



## RSE- Relationships and Sex Education

Autumn	Spring	Summer	Vocabulary
<b>Reception</b>			
<p>Healthy and Safer Lifestyles My body and Growing up</p> <p>To understand and value what their bodies can do. To describe their own appearance and name external body parts including using agreed names for the sexual parts. To recognise similarities and differences between the bodies of girls and boys. To understand ways in which their body has changed since they were a baby. To understand ways of looking after their body and keeping it clean. To understand how members of their family and other trusted people care for and look after them. To understand ways in which they can take responsibility for looking after themselves and recognise situations where they still need to be supported by others.</p>	<p>Healthy and Safer Lifestyles Keeping safe</p> <p>To be able to identify trusted adults. To understand and apply safety rule sin different contexts. To be able to name the parts of the body, including external sexual parts.</p>	<p>Healthy and safer lifestyles Healthy Lifestyles</p> <p>To understand some of the things needed to have a healthy body. To be able to name and talk about foods they like and dislike. To understand why different foods and drinks are important to help our bodies stay healthy. To understand what exercise is and why it's good for us. To understand the importance of sleep for our bodies. To begin to understand how to make choices to promote healthy living.</p>	<p>penis vagina bottom nipple</p>
<b>Year 1</b>			
<p>Healthy &amp; Safer Lifestyles Relationships and Sex Education</p> <p>To recognise the main external parts of the bodies of humans, including agreed names for sexual parts. To describe what their bodies can do. To understand that they have responsibility for their body's actions and that their body belongs to them. To know how to keep themselves clean. To understand the importance of basic hygiene practices, e.g. washing hands,</p>	<p>Healthy and Safer Lifestyles Personal safety</p> <p>To be able to identify trusted adults, by including them on their Safety Circle, and to understand what, when, who and how. To be able to understand the need to have a strategy to keep safer To be able to identify and name body parts including the genital area To be able to identify and distinguish between 'yes' and 'no' touches</p>	<p>Healthy &amp; Safer Lifestyles Relationships and Sex Education</p> <p>To know that humans produce babies that grow into children and then into adults To consider the ways they have changed physically since they were born. To consider their responsibilities now and compare these with when they were younger. To understand the needs of babies and young children.</p>	<p>same similar different unique responsibility external body parts teenager adult penis vagina bottom</p>



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using a tissue, and how these prevent the spread of disease.	To be able to recognise 'good' and 'bad' secrets and tricks		nipple
<b>Year 2</b>			
Healthy and Safer Lifestyles Personal safety	Healthy & Safer Lifestyles Relationships and Sex Education	Healthy & Safer Lifestyles Relationships and Sex Education	
<p>To be able to identify trusted adults, by including them on their Safety Circle, and to understand what, when, who and how.</p> <p>To be able to understand the need to have a strategy to keep safer</p> <p>To be able to identify and name body parts including the genital area</p> <p>To be able to identify and distinguish between 'yes' and 'no' touches</p> <p>To be able to recognise 'good' and 'bad' secrets and tricks</p>	<p>To recognise the main external parts of the bodies of humans, including agreed names for sexual parts.</p> <p>To describe what their bodies can do.</p> <p>o understand that they have responsibility for their body's actions and that their body belongs to them.</p> <p>To know how to keep themselves clean.</p> <p>To understand the importance of basic hygiene practices, e.g. washing hands, using a tissue, and how these prevent the spread of disease.</p>	<p>To know that humans produce babies that grow into children and then into adults</p> <p>To consider the ways they have changed physically since they were born.</p> <p>To consider their responsibilities now and compare these with when they were younger.</p> <p>To understand the needs of babies and young children.</p> <p>- Understand medicines, injections and keep safe.</p>	<p>same</p> <p>similar</p> <p>different</p> <p>unique</p> <p>responsibility</p> <p>external body parts</p> <p>teenager</p> <p>adult</p> <p>penis</p> <p>vagina</p> <p>bottom</p> <p>nipple</p> <p>breast</p>
<b>Year 3</b>			
Healthy and Safer Lifestyles Family and Friends	Healthy & Safer Lifestyles Relationships and Sex Education	Healthy & Safer Lifestyles Relationships and Sex Education	
<p>To recognise the qualities of a good friend and to be able to reflect on their own friendship skills.</p> <p>To develop strategies for managing friendship problems and to be able to support friends.</p> <p>To be able to see things from another point of view and use this to resolve conflicts.</p>	<p>To recognise the main external parts of the bodies of humans, including scientific names for sexual part.</p> <p>To understand the physical differences between males and females.</p>	<p>To understand the main stages of the human lifecycle: birth, baby, child, adolescent, adult, middle age, old age, death.</p> <p>To investigate perceptions. of being 'grown up'.</p>	<p>male</p> <p>female</p> <p>same</p> <p>similar</p> <p>different</p> <p>unique</p> <p>responsibility</p>



