



Relationships and Sex Education (RSE) – Information for Parents

Dear Parents,

As you may know, the teaching of Relationships Education is statutory in schools and, as part of this, we cover Sex Education. We would like to take this opportunity to share with you an overview of the objectives that are covered in each year group.

In Key Stage Two, each year group will be taught separately in order that they are taught the appropriate objectives for their year group.

The overview follows on the next page. If you have any queries, please contact your child's class teacher.

Kind Regards,

Miss Berry
Subject Leader for PSHE

Overview of objectives covered in Relationships and Sex Education lessons:

EYFS and Key Stage One

EYFS

My Body and Growing Up –

- What does my body look like?
- How has my body changed as it has grown?
- What can my body do?
- What differences and similarities are there between our bodies?
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?

YEAR ONE

- What are the names of the main parts of the body?
- What can my amazing body do?
- When am I in charge of my actions and my body?
- How can I keep my body clean?
- How can I avoid spreading common illnesses and diseases?

YEAR TWO

- How do babies change and grow?
- How have I changed since I was a baby?
- What's growing in that bump?
- What do babies and children need from their families?
- Which stable, caring relationships are at the heart of families I know?
- What are my responsibilities now I'm growing up?

Key Stage Two

YEAR THREE

- How are male and female bodies different and what are the different parts called?
- When do we talk about our bodies, how they change, and who do we talk to?
- What can my body do and how is it special?
- Why is it important to keep myself clean?
- What can I do for myself to stay clean and how will this change in the future?
- How do different illnesses and diseases spread and what can I do to prevent this?

YEAR FOUR

- What are the main stages of the human life cycle?
- How did I begin?
- What does it mean to be 'grown up'?
- What am I responsible for now and how will this change?
- What is a safe and secure environment for children to grow up?

YEAR FIVE

- What are male and female sexual parts called and what are their functions?
- How can I talk about bodies confidently and appropriately?
- What happens to different bodies at puberty?
- What might influence my view of my body?
- How can I keep my growing and changing body clean?
- How can I reduce the spread of viruses and bacteria?

YEAR SIX

- What are different ways babies are conceived and born?
- What effect might puberty have on people's feelings and emotions?
- How can my words or actions affect how others feel, and what are my responsibilities?
- What could adults think about before they have children?
- What are different families like?

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