

## Relationships and Sex Education Curriculum Overview

Blue font – Relationship education (PSHE)

Green font – Science

Year	Topic	Learning Outcomes
Early Years	Myself and Others	To begin to have identified some of their feelings and recognise some of the ways they express them To recognised how our feelings can influence our friendships To realise that their behaviour (words and actions) can affect other people
	Family Networks	To have identified family members and friends and the roles that they play To know that family and friends can care for each other To know who they can talk to at home and in school
	Hygiene	To explain why it is important to keep clean To understand some basic hygiene routines To understand some areas in which they can look after themselves e.g. dressing and undressing

Year	Topic	Learning Outcomes
Year 1	Families and close positive relationships	To know that there are different types of family and all families have special roles in children's lives To be able to describe their family To understand why their families are special To identify different ways that families and individual members care for each other To have identified their special people and be able to describe what makes them special To know what to do if something in their family makes them unhappy or worries them.
	Friendships	To describe who a friend is and what a friend does To understand the difference between friends, acquaintances and relatives. To demonstrate some skills needed to make and maintain friendships including how to deal with loneliness and resolving arguments .
	Safe relationships	To identify similarities and differences between themselves and others To recognise and name, using the proper terminology parts of the body and what those parts do To understand parts of the body are private (NSPCC: Pants are private)

Year	Topic	Learning Outcomes
Year 2	Body development	To understand the human Life cycle – growing and changing To know that adults have babies that develop into children and then into adults To know some changes they have gone through from babies to now To know the changes that they will go through in the future
	Health and Wellbeing	To describe how to look after particular parts of the body To explain why it is important to keep clean To be able to describe and carry out basic hygiene routines To know what they can take responsibility for and know when they need help
	Families and close relationships	To know that families are made up differently. To know that there are some similarities in families To know what to do if something about their family makes them unhappy or worries them
	Safe relationships	To have considered good secrets and bad secrets To have identified who they can talk to and ask for help To understand what makes a trusting relationship To understand that people online may not be who they think they are To know the difference between a friend and an online "friend"
	Managing hurtful behaviour and bullying	To understand physical and emotional hurt including online To explore the feelings experienced due to hurtful behaviour To understand hurtful behaviour, bullying and excluding others is not acceptable To know what to do about hurtful behaviour and bullying behaviour

Year	Topic	Learning Outcomes
Year 3	Health and wellbeing - Ourselves, growing and changing	To see oneself as special, to recognise strengths, skills achievements and interests To have begun to build self-worth including individuality and personal qualities To begin to identify personal areas that need improvement To manage setbacks/perceived failures
	Friendships	To know what constitutes a positive relationship on and offline. To recognise loneliness and exclusion
	Safe relationships	To understand why people have personal boundaries and value privacy on and offline To understand why people might behave differently online To be able to recognise and report the risk of harmful content and contact
	Managing hurtful behaviour and bullying	To understand the impact of hurtful behaviour and bullying online and offline
	Respecting self and others	To understand personal behaviour can affect other people To recognise and model respectful behaviour both on and offline

Year	Topic	Learning Outcomes
Year 4	Friendship	To identify and recognise in themselves a range of different emotions To understand how their emotions affect their interactions with other people To give examples of their actions which can affect the emotions of other people To appreciate that their emotions can lead them into risky situations To understand the influence of their peers and need for approval To understand how friendships change How to resolve disputes and reconcile To identify unsafe or uncomfortable friendships
	Change (1)	To appreciate that over time we change emotionally To consider changes that can take place in our lives and those of others To appreciate as we change we are able to do different things and take on different responsibilities
	Change (2)	To appreciate that over time we change physically To understand the main stages in the human lifecycle To understand the change in self during puberty physically
	Managing hurtful behaviour and bullying	To understand the impact and consequences of hurtful behaviour and bullying online and offline To use Restorative approaches with support
	Safer relationships	To respond safely and appropriately to adults they encounter that they do not know (on and offline) To recognise acceptable and unacceptable physical contact To know strategies to respond to unwanted contact
	Respecting self and others	To understand and respect similarities and difference between people

