

'Shine like stars in the world. 'Philippians 2:15



St Paul's Church of England Primary School

PSHE

Relationships, Sex & Health Education – Summer term 2023-24

Relationships, Sex & Health Education - Summer term 2023-24

Sex Education in blue font, children can be withdrawn from these lessons



	Relationships Education - Friends and Family (First half of summer term)	Sex & Health Education - Changing Me (Second half of summer term)
EYFS	<i>Children will be taught to:</i> Identify jobs in their family and feelings of belonging. Recognise the importance of friends. How to make friends and stop feeling lonely. How to solve problems and stay friends. Begin to understand the impact of unkind words. Begin to manage own feelings. Know how to become a good friend.	<i>Children will be taught to:</i> Name parts of the body (general body parts, nothing private). Describe some things we can do and foods we can eat to keep healthy. Understand that we all grow from babies to adults and how we change. Express feelings about change and moving to Year 1. Share and appreciate the best bits of Reception.
Science links		
Year 1	<i>Children will be taught to:</i> Identify the members of their family. Understand there are lots of different types of families. Identify what being a good friend means to me. Know appropriate ways of physical contact to greet friends and know which they prefer. Know who can help them in the school community. Recognise their qualities as person and friend. Explain why they appreciate someone who is special to them.	<i>Children will be taught to:</i> Begin to understand the life cycle of animals and humans. Identify some of the things about themselves that have changed since being babies and some of the things that have stayed the same. <i>Identify and know the correct names of parts of the body that make boys and girls, including the vocabulary of penis, vagina, vulva, testicles and anus and to know these parts are private.</i> Understand that every time they learn something new they change a little bit. Be able to tell you about changes that have happened in their life. Identify what they are looking forward to in Year 1.
Science links		Animals, including humans Identify, name, draw and label the basic parts of the human body and say which part is associated with each sense.

'Shine like stars in the world. 'Philippians 2:15

Year 2	<p><i>Children will be taught to:</i></p> <p>Identify different members of their family, understand relationships and know importance of sharing and cooperating.</p> <p>Understand different forms of physical contact within family, understand what is acceptable and what is not.</p> <p>Understand some of the things that can cause conflict with friends.</p> <p>Understanding about secrets, when to keep and when to not keep.</p> <p>Recognise who helps them in their family, school and the community.</p> <p>Express appreciation for the people in their special relationships.</p>	<p><i>Children will be taught to:</i></p> <p>Recognise life cycles in nature.</p> <p>Know about the natural process of growing up and understand that it is not in their control.</p> <p>Recognise how their body has changed since they were babies and where they are the continuum from young to old.</p> <p>Identify and know the physical differences between boys and girls, including the vocabulary of penis, testicles, vagina, vulva, anus and to know these parts are private.</p> <p>Understand that there are different types of touch and can tell you which ones they like and which ones they don't like.</p> <p>Can identify what the children are looking forward to in Year 2.</p>
Science links		<p>Animals including humans</p> <p>Notice that animals, including humans, have offspring which grow into adults.</p>
Year 3	<p><i>Children will be taught to:</i></p> <p>Identify roles and responsibilities of each member of the family and can reflect on the expectations for males and females.</p> <p>Identify and put into practice skills of friendship eg. taking turns and being a good listener.</p> <p>How to keep safe online.</p> <p>Explain how some of the actions and work of people around the world help and influence their lives.</p> <p>Understand needs and rights are shared by children and can identify how their lives can be different.</p> <p>Know how to express appreciation to friends and family.</p>	<p><i>Children will be taught to:</i></p> <p>Understand that in animals and humans lots of changes happen between birth and growing up and that it is usually the female who has the baby.</p> <p>Understand that babies grow and develop in the mother's uterus, understand what a baby needs to live and grow.</p> <p>Understand that boys' and girls' bodies change as they grow up.</p> <p>Start to recognise stereotypical ideas children might have about parenting and family roles.</p> <p>Identify what children are looking forward to when moving to their next class</p>

'Shine like stars in the world. 'Philippians 2:15

Science links		No content linked to RSE
Year 4	<p><i>Children will be taught to:</i></p> <p>Recognise situations which can cause jealousy in relationships.</p> <p>Identify someone they love and express why they are special.</p> <p>Can identify someone they love that they no longer see.</p> <p>Recognise how friendships change, to make new friends and how manage when falling out with friends.</p> <p>Know how to show love and appreciation to the people and animals who are special.</p>	<p><i>Children will be taught to:</i></p> <p>Understand that boys' and girls' bodies change as they grow up.</p> <p>Know how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of this (children will be taught in mixed classes then split into girls and boys to facilitate discussion and questions).</p> <p>Understand how the circle of change works and can apply it to changes children may want to make in their own lives.</p> <p>Identify changes that are, and may continue to be, outside of children's control that they have learnt to accept.</p> <p>Identify what children are looking forward to when moving to their next class.</p>
Science links		No content linked to SRE
Year 5	<p><i>Children will be taught to:</i></p> <p>Have an accurate picture of who they are as a person in terms of characteristics and personal qualities.</p> <p>Understand that belonging to an online community can have positive and negative consequences.</p> <p>Understand that there are rights and responsibilities in an online community and social network.</p> <p>Know there are rights and responsibilities when playing a game online.</p> <p>Recognise when they are spending too much time using devices (screen time).</p> <p>Explain how to stay safe when using technology to communicate with friends.</p>	<p><i>Children will be taught to:</i></p> <p>Be aware of their own self-image and how body image fits into that.</p> <p>Know and explain how boys' and girls' bodies change as they develop and during puberty and understand the importance of looking after themselves physically and emotionally.</p> <p>Understand that the joining of the egg and the sperm leads to conception and that is how babies are usually made.</p> <p>Identify what they are looking forward to about becoming a teenager and understand this brings growing responsibilities.</p> <p>Identify what they are looking forward to when moving to their next class.</p>
Science links		<p>Living things and their habitats</p> <p>Describe the life process of reproduction in some plants and animals.</p> <p>Non-statutory guidance - pupils should find out about different types of reproduction, including sexual reproduction in animals.</p>

		<p>They might observe changes in an animal over a period of time (for example by hatching and rearing chicks) comparing how different animals reproduce and grow.</p> <p>Animals including humans</p> <p>Describe the changes as humans develop into old age.</p> <p>Non-statutory guidance - pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.</p>
Year 6	<p><i>Children will be taught to:</i></p> <p>Know the importance of mental health and how to take care of it.</p> <p>Recognise when people are trying to gain power or control.</p> <p>Can judge whether something online is safe and helpful.</p> <p>Can use technology positively and safely to communicate with friends and family.</p>	<p><i>Children will be taught to:</i></p> <p>Be aware of own self-image and how my body image fits into that.</p> <p>Know and explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>Understand that sexual intercourse and the joining of the sperm and egg leads to conception and that is how babies are usually made.</p> <p>Describe how a baby develops from conception through the nine months of pregnancy and how it is born.</p> <p>Be aware of the importance of a positive self-esteem and what they can do to develop it</p> <p>Identify what they are looking forward to and any worries about the transition to secondary school.</p>
Science links		No links to SRE