

## Sex and Relationships Education

Most elements are covered through our HeartSmart Curriculum. Yellow highlights are objectives that need teaching from the Christopher Winters Project

	Learning Intentions	Learning Outcomes
Reception	<p>To recognise the importance of friendship                      To recognise the importance of saying sorry and forgiveness                      To recognise that all families are different</p> <p>To introduce PANTS from NSPCC</p>	<p>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                      That resorting to violence is never right                      Identify different members of the family                      Understand how members of a family can help each other</p>
	<p><b>Word Box:</b> Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad.</p>	
Year 1	<p>To understand that we are all different but can still be friends                      To discuss how children grow and change                      To explore different types of families and who to ask for help                      To identify who can help when families make us feel unhappy or unsafe                      To identify differences between males and females                      To focus on sexual difference and name body parts (Taken from CW Year 2)</p> <p>Build on PANTS work from NSPCC</p>	<p>Know that we can be friends with people who are different to us                      Understand that babies need care and support                      Know that older children can do more by themselves                      Know there are different types of families                      Know which people we can ask for help</p> <p>Describe the physical differences between males and females                      Name the different body parts                      (Taken from CW Year 2)</p>
	<p><b>Word Box:</b> Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva</p>	
Year 2	<p>To introduce the concept of gender stereotypes                      To identify differences between males and females</p>	<p>Understand that some people have fixed ideas about what boys and girls can do</p>

	<p>To focus on sexual difference and name body parts To explore some of the differences between males and females and to understand how this is part of the lifecycle</p>	<p>Describe the difference between male and female babies Describe the physical differences between males and females Name the different body parts Describe some differences between male and female animals Understand that making a new life needs a male and a female</p>
	<p><b>Word Box:</b> Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva</p>	
Year 3	<p>To identify that people are unique and to respect those differences To explore the differences between male and female bodies To consider appropriate and inappropriate physical contact and consent To explore different types of families and who to go to for help and support</p>	<p>Know and respect the body differences between ourselves and others Name male and female body parts using agreed words Understand that each person's body belongs to them Understand personal space and unwanted touch Understand that all families are different and have different family members Identify who to go to for help and support</p>
	<p><b>Word Box:</b> Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship</p>	
Year 4	<p>To explore the human lifecycle To identify some basic facts about puberty To explore respect in a range of relationships To discuss the characteristics of healthy relationships</p>	<p>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 which allows them to have children Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.</p>
	<p><b>Word Box:</b> Puberty, lifecycle, [redacted], physical, breasts, [redacted] pubic hair, emotional, feelings</p>	
Year 5	<p>To explore / discuss the emotional and physical changes occurring in puberty To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty</p>	<p>Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence Describe what happens during menstruation production Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty</p>

	<p><b>Word Box:</b> Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, [redacted] [redacted] sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings</p>	
<p>Year 6</p>	<p>To explore positive and negative ways of communicating in a relationship          To consider different ways people might start a family            Exploring the importance of communication and respect in relationships            To consider puberty and reproduction</p>	<p>To have considered when it is appropriate to share personal/private information in a relationship          To know how and where to get support if an online relationship goes wrong            Describe the decisions that have to be made before having children          Know some basic facts about conception and pregnancy          Explain differences between healthy and unhealthy relationships          Know that communication and permission seeking are important Describe how and why the body changes during puberty in preparation for reproduction          Talk about puberty and reproduction with confidence</p>
	<p><b>Word Box:</b> Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety</p>	