

Relationship and Sex Education Whole School Overview

Lesson content by year group

Year Group	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Asking Questions	Each year group is taught how to access help, support and advice.						
Choices and Challenges (Consent)	Personal space and touching.	KS1 Car wash Caring for pets People who care for us Story time Body outline		KS2 Create a character Conscience alley Overheard conversation			How to access help, support and advice. Appropriate sources of information.
Changes	L1 Safe and Unsafe touch L2 Caring for pets L3 Families L4 Caring for Babies People who care for us - different families, same love. Caring for babies - introducing scientific vocabulary for body parts: penis, vagina, testicles, breasts.	L1 Amazing Me L2 Same but Different L3 Animals & their Babies Resources: Me as a baby Song: 'head, shoulders, knees, toes,' 'them bones' Same but different V1 Baby animals Book: Mummy never told me Boys and girls Living and non living things DVD: SENSE KS1 clips	L1 I can do L2 Being Safe Resources: Book: Boys & girls What can I do Growing up sequence Same but different V2 Animals M or F Body words DVD: SENSE KS1 clips	L1 Growing Up L2 Changes L3 Facts and Fiction Resources: When you grow up Sort the changes When you grow up trigger question Book: Your Mummy eat my football Lifecycle What do things come from Life support systems Human lifecycle DVD: SENSE KS1 & 2 clips	L1 Lifecycle L2 Keeping Safe Knowing Our Bodies L3 Periods Resources: Same but different V3 Ages and Stages – human lifecycle How do we change Lifecycle Inside our bodies Check out changes Periods what do you know?	L1 Puberty L2 Menstruation L3 Reproduction L4 Pregnancy & Birth Puberty Quiz Puberty myths & products Periods what do you know Menstruation cards X ray diagram How is a baby made Reproduction parts of body Reproduction word search Nine months match Contraception & pregnancy Puberty and reproduction How a baby is born Baby actual size	Changes - Creating a character. Changes over time through to age 14. Puberty - emotional and physical changes. Knowing our bodies - internal and external reproductive organs. Body vocabulary - acceptable and unacceptable words.
Care and Commitment	Respecting others' likes and dislikes.	KS1 Hygiene		KS2 Friendship	Y4 & 5 L1 Healthy Choice Challenge L2 What and Who helps L3 Celebrating		Valuing ourselves - special me, special you. Special relationships.