

## Relationships and Sex Education Progression Map

This resource forms a spiralling curriculum of Relationships and Sex Education. We feel that on the whole the Sex Education element of the resource is in line with the science curriculum. Lessons on puberty form part of statutory Health Education. The exception would be sessions in year 6 which include age-appropriate discussions on adult sexuality and how a baby is conceived and born - parents will be given the right to excuse their children from these lessons.

<div style="text-align: right; font-size: 2em; color: #f4a460;">Reception</div> <div style="text-align: center; font-size: 2em; color: white; background-color: #f4a460; padding: 5px;">Family and Friendship</div> <div style="background-color: #d3d3d3; padding: 5px;"> <b>Word Box:</b> Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad.         </div>		
Statutory Guidance	Title	Learning Intentions and Learning Outcomes
<b>Relationships Education</b> Caring friendships (2a,2c)  <b>Health Education</b> Mental wellbeing (6b,6c,6g)	Lesson 1: Caring	<b>Learning Intention</b> To recognise the importance of friendship  <b>Learning Outcomes</b> Know that friendships can make us feel happy Know some ways that we can make new friends feel welcome
<b>Relationships Education</b> Caring friendships (2d)  <b>Health Education</b> Mental wellbeing (6b,6c)	Lesson 2: Being Kind	<b>Learning Intention</b> To recognise the importance of saying sorry and forgiveness  <b>Learning Outcomes</b> Know that arguing with friends and then making up can make friendships stronger That resorting to violence is never right
<b>Relationships Education</b> Families and people who care for me (1a) Caring friendships (2a) Respectful relationships (3a)	Lesson 3: Families	<b>Learning Intention</b> To recognise that all families are different  <b>Learning Outcomes</b> Identify different members of the family Understand how members of a family can help each other
<div style="text-align: right; font-size: 3em; color: #4169e1;">Year 1</div> <div style="text-align: center; font-size: 2em; color: white; background-color: #4169e1; padding: 5px;">Growing &amp; Caring For Ourselves</div> <div style="text-align: right; font-size: 1.2em; color: white;">Key Stage 1</div> <div style="background-color: #d3d3d3; padding: 5px;"> <b>Word Box:</b> Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva         </div>		
Statutory Guidance	Title	Learning Intentions and Learning Outcomes
<b>Relationships Education</b> Respectful relationships (3a,3e)  <b>Health Education</b> Mental wellbeing (6b,6c)	Lesson 1: Different Friends	<b>Learning Intention</b> To understand that we are all different but can still be friends  <b>Learning Outcomes</b> Know that we can be friends with people who are different to us
<b>Key Stage 1 Science</b> - Identify, name, draw and label the basic parts of the human body	Lesson 2: Growing and Changing	<b>Learning Intention</b> To discuss how children grow and change  <b>Learning Outcomes</b> Understand that babies need care and support Know that older children can do more by themselves

<p><b>Relationships Education</b> Families and people who care for me (1a,1b,1c,1d,1f) Caring friendships (2e) Respectful relationships (3a,3e) Being Safe (5d,5e)</p> <p><b>Health Education</b> Mental wellbeing (6b,6c)</p>	Lesson 3: Families and Care	<p><b>Learning Intention</b> To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe</p> <p><b>Learning Outcomes</b> Know there are different types of families Know which people we can ask for help</p>
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# Year 2

## Differences Key Stage 1

Word Box: Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance	Title	Learning Intentions and Learning Outcomes
<p><b>Relationships Education</b> Respectful relationships (3a,3g)</p> <p><b>Key Stage 1 Science</b> - Identify, name, draw and label the basic parts of the human body</p>	Lesson 1: Differences	<p><b>Learning Intention</b> To introduce the concept of gender stereotypes To identify differences between males and females</p> <p><b>Learning Outcomes</b> Understand that some people have fixed ideas about what boys and girls can do Describe the difference between male and female babies</p>
<p><b>Relationships Education</b> Respectful relationships (3a)</p> <p><b>Key Stage 1 Science</b> - Notice that animals, including humans, have offspring that grow into adults</p>	Lesson 2: Male and Female Animals	<p><b>Learning Intention</b> To explore some of the differences between males and females and to understand how this is part of the lifecycle</p> <p><b>Learning Outcomes</b> Describe some differences between male and female animals Understand that making a new life needs a male and a female</p>
<p><b>Key Stage 1 Science</b> - Identify, name, draw and label the basic parts of the human body</p>	Lesson 3: Naming Body Parts	<p><b>Learning Intention</b> To focus on sexual difference and name body parts</p> <p><b>Learning Outcomes</b> Describe the physical differences between males and females Name the different body parts</p>

