



PSHE RHE

Our Curriculum: Year 2

Science:

To identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

To notice that animals, including humans, have offspring which grow into adults

Health Education:

To learn about the process of growing from young to old and how people's needs change (H8). About growing and changing and new opportunities and responsibilities that increasing independence may bring (H9)

To learn the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls (H10).

Relationships Education:

To be able to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (R10).



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Our Curriculum: Year 2

This is how the lessons are organised:

Lesson 1: The special people in our lives and how we care for each other

Our own special people
How we care for each other

Lesson 2: How we change as we grow

Main stages of the human life cycle
The process of growing takes time
How we are more independent as we get older

Lesson 3: The similarities and differences between people

Describe gender similarities and differences between boys and girls
Challenge stereotypes about boys and girls
Recognise and use the correct names for main parts of the body



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Teaching and Learning Materials - Y2

The Y2 lessons have no resources and materials beyond the NSPCC Pants documents. The lessons are discussion-based with no written outcomes.





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Our Curriculum: Year 4

Science: Revise Y2 learning

To identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

To notice that animals, including humans, have offspring which grow into adults

Health Education:

For pupils to understand how their body will, and their emotions may, change as they approach and move through puberty (H18)

Relationships Education:

To judge what kind of physical contact is acceptable or unacceptable and how to respond (R8).

To recognise and challenge stereotypes (R16).

To understand personal boundaries; to identify what they are willing to share with their most special people; friends, classmates and others; and that we all have rights to privacy (R21).



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Our Curriculum: Year 4

This is how the lessons are organised:

Lesson 1: The physical changes experienced during puberty

Identify some of the physical changes that happen to bodies during puberty

That puberty begins and ends at different times for different people

To use scientific vocabulary for male/female body parts and genitalia

Lesson 2: Biological changes that occur during puberty

To use scientific vocabulary for male/female body parts and genitalia

Explain what happens during menstruation

Explain what is meant by ejaculation and wet dreams

Lesson 3: The importance of hygiene during puberty

Explain how and why it is importance to keep clean during puberty

Describe ways of managing physical change during puberty

Lesson 4: How and why emotions change during puberty

Explain how and why emotions change during puberty

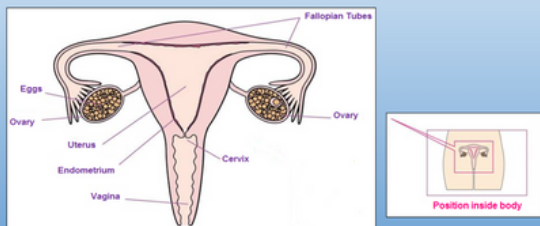


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Teaching and Learning Materials - Y4 examples

All resources are shared with parents and carers prior to lessons being delivered.

Female Reproductive System



What are sanitary towels?

Worn outside your body, in your underwear.

Many different absorbencies.

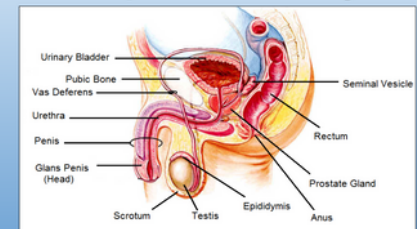
Wings provide extra protection.

Change frequently to keep fresh and dry (generally every 4-6 hours, more often when your period is heavy).

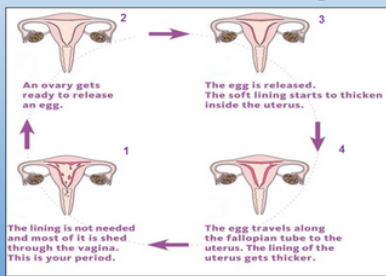
They will start to leak if you don't change them!



Male Reproductive System



The Menstrual Cycle



What are tampons?

Worn inside your body in your vagina to absorb menstrual flow.

Different range of absorbencies.

Good for swimming and gymnastics.

Should be changed regularly (every 4-8 hours, more often when your period is heavy).



Personal Hygiene





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Our Curriculum: Year 6

Science:

To describe the changes as humans develop to old age

To recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

Health Education:

For pupils to understand how their body will, and their emotions may, change as they approach and move through puberty (H18)

To learn about human reproduction (H19)

To learn about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; understanding that actions such as female genital mutilation (FGM) constitute abuse and are a crime, and develop the skills and strategies required to get support if they have fears for themselves or their peers (H20).

Relationships Education:

To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships (R2). To recognise different types of relationship, including those between acquaintances, friends, relatives and families (R4).

To understand that civil partnerships and marriage are examples of stable, loving relationships and a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment (R5). To understand that two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership (R19).

To understand that marriage is a commitment freely entered into by both people that no one should marry if they don't absolutely want to do so or are not making this decision freely for themselves (R6). To understand that forcing anyone to marry is a crime, that support is available to protect and prevent people from being forced into marriage and to know how to get support for them self or others (R20).

To judge what kind of physical contact is acceptable or unacceptable and how to respond (R8)

Sex Education:

To understand what an adult relationship is and the human life cycle

To understand human reproduction: how a baby is made, how it grows and how it is born



PSHE RHE SE

Our Curriculum: Year 6

This is how the lessons are organised:

Lesson 1: Understand the physical changes experienced during puberty

- To understand the physical changes that happen to bodies during puberty
- To identify myths and facts about puberty and what is important for young people to know

Lesson 2: Learn about managing change – new roles and responsibility as we grow up

- To describe some changes that happen as we grow up
- To identify the range of feelings associated with change
- To describe strategies to cope with growing up, becoming more independent and taking on new responsibilities

Lesson 3: What constitutes a positive, healthy relationship and that relationships change over time

- To identify different types of loving relationships and what enables relationships to flourish
- To explain the expectations and responsibilities of being in a close relationship
- To understand that relationships may change or end

Lesson 4: How a baby is made

- To understand what an adult relationship is and the human life cycle
- To understand human reproduction: how a baby is made, how it grows and how it is born



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Teaching and Learning Materials - Y6 examples

All resources are shared with parents and carers prior to lessons being delivered. The Y6 resources use and build upon the Y4 resources.



- Relationships and families
- Sperm, egg and womb
- Puberty
- Attraction
- Sex and sexual intercourse
- In vitro fertilisation (IVF)