

Summer Term

Health and Wellbeing – Ourselves, growing and changing (Sex Education)

Y6

Describe how and why the body changes during puberty in preparation for reproduction;
Talk about puberty and reproduction with confidence;
Discuss different types of adult relationships with confidence;
Know what form of touching is appropriate;
Describe the decisions that have to be made before having a baby;
Know some basic facts about pregnancy and conception;
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.

Y3

Know some differences and similarities between males and females;
Name male and female body parts using agreed words;
Identify different types of touch that people like and do not like;
Understand personal space;
Talk about ways of dealing with unwanted touch;
Understand that all families are different and have different family members;
Identify who to go to for help and support.

Y1

Know how to keep clean and look after oneself;
Understand that babies become children and then adults;
Know the differences between boy and girl babies;
Know there are different types of families;
Know which people we can ask for help.

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Understand some areas in which the children can look after themselves e.g. dressing and undressing;
Explain why it is important to keep clean;
Understand some basic hygiene routines;
Identify different members of the family;
Understand how members of a family can help each other.

Y5

Explain the main physical and emotional changes that happen during puberty;
Ask questions about puberty with confidence;
Understand how puberty affects the reproductive organs;
Describe how to manage physical and emotional changes;
Explain how to keep clean during puberty;
Explain how emotions change during puberty;
Know how to get support and help during puberty.

Y4

Describe the main stages of the human lifecycle;
Describe the body changes that happen when a child grows up;
Discuss male and female body parts using agreed words;
Know some of the changes which happen to the body during puberty;
Know about the physical and emotional changes that happen in puberty;
Understand that children change into adults so that they are able to reproduce.

Y2

Understand that some people have fixed ideas about what boys and girls can do;
Describe the difference between male and female babies;
Describe some differences between male and female animals;
Understand that making a new life needs a male and a female;
Describe the physical differences between males and females;
Name the male and female body parts.