



RSE Curriculum Overview

RSE EYFS

In the Early Years Foundation Stage children cover the topics of: Myself and Others, Hygiene, Family Networks and Body Awareness in their everyday learning.

RSE Year 1

Myself and others: Recognise similarities and differences between themselves and their peers.

Body Parts: Recognise and name, using the proper terminology, parts of the body and what those parts do.

Family: To have identified their special people and be able to describe what makes them special.

Friendships: Demonstrate some skills needed to make and maintain friendships.

Choices: Recognise that some choices will be wrong and other choices will be right.

RSE Year 2

Boys & Girls: Understand and respect differences and similarities between boys and girls.

Male and Female: Describe some differences between male and female animals. Understand that making a new life needs a male and a female.

Naming body parts: Describe the differences between males and females and to name body parts.

Everybody Needs Caring For: Identify ways to show care towards each other. Understand that we all have different needs and need different types of care.

Looking after the body: Describe and carry out basic hygiene. Know what to take responsibility for and when to ask for help.

RSE Year 3

Self Esteem: To see oneself as special, to recognise strengths, abilities and personal characteristics.

Challenging Gender Stereotypes: Recognise and challenge gender stereotypes. Understand that males and females can do (as well as enjoy) the same tasks and things.

Males and Females: Identify and name male and female body parts using agreed words.

Family differences: Recognise that families can be different and to challenge stereotypes about families.

Decision Making: Recognise that choices require decisions.

Safety: To demonstrate basic techniques to resist pressure. To know who they can go to for support and help.

RSE Year 4

Growing and Changing: Understand the human life cycle and how the body changes.

Body Changes and Reproduction: Identify some basic facts about puberty, reproduction and pregnancy.

What Is Puberty?: Learn about the physical changes associated with puberty. Know that each person experiences puberty differently.

Feeling, Thinking and Doing: Learn strategies to deal with feelings in the context of relationships.

Assertiveness: Practise being assertive in different situations/ scenarios.

Your Questions Answered: To answer questions about puberty and growing up with confidence and seek help when needed.

RSE Year 5

Talking About Puberty: Explain the main physical and emotional changes that happen during puberty:

Becoming Men and Women: Recognise and challenge gender stereotypes particularly from the media.

Puberty and Hygiene: Explore the impact of puberty on the body and the importance of physical hygiene. Explore ways to get support during puberty.

Menstruation: Explain and ask questions about menstruation.

Building Good Relationships: Explain the similarities and differences between friendships and intimate relationships including marriage.

RSE Year 6

Puberty and Reproduction: Explore the emotional and physical changes that occur during puberty.

Relationships and Reproduction: Consider reproduction in the context of relationships. Explain how babies are made.

Conception and pregnancy: Describe the decisions that have to be made before having a baby. Know some basic facts about pregnancy and conception.

Being a Parent: Identify some of the skills and qualities needed to be a parent and carer. Understand the variety of ways in which parents and carers meet the needs of babies and children.

Your Questions Answered: To answer each other's questions about sex and relationships with confidence and find support and advice.