



## Relationships and Sex Education Curriculum Content Overview

Year gp	Topic	Content	Notes
EYFS	Growing and Changing	<ul style="list-style-type: none"> <li>• What does my body look like?</li> <li>• How has my body changed as it has grown?</li> <li>• What can my body do?</li> <li>• What differences and similarities are there between our bodies?</li> <li>• How can I look after my body and keep it clean?</li> <li>• How am I learning to take care of myself and what do I still need help with?</li> <li>• Who are the members of my family and trusted people who look after me?</li> <li>• How do I feel about growing up?</li> <li>• How can I be a good friend?</li> <li>• Can I recognise and show my emotions?</li> </ul>	There are no elements of non-statutory sex education taught in EYFS.
Y1/2	Growing and Changing	<ul style="list-style-type: none"> <li>• <b>What are the names of the main parts of the body?</b></li> <li>• What can my amazing body do?</li> <li>• <b>When am I in charge of my actions and my body?</b></li> <li>• <b>How can I keep my body clean?</b></li> <li>• <b>How can I avoid spreading common illnesses and diseases?</b></li> <li>• How do babies change and grow?*</li> <li>• How have I changed since I was a baby?*</li> <li>• What's growing in that bump?*</li> <li>• <b>What do babies and children need from their families?</b></li> <li>• <b>Which stable, caring relationships are at the heart of families I know?</b></li> <li>• <b>What are my responsibilities now that I am growing up?</b></li> </ul>	<p>There are no elements of non-statutory sex education taught in Year 1 and 2.</p> <p><i>*Part of the National Curriculum for Science</i></p> <p><b>Bold</b> from either of the statutory areas, Relationships Education or Health Education</p>

Y3/4	Growing and Changing	<ul style="list-style-type: none"> <li>• How are male and female bodies different and what are the different parts called?</li> <li>• When do we talk about our bodies, how they change, and who do we talk to?</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep myself clean?</li> <li>• What can I do for myself to stay clean and how will this change in the future?</li> <li>• How do different illnesses and diseases spread and what can I do to prevent this?</li> <li>• What are the main stages of the human life cycle?*</li> <li>• <b>How did I begin? Sex Education</b></li> <li>• What does it mean to be 'grown up'?</li> <li>• What am I responsible for now and how will this change?</li> <li>• How do different caring, stable, adult relationships create a secure environment for children to grow up?</li> </ul>	<p>Elements from Sex Education: How did I begin?</p> <p><i>*Part of the National Curriculum for Science</i></p> <p><b>Bold</b> from either of the statutory areas, Relationships Education or Health Education</p>
Y5	Growing and Changing	<ul style="list-style-type: none"> <li>• What are male and female sexual parts called and what are their functions?</li> <li>• How can I talk about bodies confidently and appropriately?</li> <li>• What happens to different bodies at puberty?</li> <li>• What might influence my view of my body?</li> <li>• How can I keep my growing and changing body clean?</li> <li>• How can I reduce the spread of viruses and bacteria?</li> </ul>	<p><b>Bold</b> from either of the statutory areas, Relationships Education or Health Education</p>
Y6	Growing and Changing	<ul style="list-style-type: none"> <li>• <b>What are the different ways babies are conceived and born? (Sex Education)</b></li> <li>• What effect might puberty have on people's feelings and emotions?</li> <li>• How can my words or actions affect how others feel, and what are my responsibilities?</li> </ul>	<p>Elements from Sex Education: What are the different ways babies are conceived and born?</p>



		<ul style="list-style-type: none"><li>• <i>What should adults think about before they have children?</i></li><li>• <i>Why might people get married or become civil partners?</i></li><li>• <i>What are different families like?</i></li></ul>	<i><b>Bold</b> from either of the statutory areas, Relationships Education or Health Education</i>
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Useful websites:

[www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it](http://www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it)

[www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/](http://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/)

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/)

[www.bbc.com/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb](http://www.bbc.com/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb)

[assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/812593/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf)