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| **Progression of skills, knowledge & vocabulary: RELATIONSHIPS, SEX AND HEALTH EDUCATION** | | | | | | |
| **INTENT** | In relationships, sex & health education, we aim to provide all children with an education that prepares them for the **opportunities, responsibilities and experiences of adult life**. We want to encourage our pupils to develop **self-respect, confidence and empathy**, which will enable them to make **positive choices and decisions**. We believe it is important to prepare pupils for **puberty**, and give them an understanding of **sexual development and the importance of health and hygiene**, and help them move confidently and responsibly into **adolescence and adulthood**. We aim to create a positive culture around **relationships** and help children to make **responsible choices about their health and wellbeing**. | | | | | |
| **Relationships** | | | | | | |
| **Year 1** | | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| 1. Can recognise bullying and how to deal with it 2. Can celebrate differences between people and people who are special to me 3. Understands making new friends; belonging to a family; qualities as a friend and person 4. Knows about physical contact preferences; respecting my body and which parts are private | | 1. Understands bullying; in terms of standing up for self and others; celebrating difference and making friends with new people and people different from me 2. Beginning to understand gender diversity; assumptions and stereotypes about gender 3. Able to learn with others; group co-operation 4. Knows about different types of family 5. Knows about physical contact boundaries; trust and appreciation; expressing appreciation for special relationships 6. Can be assertive; appreciating that some parts of my body are private; secrets (including those that might worry us) | 1. Can see things from others’ perspectives 2. Understands families and their differences; family conflict and how to manage it (child-centred); family roles and responsibilities; friendship and negotiation; family stereotypes 3. Can talk about what to do if they witness bullying and how to solve it, including homophobic bullying; recognise how words can be hurtful; giving and receiving compliments; respect for myself and others 4. Can make healthy and safe choices; including keeping safe online and who to go to for help 5. Is aware of how my choices affect others; awareness of how other children have different lives; expressing appreciation for family and friends 6. Understands how babies grow; understanding a baby’s needs | 1. Challenging assumptions; judging by appearance; accepting self and others; understanding influences; understands bullying including the role of the bystander 2. Is able to problem-solve in relationships; identifying how special and unique everyone is; first impressions; getting on and falling out 3. Is able to work in a group; celebrating contributions of others; healthier friendships; group dynamics; assertiveness 4. Understands peer pressure 5. Can explain feelings of love and loss; memories of loved ones; jealousy 6. Knows about girlfriends and boyfriends 7. Can show appreciation to people and animals and celebrate being unique; celebrating inner strength | 1. Can talk about cultural differences and how they can cause conflict; including racism; enjoying and respecting other cultures 2. Understands; types of bullying; rumours and name-calling 3. Understands body image; self-recognition and self-worth; building self-esteem; Can talk about self and body image; influence of online and media on body image 4. Knows about safer online communities; rights and responsibilities online; online gaming and gambling; reducing screen time; dangers of online grooming; SMARRT internet safety rules; 5. Can manage growing responsibility and cope with change. | 1. Knows about children’s universal rights; the importance of feeling welcome and valued; choices, consequences and rewards; group dynamics; 2. Knows about democracy, having a voice; anti-social behaviour; role-modelling; 3. Can discuss perceptions of normality; including understanding disability; understanding what transgender means 4. Understands bullying in terms of power struggles; inclusion/exclusion; difference as conflict; difference as celebration; empathy; 5. Knows about exploitation, including ‘county-lines’ and gang culture; 6. Can talk about love and loss; managing feelings; power and control; assertiveness; 7. Can use technology safely; responsibility with technology use; 8. Can talk about self-image, body image; puberty and feelings; reflections about change; physical attraction; respect and consent; boyfriends/girlfriends; sexting. |

