

Relationships and Sex Education

Year	Specific focus	End of year expectations	Vocabulary
FS	<p>External parts of the body · My amazing body · Germs · Hand washing</p>	<p>To understand and value what their bodies can do.</p> <ul style="list-style-type: none"> • To describe their own appearance and name external body parts including using agreed names for the sexual parts. • To recognise similarities and differences between the bodies of girls and boys. • To understand ways in which their body has changed since they were a baby 	<p>penis testicle vagina male female private</p>
Year 1	<ul style="list-style-type: none"> • External parts of the body · My amazing body · Germs · Hand washing 	<ul style="list-style-type: none"> • Name main external parts of the body including private parts, to help keep myself safe • Understand that I am in charge of my own body • Know how to keep clean • Know basic ways to avoid spreading germs • Know what parts of my body are private and understand the underwear rule 	<p>penis testicle vagina male female private</p>

Year 2	<ul style="list-style-type: none"> Babies to children to adults · Growing up 	<ul style="list-style-type: none"> Know the vocabulary for external male & female body parts taught in Year 1 	penis testicles / testes vagina vulva male female private.
Year 3	<ul style="list-style-type: none"> Stages of human life cycle · Seed & egg · Being grown up · 	<ul style="list-style-type: none"> Know the main stages of the human life cycle How did I begin? 	penis vagina vulva testicle testes breast nipple male female
Year 4	<ul style="list-style-type: none"> Male and female bodies · Talking about bodies · Valuing my body · Responsibilities for · Hygiene · Preventing spread of illnesses 	<ul style="list-style-type: none"> Know how male and female bodies are different and know the names of different parts Understand when to talk about my body and who to talk to Know why it is important to keep myself clean Know what I can do for myself to stay clean and how this will change in the future. Understand how different illnesses and diseases spread and what I can do to prevent this. Understand that my body is special and what it can do 	penis vagina vulva testicle testes breast nipple male female
Year 5	<ul style="list-style-type: none"> Male and female bodies · Talking about bodies · 	<ul style="list-style-type: none"> Know the names and functions of male and female sexual parts. Know what happens to different bodies at puberty. 	puberty period menstruation cervix labia fallopian tube clitoris

	<ul style="list-style-type: none"> Valuing my body Responsibilities for Hygiene Preventing spread of illnesses 	<ul style="list-style-type: none"> Develop strategies to talk about bodies appropriately and confidently. Know how to keep my growing and changing body clean. Know ways to reduce the spread of viruses and bacteria. Understand what might influence my view of my own body 	<p>ovary uterus ovulation sperm duct pubic hair anus penis vagina vulva testicle testes scrotum breast nipple</p>
Yea 6	<ul style="list-style-type: none"> Names of sexual parts Puberty Physical and emotional change Menstruation Body image Changing hygiene routines Viruses & bacteria 	<ul style="list-style-type: none"> Know the different ways babies are conceived and born Understand the effect puberty might have on people's feelings & emotions Understand how my words & actions may affect how others feel, & understand my responsibilities Understand how different families are different Know some of the factors adults might consider before deciding to have children Understand why people might get married / become civil partners 	<p>arousal erection sexual intercourse sex ejaculate conception pregnancy cell</p>