

## Planning Outline - Relationships and Sex Education

Reception	Year 1	Year 2
<p><b>My Body and Growing Up (BG F)</b></p> <p>a) What does my body look like?</p> <p>b) How has my body changed as it has grown?</p> <p>c) What can my body do?</p> <p>d) What differences and similarities are there between our bodies?</p> <p><b>e) How can I look after my body and keep it clean? MS</b></p> <p><b>f) How am I learning to take care of myself and what do I still need help with? MS</b></p> <p>g) Who are the members of my family and trusted people who look after me?</p> <p>h) How do I feel about growing up?</p>	<p><b>Relationships and Sex Education (RS 1)</b></p> <p>a) <b>What are the names of the main parts of the body? DB2</b></p> <p><b>b) How has my body changed since I was little? DB1</b></p> <p>c) What can my amazing body do and how has this changed since I was younger?</p> <p><b>d) When am I in charge of my actions and my body? BS3</b></p> <p><b>e) How can I keep my body clean? HPP5</b></p> <p><b>f) How can I avoid spreading common illnesses and diseases? HPP5</b></p>	<p><b>Relationships and Sex Education (RS 2)</b></p> <p>a) <b>How do babies change and grow? NC Science/DB1</b></p> <p>b) What's growing in that bump? NC science</p> <p>c) How have I changed since I was a baby? NC science</p> <p><b>d) What are my responsibilities now I'm growing up? DB3</b></p> <p><b>e) What do babies and children need from their families? FP4</b></p> <p><b>f) Which stable caring relationships are at the heart of families I know? FP4</b></p>
Year 3	Year 4	
<p><b>Relationships and Sex Education (RS 3)</b></p> <p>a) <b>How are male and female bodies different and what are the different parts called?-DB2</b></p> <p><b>b) When do we talk about our bodies how they change and who do we talk to? DB1</b></p> <p>c) Can I describe new or developing physical skills-and how special my body is?</p> <p><b>d) Why is it important to keep myself clean? HPP5</b></p> <p><b>e) What can I do for myself to stay clean and how will this change in the future? HPP5</b></p> <p><b>f) How do different illnesses and diseases spread and what can I do to prevent this? HPP5</b></p>	<p><b>Relationships and Sex Education (RS 4)</b></p> <p>a) <b>What are the main stages of the human life cycle? NC Science/DB1</b></p> <p>b) How did I begin? Sex Ed</p> <p><b>c) What does it mean to be grown up? DB3</b></p> <p><b>d) What am I responsible for now and how will this change? DB3</b></p> <p><b>e) How do different families care for their children physically and emotionally? FP4</b></p>	
Year 5	Year 6	
<p><b>Relationships and Sex Education (RS 5)</b></p> <p>a) <b>What are male and female sexual parts called and what are their functions?-DB2</b></p> <p><b>b) How can I talk about sexual body parts comfortably, confidently and appropriately BS6</b></p> <p><b>c) What happens to different bodies during puberty? DB1</b></p> <p>d) What might influence my view of my body?</p> <p><b>e) How can I keep my growing and changing body clean? HPP5</b></p> <p><b>f) How can I reduce the spread of a wider range of viruses and bacteria? HPP5</b></p>	<p><b>Relationships and Sex Education (RS 6)</b></p> <p>a) What are the different ways babies are conceived and born? Sex Ed</p> <p><b>b) What effect might puberty have on feelings and emotions? DB3</b></p> <p>c) When can I take responsibility for how others feel? RKR1</p> <p><b>d) What should adults think about before they have children? FP4</b></p> <p><b>e) Why might people get married or become civil partners? FP5</b></p> <p>f) What are different families like? FP3</p>	

### Reception - Early Learning Goals 2021:

Prime Area: Personal, Social & Emotional Development: SR - Self Regulation • MS - Managing Self • BR Building Relationships

Specific Area: Understanding the World: PP - Past and Present • PCC - People, Culture and Communities

**Bold text & initials = main link Initials only = contributes to**

### Years 1 - 6

Relationships Education: • FP Families & People who care for me • CF Caring Friendships • RKR Respectful, Kind Relationships • OSA Online Safety and Awareness • BS Being Safe

Health Education: • GW General Wellbeing • WO Wellbeing Online • PHF Physical Health & Fitness • HE Healthy Eating • DATV Drugs, Alcohol, Tobacco and Vaping • HPP Health Protection and Prevention • PS Personal Safety • BFA Basic First Aid • DB Developing Bodies

**Bold text & initials = direct link to the statutory statements in the RSHE Guidance**

**Initials only = contributes to the statements, and a broad and balanced wider offer**

DRAFT