



## Sex and Relationships Education

**Green – Science    Red – Relationships    Blue – Sex Ed**

**Please be aware that all key objectives in Green and Red are already statutory parts of the National Curriculum and are for your information only. Only the Blue objectives relate to Sex Education.**

	Key Objectives	Further detail regarding the Sex Education Curriculum, including vocabulary and resources that would be taught.
Year 1	<ul style="list-style-type: none"> <li>• What makes themselves and others special</li> <li>• Roles and responsibilities at home and at school</li> <li>• Being co-operative with others</li> </ul>	<b>All Year 1 content is based around relationships</b>
Year 2 <b>Boys and girls, families</b>	<p><b>Pupils learn that everybody needs to be cared for and ways in which they can care for others.</b></p> <p style="text-align: center;">Pupils understand that we all have different needs and require different types of care</p> <ul style="list-style-type: none"> <li>• Identify ways we show care towards each other</li> <li>• Understand the links between needs, caring and changes throughout the life cycle</li> </ul> <p><b>Pupils learn about different types of family and how their home-life is special</b></p> <ul style="list-style-type: none"> <li>• Can describe different types of family</li> <li>• Identify what is special and different about their home life</li> <li>• Understand that families care for each other in a variety of ways</li> </ul>	<p><b>To learn that a male and female is needed to make a baby.</b></p> <ul style="list-style-type: none"> <li>• To know that only females can breast feed.</li> <li>• To understand the biological differences between a male and a female (naming parts)</li> <li>• To know that these parts are the 'sex parts' and that a woman has these inside her body and a man's parts can be seen on the outside.</li> <li>• To know that the penis in a grown adult male helps to make a baby with a female adult.</li> <li>• To understand the human life cycle and how we change over the years.</li> <li>• To know that lots of body parts in males and females are the same but there are biological differences.</li> </ul> <p><b><u>VOCABULARY COVERED</u></b></p>

	<p>To understand the biological differences between male and female animals and their role in the life cycle</p> <p>The biological differences between male and female children</p>	<p>Male, female, sex parts, vagina, penis</p> <p><b>RESOURCES</b></p> <p><b>Books</b></p> <p>The world is full of babies – Mick Manning and Brita Granstrom Watts</p> <p>Tell me about the day I was born – Jamie Lee Curtis</p> <p>Once there were giants – Martin Waddell and Penny Dale Walker.</p>
<p>Year 3 <b>Identity, society and equality: celebrating difference</b></p>	<ul style="list-style-type: none"> <li>• Pupils learn about valuing the similarities and differences between themselves and others</li> <li>• Pupils learn about what is meant by community</li> <li>• Pupils learn about belonging to groups</li> </ul>	<p>All the content for Year 3 is based around relationships, but they will continue to use the language of the year 2 curriculum.</p>
<p>Year 4 <b>Growing up and changing</b></p>	<ul style="list-style-type: none"> <li>• Pupils learn about the way that we grow and change throughout the human lifecycle</li> <li>• Pupils learn about the physical changes associated with puberty</li> <li>• Girls learn about menstruation and boys learn about wet dreams. In Year 6, pupils will learn about the opposite sex.</li> <li>• Pupils learn about the impact of puberty in physical hygiene and strategies for managing this.</li> </ul> <p>Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty.</p> <ul style="list-style-type: none"> <li>• Pupils are able to describe how feelings and behaviour change during puberty</li> <li>• Can devise strategies for managing these changes</li> <li>• Understand how changes during puberty can affect relationships with other people</li> </ul>	<ul style="list-style-type: none"> <li>• To revisit Human Life Cycles and review changes in males/females.</li> <li>• To understand the physical changes associated with puberty.</li> <li>• To understand that puberty can begin from the age of 8-17</li> <li>• To understand stereotyping and discrimination.</li> </ul> <p><b>VOCABULARY COVERED</b></p> <p>Vagina, penis, breasts, chest, testicles, male sex cell (sperm) female sex cell (ovum) genitals, pubic hair, hygiene, growth spurt, deodorant, acne, male voice change</p> <p><b>Boys</b> wet dreams,</p> <p><b>Girls</b> menstruation . periods,</p>

	<p><b>Pupils learn strategies to deal with feelings in the context of relationships</b></p> <ul style="list-style-type: none"> <li>• Pupils are able to identify feelings and understand how they affect behaviour</li> <li>• Can practise strategies for managing relationships and changes during puberty</li> <li>• Can empathise with other people’s feeling in relationships including parents and carers</li> </ul> <p><b>Pupils learn to answer each other’s questions about puberty with confidence, to seek support and advice when they need it.</b></p> <ul style="list-style-type: none"> <li>• Pupils can identify sources of information, support and advice for children and young people.</li> <li>• Can use appropriate language to discuss puberty and growing up with confidence.</li> <li>• Can answer their own questions about puberty and growing up.</li> </ul>	<p><b><u>RESOURCES</u></b></p> <p><b><u>Books</u></b></p> <p>Amazing Grace -Mary Hoffman Caroline Binch Love you forever – R Munsch Red Fox</p> <p>SEAL – Melanie’s Journal p13-14</p>
<p>Year 5 <b>Identity, society and equality</b></p>	<p><b>Stereotypes, discrimination and prejudice (Including tackling homophobia)</b></p> <ul style="list-style-type: none"> <li>• About stereotyping, including gender stereotyping</li> <li>• About prejudice and discrimination and how this can make people feel</li> </ul>	<p>All content for Year 5 is based around relationships, but they will continue to use the language of the year 4 curriculum.</p>
<p>Year 6 <b>Healthy relationships and how a baby is made</b></p>	<p><b>About the changes that occur during puberty</b>  <b>To consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</b>  <b>What values are important to them in relationships</b>  <b>To appreciate the importance of friendship in personal relationships</b>  <b>About human reproduction in the context of the human lifecycle</b></p> <p><b>Pupils learn how a baby is made and grows (conception and pregnancy)</b></p> <ul style="list-style-type: none"> <li>• Pupils know the male and female body parts associated with</li> </ul>	<ul style="list-style-type: none"> <li>• To understand and identify the physical, emotional and behavioural change that occurs in both male and females in puberty.</li> <li>• To know that body changes in puberty are in preparation for sexual maturity.</li> </ul> <p><b><u>VOCABULARY COVERED</u></b>  intimate relationship  love  values</p>

conception and pregnancy

- Can define conception and understand and the importance of implantation in the womb
- Know what pregnancy is, where it occurs and how long it takes

**Pupils learn about roles and responsibilities of carers and parents**

- Pupils can identify some of the skills and qualities needed to be a parent or carer
- Pupils understand the variety of ways in which parents and carers meet the needs of babies and children
- Can recognise that both men and women can take on these roles and responsibilities

**Pupils learn to answer each other's questions about sex and relationships with confidence and know where to find support and advice when they need it.**

**attitudes**  
**media influence**  
**reproductive organs**  
**positive body image**  
**marriage**  
**sexual intercourse**  
**conception**  
**making love**  
**emotions**  
**pregnancy**

**BOOKS**

**Let's talk about where babies come from**  
**Robie H Harris**

**To understand the definition of aids and it's affects.**  
**To know how contraception can be used to prevent pregnancy.**