

## Sex & Relationships Education (SRE) – Yearly Overview

Class	NC / IPC Themes	Rainbow / SEAL Lesson(s)	SRE Themes	Outcomes
Reception	Children learn about the concept of male and female and about young animals. In on-going PSHE work, they develop skills to form friendships and think about relationships with others.			
Year 1	<p>IPC MP1: Super Humans (Sci); Live and Let Live (Sci); Flowers &amp; Insects (Sci) and Who am I? (PSHE)</p> <p>Science: Life cycles of some animals / plants; the idea of growing from young to old; learn that all living things reproduce.</p>	5. Good to be me: Being Safe	<p>Differences</p> <p>Keeping Safe - Exploring the sense of touch</p>	<ul style="list-style-type: none"> <li>• I know how to make choices and improve my health and well being</li> <li>• I know the differences between males and females</li> <li>• I can think about the differences between males and females other than physical differences</li> <li>• I know the names of the main parts of the body</li> <li>• I am starting to understand the lifecycles of humans and other animals</li> <li>• I know that we all like and dislike different things</li> <li>• I recognise that I like / dislike the different sensations I feel through touch</li> </ul>
Year 2	<p>PSHE: Personal hygiene; family relationships, different family groups and friendship; co-operation with others in work and play; recognise the range of human emotions and ways to deal with them.</p> <p>RE: Rituals and traditions associated with birth, marriage and death and talk about the emotions involved.</p>	3. Good to be me: My Special Body	<p>Keeping Safe - Exploring Physical Contact</p> <p>Keeping Safe – Secrets</p> <p>(Living and Growing, Unit 1: Differences)</p>	<ul style="list-style-type: none"> <li>• I can name main parts of the body</li> <li>• I can tell you how special my body is and some of the things it can do</li> <li>• I understand that there are lots of different types of physical contact</li> <li>• I understand that some of this physical contact we like and some we do not</li> <li>• I understand that some physical contact is acceptable and some is not</li> <li>• I understand that sometimes it is good to keep a secret and sometimes it is not</li> <li>• I know someone I can tell if I do not want to keep a secret</li> </ul>

<p><b>Year 3</b></p>	<p>IPC MP2: How Humans Work (Sci); The Nature of Life (Sci) and Living Together (PSHE)</p> <p>Science: Basic human biology (eyes, ears, teeth, heart, bones and muscles and how to look after them); Life Cycles</p>	<p>4. Changes: Puberty</p>	<p>Keeping Safe - Who helps me to stay safe</p> <p>Stereotyping</p> <p>(Living and Growing, Unit 1: Growing Up)</p>	<ul style="list-style-type: none"> <li>• I understand that living things reproduce and give birth</li> <li>• I understand that the female gives birth</li> <li>• I understand that baby animals have needs to survive/live</li> <li>• I understand that babies have needs to survive/live</li> <li>• I can explain how my body will change as I get older and describe how my feelings will change</li> <li>• I can identify things I can do now and things I will be able to do when I am older</li> <li>• I know some things, people and places that I have to keep safe from</li> <li>• I know some strategies for keeping myself safe</li> <li>• I know the importance of telling or asking someone for help and sharing my concern</li> <li>• I can identify and respect the differences and similarities between people</li> <li>• I can recognise simple gender stereotyping</li> </ul>
<p><b>Year 4</b></p>	<p>PSHE: Personal hygiene; relationships within a family, between friends and the community; different patterns of friendship; different communities; respecting, supporting and working with others.</p>	<p>5. Changes: Puberty</p>	<p>How Did I Get Here?</p> <p>Staying Safe - Stereotyping</p> <p>(Living and Growing, Unit 1: How did I get here?; Unit 2: Changes)</p>	<ul style="list-style-type: none"> <li>• I understand that a baby develops inside its mother's womb and that both the male and female sex parts are needed to make a baby</li> <li>• I understand how I have developed from a baby</li> <li>• I can explain what puberty is and describe some of the changes that occur during puberty</li> <li>• I understand what it feels like to keep safe and that it is different for other people</li> <li>• I understand that there are many things that we have to keep safe from and that we can keep safe in many different ways</li> <li>• I can identify and respect the differences and similarities between people</li> <li>• I can recognise gender stereotyping</li> </ul>

<p><b>Year 5</b></p>	<p>IPC MP3: Being Human (Sci); Fit for Life (Sci); Express Yourself (PSHE) and Growing Up (PSHE)</p> <p>Science: More detailed human biology (e.g. major organs, staying healthy).</p> <p>PSHE: develop skills needed to form relationships and to respect other people's emotions and feelings; consider how to make simple choices and exercise some basic techniques for resisting pressures.</p>	<p>5. Changes: Puberty</p>	<p>How babies are made</p> <p>Boy Talk / Girl Talk</p> <p>Staying Safe</p> <p>Stereotyping</p> <p>(Living and Growing, Unit 2: Girl Talk / Boy Talk; Puberty; Unit 3: How babies are made)</p>	<ul style="list-style-type: none"> <li>• I can explain how babies are made</li> <li>• I can explain the changes that occur during puberty and name the genital and reproductive parts of the body</li> <li>• To be confident in the practicalities of managing your periods (girls only)</li> <li>• I can reflect on the changes that happen to boys / girls during puberty</li> <li>• I understand puberty happens at different rates for different people</li> <li>• I can explore the idea of relationships, including friendships, parent-child and family relationships and adult sexual relationships</li> <li>• I understand what it means to be 'in charge' and that it is not always safe for me to be 'in charge'</li> <li>• I know what to do if I want someone to take over</li> <li>• I understand that sometimes my feelings may affect my ability to keep safe</li> <li>• I can identify and respect the differences and similarities between people</li> <li>• I understand that we should not judge people by their appearance</li> </ul>
<p><b>Year 6</b></p>	<p>SRE: understand their bodies and the changes that will happen, both on the inside and the outside, as they prepare to enter into adulthood.</p>	<p>5. Changes: Puberty</p>	<p>How babies are born</p> <p>Keeping Safe</p> <p>(Living and Growing, Unit 3: How babies are born)</p>	<ul style="list-style-type: none"> <li>• I can explain the changes that occur during puberty for boys and girls</li> <li>• I can explain how a baby develops in the womb during pregnancy and how babies are born</li> <li>• I can start to understand the needs of babies before and after birth</li> <li>• I can reflect on the roles and relationships in the family</li> <li>• I understand who is responsible for keeping me safe</li> <li>• I understand how many people try to keep me safe</li> <li>• I understand that I can also help to keep myself safe by being responsible</li> </ul>