Year	Topic	Learning Outcomes
Year 5	Families and close positive relationships	<ul style="list-style-type: none"> <li>To understand the different types of relationship</li> <li>To understand the terms <b>gender identity</b> and <b>sexual orientation</b></li> <li>To understand the concept of commitment</li> <li>To know that forced marriage is a crime.</li> </ul>
	Managing hurtful behaviour and bullying	<ul style="list-style-type: none"> <li>To know the strategies to respond to hurtful behaviour experience or witnessed</li> <li>To know how to report concerns (on and offline)</li> <li>To use Restorative approaches independently to resolve conflict</li> </ul>
	Safe relationships	<ul style="list-style-type: none"> <li>To understand the seeking and giving of permission – consent</li> <li>To understand when secrets are safe/unsafe</li> <li>To know when a confidence should be broken</li> </ul>
	Respecting self and others	<ul style="list-style-type: none"> <li>To understand the concept of self-respect</li> <li>To explore expectations of how you should be treated</li> <li>To look at strategies to support and improve behaviour</li> </ul>
	Support Networks	<ul style="list-style-type: none"> <li>The physical and emotional changes that take place at puberty</li> <li>Identify people in their support network and describe why they are special to them</li> <li>Demonstrate that they know how to ask for help and support</li> <li>Identify whom to ask for help in certain situations</li> <li>Identify some sources of outside support beyond their immediate network</li> <li>Identify possible risks in seeking support and how to manage these</li> </ul>
	Puberty and Hygiene	<ul style="list-style-type: none"> <li>To be aware of the facts of the human life cycle including sexual intercourse</li> <li>To name the main male and female internal and external sexual reproductive parts, using the correct terminology</li> <li>To be aware that puberty occurs at different times for different people and be able to explain why</li> <li>To identify and describe the main physical and emotional changes that take place at puberty for boys and girls</li> <li>To be able to identify and understand how hygiene needs to change during puberty</li> <li>To make clear the link between changes at puberty, sexual intercourse and the start of a baby</li> </ul>
	Reproduction and pregnancy	<ul style="list-style-type: none"> <li>To be able to explain how conception occurs in humans</li> <li>To be aware of the stages of the development of a bay in the uterus</li> <li>To be able to discuss some of the responsibilities of parenthood</li> </ul>
	Your question answered	<ul style="list-style-type: none"> <li>Can use appropriate language to discuss sex and relationships with confidence</li> <li>To have opportunity to ask questions of a trusted adult (personal questions will not be answered)</li> <li>Can identify sources of information, support and advice for children and young people</li> </ul>

Year	Topic	Learning Outcomes
Year 6	Families and close positive relationships	To know the importance of love and care as a consistent feature of any family structure To know that family structures vary but have some shared characteristics To recognise when family relationships make them feel unhappy/unsafe
	Managing hurtful behaviour and bullying	To know how to manage hurtful behaviours and bullying (online and offline) To use Restorative Approaches confidently to resolve conflict
	Safe relationships	Review all element – privacy, boundaries, responding to unknown adults, acceptable and unacceptable contact, seeking and giving permission
	Respecting self and others	Respect for difference (traditions, beliefs, lifestyles) Discuss and debate topical issues To constructively challenge those who disagree
	Discrimination	To be able to define what discrimination and stereotyping To be able to identify when stereotyping and discrimination occurs To have explored media – music, television, magazines etc – portrayal of stereotypical images To have practised challenging stereotypical views in a safe environment
	Sexual Health	To learn to protecting yourself and others To learn correct information about disease transmission and how it can be prevented To understand the need to use contraceptive (condom) to protect against sexually transmitted diseases To understand that many people use contraception to control when they have children and how many they have
	Puberty and Hygiene	To name the main male and female internal and external sexual reproductive parts, using the correct terminology To make clear the link between changes at puberty, sexual intercourse and the start of a baby To know what happens during sexual intercourse
	Your question answered	Can use appropriate language to discuss sex and relationships with confidence To have opportunity to ask questions of a trusted adult (personal questions will not be answered) Can identify sources of information, support and advice for children and young people