

Relationships and Sex education - Whole School Overview

Year	Topics covered	Vocabulary
R	<p>Know that friendships can make us feel happy.</p> <p>Know some ways that we can make new friends feel welcome.</p> <p>Know that arguing with friends and then making up can make friendships stronger.</p> <p>That resorting to violence is never right.</p> <p>Identify different members of the family.</p> <p>Understand how members of a family can help each other.</p>	<p>Friends</p> <p>Family</p> <p>Feeling</p> <p>Forgive</p> <p>sorry</p>
1	<p>Know that we can be friends with people who are different to us</p> <p>Understand that babies need care and support</p> <p>Know that older children can do more by themselves</p> <p>Know there are different types of families</p> <p>Know which people we can ask for help</p>	<p>Friends</p> <p>Feelings</p> <p>Similar</p> <p>Different</p> <p>Boy / male</p> <p>Girl / female</p>
2	<p>Understand that some people have fixed ideas about what boys and girls can do – talk about this.</p> <p>Describe the difference between male and female babies</p> <p>Describe some differences between male and female animals</p> <p>Name the different body parts – the words penis and vulva taught as words that can be used to describe boys and girls private parts.</p>	<p>Male/ female</p> <p>Penis</p> <p>Vulva</p> <p>Private parts</p> <p>Animal parts - teats, udder</p>
3	<p>Know and respect the body differences between ourselves and others</p> <p>Name male and female body parts using agreed words</p> <p>Understand that each person's body belongs to them</p> <p>Understand personal space and unwanted touch</p> <p>Understand that all families are different and have different family members</p> <p>Identify who to go to for help and support</p>	<p>Stereotypes</p> <p>Gender roles</p> <p>Male/ female</p> <p>Private parts</p> <p>Penis, testicles</p> <p>vulva, vagina, uterus</p> <p>Fostering</p> <p>adoption</p>
4	<p>Understand that puberty is an important stage in the human lifecycle</p> <p>Know some changes that happen during puberty</p>	<p>Puberty</p> <p>Lifecycle</p>

	<p>Understand that children change into adults to be able to reproduce if they choose to</p> <p>Know that respect is important in all relationships including online</p> <p>Explain how friendships can sometimes make people feel unhappy as well as happy..</p>	<p>Breasts</p> <p>Pubic hair</p> <p>Emotional feelings</p>
5	<p>Explain the main physical and emotional changes that happen during puberty</p> <p>Ask questions about puberty with confidence</p> <p>Understand how puberty affects the reproductive organs</p> <p>Describe what happens during menstruation and sperm production</p> <p>Explain how to keep clean during puberty</p> <p>Explain how emotions/relationships change during puberty</p> <p>Know how to get help and support during puberty</p>	<p>Puberty</p> <p>Physical changes</p> <p>Emotional changes</p> <p>Moods</p> <p>Menstruation</p> <p>Periods</p> <p>Sanitary towels</p> <p>Ovaries, uterus, vagina, penis, testicles, sperm.</p>
6	<p>Describe how and why the body changes during puberty in preparation for reproduction</p> <p>Explain differences between healthy and unhealthy relationships</p> <p>Know that communication and permission seeking are important</p> <p>Describe the decisions that have to be made before having children</p> <p>Know some basic facts about conception and pregnancy</p> <p>To have considered when it is appropriate to share personal/private information in a relationship</p> <p>To know how and where to get support if an online relationship goes wrong</p>	<p>Womb</p> <p>Sperm</p> <p>Egg</p> <p>Conception</p> <p>Fertilisation</p> <p>Pregnancy</p> <p>Sexual intercourse</p> <p>Love</p> <p>Consent</p> <p>Intimacy</p> <p>Personal/ private information</p>