

Relationships and Sex Education Overview

Year Group	Themes	Learning Objectives
EYFS	<ul style="list-style-type: none"> • Caring Friendships • Being Kind • Families 	<ul style="list-style-type: none"> -Know that friendships can make us feel happy -Know some ways that we can make new friends feel welcome -Know that arguing with friends and then making up can make friendships stronger -Know that resorting to violence is never right -Be able to identify different members of the family -Understand how members of a family can help each other
Year 1	<ul style="list-style-type: none"> • Growing and Changing 	<ul style="list-style-type: none"> -Know how to keep clean and look after oneself -Understand that babies become children and then adults -Know the differences between boy and girl babies -Know there are different types of families
Year 2	<ul style="list-style-type: none"> • Differences • Male and female animals • Naming body parts (penis and vagina) 	<ul style="list-style-type: none"> -Know the physical differences between males and females -Be able to describe some differences between male and female animals -Understand that making a new life needs a male and a female -Understand that making a new life needs a male and female -Be able to name the different body parts -Understand that there is no such thing as a stereotypical boy or girl

Year 3	<ul style="list-style-type: none"> • Body Differences (penis, testicles, vulva, vagina and uterus) 	<ul style="list-style-type: none"> -Know and respect the body differences between ourselves and others -Be able to name male and female body parts using agreed words -Identify different types of touch that people like and do not like -Understand the importance of personal space -Understand that all families are different and have different family members
Year 4	<ul style="list-style-type: none"> • Changes (puberty introduced) • What is puberty? 	<ul style="list-style-type: none"> -Understand that puberty is an important stage in the human lifecycle -Know some changes that happen during puberty -Know about the physical and emotional changes that happen in puberty -Understand that children change into adults to be able to reproduce if they choose to
Year 5	<ul style="list-style-type: none"> • Talking about puberty (ovaries, uterus, vagina, penis, testicles) • The reproductive system 	<ul style="list-style-type: none"> -Be able to explain the main physical and emotional changes that happen during puberty -Understand how puberty affects the reproduction organs -Be able to describe what happens during menstruation and sperm production -Know how to stay clean during puberty -Understand how emotions/relationships change during puberty -Know how to get help and support during puberty
Year 6	<ul style="list-style-type: none"> • Puberty and reproduction • Families, Conception and Pregnancy 	<ul style="list-style-type: none"> -Know how and why the body changes during puberty in preparation for reproduction -Know the differences between healthy and unhealthy relationships -Know the decisions that have to be made before having children -Know some basic facts about conception and pregnancy -Know what forms of touching are inappropriate -Know how and where to get support if an online relationship goes wrong