# Year 3

## Valuing Difference and Keeping Safe Key Stage 2

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship

Statutory Guidance	Title	Learning Intentions and Learning Outcomes
<p><b>Relationships Education</b> Respectful relationships (3a)</p>	Lesson 1: Body Differences	<p><b>Learning Intention</b> To identify that people are unique and to respect those differences To explore the differences between male and female bodies</p> <p><b>Learning Outcomes</b> Know and respect the body differences between ourselves and others Name male and female body parts using agreed words</p>
<p><b>Relationships Education</b> Caring friendships (2e) Respectful relationships (3b,3d,3f) Being safe (5a,5b,5c,5d,5f,5g)</p>	Lesson 2: Personal Space	<p><b>Learning Intention</b> To consider appropriate and inappropriate physical contact and consent</p> <p><b>Learning Outcomes</b></p>

		Understand that each person's body belongs to them Understand personal space and unwanted touch
<b>Relationships Education</b> Families and people who care for me (1a,1b,1c,1d,1f,) Being safe (5d,5f,5g, 5h)	Lesson 3: Help and Support	<b>Learning Intention</b> To explore different types of families and who to go to for help and support <b>Learning Outcomes</b> Understand that all families are different and have different family members Identify who to go to for help and support

# Year 4

## Growing Up

Key Stage 2

**Word Box:** Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

Statutory Guidance	Title	Learning Intentions and Learning Outcomes
<b>Health Education</b> Changing adolescent body (8a)  <b>Key Stage 2 Science</b> - describe the life process of reproduction in some plants and animals	Lesson 1: Changes	<b>Learning Intention</b> To explore the human lifecycle To identify some basic facts about puberty <b>Learning Outcomes</b> Understand that puberty is an important stage in the human lifecycle Know some changes that happen during puberty
<b>Health Education</b> Mental wellbeing (6a,6b,6c,6d,6f) Changing adolescent body (8a, 8b) Menstruation (9a)  <b>Key Stage 2 Science</b> - describe the life process of reproduction in some plants and animals - describe the changes as humans develop to old age	Lesson 2: What is Puberty?	<b>Learning Intention</b> To explore how puberty is linked to reproduction <b>Learning Outcomes</b> Know about the physical and emotional changes that happen in puberty Understand that children change into adults to be able to reproduce if they choose to
<b>Relationships Education</b> Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)	Lesson 3: Healthy Relationships	<b>Learning Intention</b> To explore respect in a range of relationships To discuss the characteristics of healthy relationships <b>Learning Outcomes</b> Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.

# Year 5

## Puberty

Key Stage 2

**Word Box:** Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Statutory Guidance	Title	Learning Intentions and Learning Outcomes
<b>Health Education</b> Mental wellbeing (6c, 6d,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Lesson 1: Talking About Puberty	<b>Learning Intention</b> To explore the emotional and physical changes occurring in puberty <b>Learning Outcomes</b> Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence

<b>Health Education</b> Changing adolescent body (8a,8b) Menstruation (9a)	Lesson 2: The Reproduction System	<b>Learning Intention</b> To understand male and female puberty changes in more detail <b>Learning Outcomes</b> Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production
<b>Health Education</b> Mental wellbeing (6a,6b,6c, 6d,6e,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Lesson 3: Puberty Help and Support	<b>Learning Intention</b> To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty <b>Learning Outcomes</b> Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty

# Year 6

## Puberty, Relationships and Reproduction Key Stage 2

**Word Box:** Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety

Statutory Guidance	Title	Learning Intentions and Learning Outcomes
<b>Health Education</b> Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)	Lesson 1: Puberty and Reproduction	<b>Learning Intention</b> To consider puberty and reproduction <b>Learning Outcomes</b> Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence
<b>Relationships Education</b> Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)	Lesson 2: Communication in Relationships	<b>Learning Intention</b> Exploring the importance of communication and respect in relationships <b>Learning Outcomes</b> Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important
<b>Relationships Education</b> Families and people who care for us (1c,1d,1e)  <b>Key Stage 2 Science</b> - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents	Lesson 3: Families, Conception and Pregnancy	<b>Learning Intention</b> To consider different ways people might start a family <b>Learning Outcomes</b> Describe the decisions that have to be made before having children Know some basic facts about conception and pregnancy
<b>Relationships Education</b> Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Lesson 4: Online Relationships	<b>Learning Intention</b> To explore positive and negative ways of communicating in a relationship <b>Learning Outcomes</b> To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong

## **Statutory content**

### **Science Curriculum**

Key Stage 1 (age 5-7 years) - Statutory Science Curriculum

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11 years) - Statutory Science Curriculum

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

### **Statutory Relationships and Health Education**

Full details of what must be covered by the end of primary school can be found in the department for Education guidance <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>