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<p>- Understand making healthy and safe decisions online.</p>	<p>To value their own body recognise and its uniqueness.          To understand the benefits of carrying out regular personal hygiene routines.          To consider who is responsible for their personal hygiene now, and how this will change the future.          To understand a range of ways illness and disease, e.g. colds, chickenpox, head lice, might be spread and how they are able to reduce this.</p>	<p>To consider the responsibilities that parents and carers have for babies and children.</p>	<p>external body parts          teenager          adult          penis          vagina          bottom          nipple          breast</p>
<p><b>Year 4</b></p>			
<p>Healthy and Safer lifestyles          Digital Lifestyles</p>	<p>Healthy &amp; Safer Lifestyles          Relationships and Sex Education</p>	<p>Healthy &amp; Safer Lifestyles          Relationships and Sex Education</p>	
<p>To understand there are things they can do to keep themselves as safe as possible          To know how to access help when something they see or hear online makes them feel uncomfortable          To know, explore and understand the SMART rules for keeping safe online.          To be able to communicate rules and strategies for keeping safe online to others</p>	<p>To recognise the main external parts of the bodies of humans, including scientific names for sexual part.          To understand the physical differences between males and females.          To value their own body and recognise and its uniqueness.          To understand the benefits of carrying out regular personal hygiene routines.          To consider who is responsible for their personal hygiene now, and how this will change the future.          To understand a range of ways illness and disease, e.g. colds, chickenpox, head lice, might be</p>	<p>To understand the main stages of the human lifecycle: birth, baby, child, adolescent, adult, middle age, old age, death.          To investigate perceptions of being 'grown up'.          To consider the responsibilities that parents and carers have for babies and children</p>	<p>male          female          same          similar          different          unique          responsibility          external body parts          teenager          adult          penis          vagina          bottom          nipple          breast</p>



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	spread and how they are able to reduce this. <b>Understand medical and legal drugs and their purpose</b>		
<b>Year 5</b>			
<i>Myself and My Relationships My Emotions</i>	Healthy & Safer Lifestyles Relationships and Sex Education	Healthy & Safer Lifestyles Relationships and Sex Education	
Mental Health Self-Respect and Identity Networks of support Recognising Strong feelings	To identify male and female sexual parts and describe their functions. To know appropriate terminology for use in different situations To know and understand about the physical changes that take place at puberty, why they happen and how to manage them. To understand how the media, families and friends can influence attitudes to their body.	To be able to recognise their changing emotions with friends and family and be able to express their feelings and concerns positively. To consider how they have some responsibility for the feelings and well-being of others. To consider the need for trust and love in marriage and established relationships. To have a basic awareness of responsible parenting choices. To understand and respect a wide range of family arrangements e.g. second marriages, fostering, same sex partners and extended families.	testicles vagina vulva puberty menstruation sexual reproduction internal body parts commitment marriage period menstruation cervix sperm conception pregnancy
<b>Year 6</b>			
<i>Healthy and safer lifestyles Drug Education</i>	Healthy & Safer Lifestyles Relationships and Sex Education	Healthy & Safer Lifestyles Relationships and Sex Education	



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<p>To know about different categories of drugs including medicines (both prescribed and over-the-counter), legal recreational and illegal.</p> <p>To know about the role of medicines in promoting, improving and sustaining health.</p> <p>To develop their knowledge, understanding and attitudes relating to cigarettes, their effects and associated risks and consequences.</p> <p>To develop their knowledge, understanding and attitudes relating to alcohol, its effects and associated risks and consequences.</p>	<p>To identify male and female sexual parts and describe their functions.</p> <p>To know appropriate terminology for use in different situations</p> <p>To know and understand about the physical changes that take place at puberty, why they happen and how to manage them.</p> <p>To understand how the media, families and friends can influence attitudes to their body.</p> <p><b>Be able to explain appropriate and inappropriate contact / touch.</b></p>	<p>To be able to recognise their changing emotions with friends and family and be able to express their feelings and concerns positively.</p> <p>To consider how they have some responsibility for the feelings and well-being of others.</p> <p>To consider the need for trust and love in marriage and established relationships.</p> <p>To have a basic awareness of responsible parenting choices.</p> <p>To understand and respect a wide range of family arrangements e.g. second marriages, fostering, same sex partners and extended families</p>	<p>penis testicles vagina vulva puberty menstruation sexual reproduction internal body parts commitment marriage period menstruation cervix sperm conception pregnancy</p> <p>Vocabulary related to sexual reproduction e.g. erection, ejaculation.</p>
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