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| **Progression of skills, knowledge & vocabulary: RELATIONSHIPS, SEX AND HEALTH EDUCATION** | | | | | |
| **Health** | | | | | |
| **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| 1. Knows importance of feeling special and safe; rewards and feeling proud; consequences 2. Can set goals; identifying successes and achievements; tackling new challenges; identifying and overcoming obstacles; feelings of success 3. Knows about keeping myself healthy; healthier lifestyle choices (including oral health); keeping clean; linking health and happiness 4. Can talk about being safe; medicine safety/safety with household items; road safety; people who help us 5. Understands life cycles – animal and human; changes in me; changes since being a baby; differences between female and male bodies, using correct terminology (penis, vagina, testicles, vulva) | 1. Can describe hopes and fears for the year; recognising feelings; achieving realistic goals; perseverance; motivation 2. Can make healthier choices; including relaxation; healthy eating and nutrition; healthier snacks and sharing food 3. Can describe life cycles in nature; growing from young to old; increasing independence; differences in female and male bodies (correct terminology) | 1. Understands self-identity and worth; positivity in challenges; responsible choices; giving and receiving compliments; difficult challenges and achieving success; dreams and ambitions; new challenges; motivation and enthusiasm; recognising and trying to overcome obstacles; evaluating learning processes; managing feelings 2. Can make healthy choices through simple budgeting; exercise; fitness challenges; food labelling and healthy swaps; attitudes towards drugs 3. Knows about keeping safe and why it’s important online and off line; 4. Shows respect for myself and others; healthy and safe choices 5. Knows outside body changes at puberty; inside body changes at puberty | 1. Thinks about what motivates behaviour; rewards and consequences; accepting self and others; understanding influences 2. Can talk about hopes and dreams; overcoming disappointment; creating new, realistic dreams; achieving goals; resilience 3. Can sustain positive attitudes; healthier friendships; group dynamics 4. Knows the dangers of smoking; alcohol 5. Can demonstrate assertiveness; peer pressure; celebrating inner strength 6. Knows about girls and puberty; boys and puberty; confidence in change; accepting change | 1. Can talk about being a citizen; rights and responsibilities; rewards and consequences; how behaviour affects groups; democracy, having a voice, participating 2. Can talk about material wealth and happiness; future dreams; the importance of money; jobs and careers; dream job and how to get there; goals in different cultures; supporting others (charity); motivation 3. Knows about smoking, including vaping; alcohol; alcohol and anti-social behaviour 4. Knows about emergency aid 5. Knows importance of body image; relationships with food; healthy and safe choices; motivation and behaviour 6. Has a deeper understanding of puberty for girls; puberty for boys | 1. Can talk about choices, consequences and rewards; group dynamics; democracy, having a voice; emotions in success; making a difference in the world; motivation; recognising achievements; compliments; taking personal responsibility 2. Can explain how substances affect the body; exploitation, including ‘county lines’ and gang culture 3. Understands both emotional and mental health; managing stress; mental health; identifying mental health worries and sources of support; love and loss; managing feelings; power and control; assertiveness 4. Uses technology safely; take responsibility with technology use; self-image; body image; impact of media; discernment 5. Understands respect and consent. |

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| **Sex** | | | | | |
| **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
|  |  |  | 1. Describe the main stages of the human life cycle 2. Describe the body changes that happen when a child grows up 3. Discuss male and female body parts using agreed words 4. Know some of the changes which happen to the body during puberty 5. Know about the physical and emotional changes that happen in puberty 6. Understand that children change into adults so that they are able to reproduce | 1. Explain the main physical and emotional changes that happen during puberty 2. Ask questions about puberty with confidence 3. Understand how puberty affects the reproductive organs 4. Describe how to manage physical and emotional changes 5. Explain how to keep clean during puberty 6. Explain how emotions change during puberty 7. Know how to get support and help during puberty | 1. Describe how and why the body changes during puberty in preparation for reproduction 2. Talk about puberty and reproduction with confidence 3. Discuss different types of adult relationships with confidence 4. Know what form of touching is appropriate 5. Describe the decisions that have to be made before having a baby 6. Know some basic facts about pregnancy and conception 7. To have considered when it is appropriate to share personal/private information in a relationship 8. To know how and where to get support if an online relationship goes wrong |

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| **KEY VOCABULARY** | | | | | |
| **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| clean, similar, different, family, boy, girl, male, female, private parts, penis, vagina | similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vagina | stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship | puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings | puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings | womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal & private information, internet safety |