lesson Name	What's changed for 2026 statutory guidance?	What has FPA changed to improve the lesson?
1	Respectful relationships	**New lesson:** This lesson replaces Year 5, lesson 1, Yasmine and Tom recap and ground rules for Year 5. It covers the new guidance on "Respectful, kind relationships, points 1 - 4": 1. How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated 2. The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults 3. How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration 4. Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs	• N/A
2	On and offline friendships	• Amended learning outcome for the lesson to more closely align with curriculum guidance in regards to the difference between online and in-person relationships	• Additional optional resources signposted for teachers for embedded learning tasks
3	Keeping safe - online images	• Amended learning outcome for the lesson to more closely align with curriculum guidance regarding rights and data privacy • Updated teacher notes in the lesson plan • Amended vocabulary term • Amended text for pupils	• Updated vocabulary terms



4	Friendships and secrets	• Amended learning outcome for the lesson to more closely align with curriculum guidance in regards to when a friendship is making you unhappy • Updated teacher notes in the lesson plan	• N/A
5	Friendships and pressure	• No changes needed for 2026 curriculum update	• Updated vocabulary term
6	Keeping safe - safe and unsafe touch	• No changes needed for 2026 curriculum update	• Updated teacher notes in the lesson plan • Updated optional resource signposted for teachers • Updated vocabulary term
7	Consent	• New lesson for Sep 2026 designed to support the categories "Respectful, kind relationships" and "Being safe"	• Previously this lesson was "Year 5, lesson 7, Getting enough sleep" - that lesson has been moved to Year 4 Lesson 7 to make room for this new Year 5 lesson on consent
8	Wellbeing online (lesson revisited)	• New lesson for Sep 2026 designed to support the new category "Wellbeing online"	• Previously this lesson was "Year 5, lesson 8, Keeping clean" - however that has been removed to make room for this new lesson on Wellbeing online • Also see note above for "Year 4, lesson 6, Germs"
9	Misogny	• New lesson for Sep 2026 designed to support the category "Respectful, kind relationships"	• Previously this lesson was "Year 5, lesson 9, Safety in the sun" however that has been removed to make room for this new lesson on Misogyny • Sun safety is still covered in Years 1 & 3
10	Keeping safe - online risks (lesson revisited)	• Amended aims and learning outcomes for the lesson to more closely align with curriculum guidance in regards to the dangers of the internet and online gaming • Updated teacher notes in the lesson plan • Additional vocabulary term	• Previously this lesson was "Year 5, lesson 10, Oral hygiene" however that has been removed to make room for this new lesson on Keeping safe • Also see note above for "Year 4, lesson 8, Oral hygiene"
11	Physical fitness	• No changes needed for 2026 curriculum update	• Updated teacher notes in the lesson plan • Additional optional appendix resource signposted for teachers for an embedded learning task
12	Feeling good	• Amended learning outcome for the lesson to more closely align with curriculum guidance in regards to well-being • Additional and amended activities to fulfill learning outcomes and amended teaching notes to support these • Additional embedded learning tasks	• N/A
13	Getting help	• No changes needed for 2026 curriculum update	• Additional work sheet resource for differentiation
14	Isolation and loneliness	• No changes needed for 2026 curriculum update	• Updated teacher notes in the lesson plan
15	Immunisation and vaccinations	• Additional teacher notes to create a safe learning environment in line with government recommendations for lesson placement	• Updated teacher notes in the lesson plan • Additional embedded learning task involving a session with the school nurse • Additional vocabulary terms



Year 6

Lesson Name	What's changed for 2026 statutory guidance?	What has FPA changed to improve the lesson?	Lesson Name
1	Changes at puberty	• No changes needed for 2026 curriculum update	• Printable slides updated and adapted into worksheets • Updated vocabulary terms
2	Periods (menstruation)	• Additional teacher notes to create a safe learning environment	• Updated vocabulary terms
3	Wet dreams and masturbation (optional opt out)	• No changes needed for 2026 curriculum update	• Updated vocabulary terms • Additional information slide about masturbation
4	Making babies - sexual intercourse (optional opt out)	• No changes needed for 2026 curriculum update	• Additional optional appendix resource signposted for teachers for an embedded learning task • Additional work sheet resource for differentiation • Additional and updated vocabulary terms
5	Making babies - assisted fertility and multiple births (optional opt out)	• No changes needed for 2026 curriculum update	• Updated teacher notes in the lesson plan • Additional and updated vocabulary terms
6	Making babies - pregnancy and birth (optional opt out)	• No changes needed for 2026 curriculum update	• Updated teacher notes • Additional and updated vocabulary terms
7	Identity and prejudice	• No changes needed for 2026 curriculum update	• Updated vocabulary terms
8	Equality and the law	• No changes needed for 2026 curriculum update	• Updated vocabulary term • Additional optional appendix resource signposted for teachers for an embedded learning task
9	Dangers of smoking	• Amended aim for the lesson, information and worksheet to include references to nicotine pouches	• Updated vocabulary term
10	The effects of alcohol	• No changes needed for 2026 curriculum update	• Additional optional appendix resource signposted for teachers for an embedded learning task
11	Legal and illegal drugs	• No changes needed for 2026 curriculum update	• Updated worksheets for easier reading • Additional optional appendix resource signposted for teachers for an embedded learning task • Updated vocabulary terms
12	Coping with grief	**New lesson:** This lesson replaces Year 6 lesson 12, Asking for help. It covers new guidance on General well being, point 8: • That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently.	• N/A



13	Marriage	• Amended aim for the lesson to more closely align with curriculum guidance in regards to civil partnerships • Additional teacher notes to create a safe learning environment	• Updated teacher notes in lesson plan • Updated vocabulary terms
14	First aid	• Amended learning outcome for the lesson to more closely align with curriculum guidance in regards to the importance of reporting incidents • Additional teacher notes and text to support new learning outcomes	• Updated teacher notes in the teacher preparation area