

PSHCE – Relationships and Sex Education

Year Group	Area of Learning
Reception	<ul style="list-style-type: none"> • Keeping ourselves clean and understand why hygiene is important • Routines and patterns of a typical day • Recognise that all families are different
Year 1	<ul style="list-style-type: none"> • The importance of personal hygiene and some basic hygiene principles • Introduce the concept of growing and changing • Explore different types of families and consider people who look after them • Explore who to go to if a child is worried and how to attract their attention
Year 2	<ul style="list-style-type: none"> • Identify similarities and differences between males and females • Introduce the concept of recognising and challenging gender stereotypes (Equalities Act 2010) • Explore some of the differences between males and females and to understand how this is part of the lifecycle • Know the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
Year 3	<ul style="list-style-type: none"> • Explore the differences between males and females and to name the body parts • Judge what kind of physical contact is acceptable or unacceptable and how to respond • Explore different types of families and understand people who look after them • Recognise when and how to ask for help
Year 4	<ul style="list-style-type: none"> • Explore the human lifecycle • Begin to understand how their body will change as they approach & move through puberty and how this is linked to reproduction
Year 5	<ul style="list-style-type: none"> • Deepen their understanding of how their body will and emotions may change as they approach and move through puberty https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-to-my-body/znhdvk7 • Explore the impact of puberty on the body & the importance of Hygiene • Know about menstrual wellbeing including the key facts about the menstrual cycle • Explore ways to get support during puberty
Year 6	<ul style="list-style-type: none"> • Learn about human reproduction including conception and pregnancy (and that this can be prevented) • Consider physical & emotional behaviour in relationships • Deepen their understanding of what constitutes a positive, healthy relationship including communicating in a relationship

PSHCE – Relationships and Sex Education - Vocabulary

<u>Year Group</u>	<u>Vocabulary</u>
Reception	Dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, comb, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad.
Year 1	Boy, girl, gender, penis, testicles, vulva, vagina, baby, child, teenager, elderly, life cycle, change, grow, feelings, love, care, (un)comfortable feeling, clean, similar, different, family, male, female, private parts.
Year 2	Boy, girl, gender, penis, testicles, vulva, vagina, pregnant, baby, child, teenager, elderly, life cycle, change, grow, feelings, love, care, comfortable feeling, uncomfortable feeling, similar, different, sex, gender roles, stereotypes, male, female, private parts,
Year 3	Change, grow, mature, feelings, emotions, excited, worried, reproductive organs, sperm, egg, stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship.
Year 4	Puberty, change, lifecycle, reproduction, physical, breasts, feelings, excited, attraction, worried, internal, inside, reproductive organs, sperm, egg, penis, testicles, vagina, womb, pubic hair, emotional feelings.
Year 5	Puberty, physical changes, emotional changes, moods, sexual feelings, grow, mature, private parts, genitals, vagina, labia, vulva, clitoris, womb, penis, testicles, breasts, feelings, excited, attraction, worried, internal, inside, reproductive organs, spots, pubic hair, facial hair, underarm air, menstruation, uterus, fallopian tubes, ovary/ovaries, cervix, menstrual cycle, period, blood, Adam's apple, penis, testicles, scrotum, sperm, semen, erection, ejaculation, wet dream, masturbation, sweat, body odour, sanitary towel, tampon.
Year 6	Puberty, physical changes, emotional changes, moods, sexual feelings, grow, mature, private parts, genitals, vagina, labia, vulva, clitoris, womb, penis, testicles, breasts, feelings, excited, attraction, worried, internal, inside, reproductive organs, spots, pubic hair, facial hair, underarm air, menstruation, uterus, fallopian tubes, ovary/ovaries, cervix, menstrual cycle, period, blood, Adam's apple, penis, testicles, scrotum, sperm, semen, erection, ejaculation, sexual intercourse, conception, fertilisation, embryo, pregnant, birth, baby, twins, contraception, condom, consent, wet dream, masturbation, sweat, body odour, sanitary towel, tampon, fostering, adoption, relationship, friendship, love, intimacy, communication, personal/private information, internet safety.