**Relationships, Health and Sex Education (RHSE)**

Changes, Puberty and Human reproduction – how knowledge will be built up over the school

| | **Content** |
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| FS | Growing Up- How we have changed since we were babies |
| Year 1 | My Changing Body- Understanding that growing and changing is natural and happens to everybody at different rates |
| | Boys' and girls' bodies- appreciating the parts of the body that makes us different and using the correct names for them |
| Year 2 | The changing me- where am I on the journey from young to old and what changes can I be proud of? |
| | Boys and Girls- Differences between boys and girls- how do we feel about them? Which parts of me are private? |
| Year 3 | Outside body changes- How our bodies need to change so they can make babies when we grow up- outside changes and how we feel about them. |
| | Inside body changes- How our bodies change so they can make babies when we grow up- inside changes and how we feel about them. |
| Year 4 | Having a baby- responsibilities and joys |
| | Girls and puberty- How a girl's body changes so that she can have a baby when she's an adult- including menstruation |
| Year 5 | Puberty for girls- Physical changes and feelings about them- importance of looking after yourself |
| | Puberty for Boys- Developing understanding of changes for both sexes- reassurance and exploring feelings |
| | Conception- Understanding the place of sexual intercourse in a relationship and how it can lead to conception. Contraception briefly mentioned. |
| Year 6 | Puberty- Consolidating understanding of physical and emotional changes and how they effect us. |
| | Girl talk/ boy talk- a chance to ask questions and reflect (single sex) |
| | Conception to birth- The story of pregnancy and birth |

## Changes, Puberty and Human Reproduction- How vocabulary will be built up throughout the school

| | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 |
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| Reception | **Bodies**<br>Body parts- eye, ear, knee, finger, foot, mouth, nose, stomach, eyebrow, arm, tongue, toe, forehead, chest, hand, leg. | **Respecting my body** | **Growing up**<br>Growing from a baby to an adult | **Growth and Change** | **Fun and Fears** | **Celebrations** |
| Year 1 | **Lifecycles- Animal and Human**<br>Changes<br>Life cycle<br>Baby<br>Adulthood | **Changes in Me**<br>Change<br>Life cycle<br>Baby<br>Adult<br>Grown up | **Changes since being a baby**<br>Baby<br>Growing up<br>Adult<br>Mature<br>Change | **Differences between male and female bodies**<br>Male<br>Female<br>Vagina<br>Penis<br>Testicles<br>Vulva<br>Anus | **Linking growing and learning**<br>Learn<br>New<br>Grow<br>Change | **Coping with change**<br>Change<br>Feelings<br>Anxious<br>Worried<br>Excited<br>Coping |
| Year 2 | **Lifecycles in nature**<br>Change<br>Grow<br>Life cycle<br>Control<br>Baby<br>Adult<br>Fully grown | **Growing from young to old**<br>Growing up<br>Old<br>Young<br>Change<br>Respect<br>Appearance<br>Physical | **Increasing Independence**<br>Baby<br>Toddler<br>Child<br>Teenager<br>Adult<br>Independent<br>Timeline<br>Freedom<br>Responsibilities | **Differences between male and female bodies**<br>Male/Female<br>Vagina<br>Penis<br>Testicles<br>Vulva<br>Anus<br>Public<br>Private | **Assertiveness**<br>Touch<br>Texture<br>Cuddle/Hug/Squeeze<br>Like/Dislike<br>Acceptable/Unacceptable<br>Comfortable/Uncomfortable | **Preparing for Transition**<br>Change<br>Looking forward<br>Excited<br>Nervous<br>Anxious<br>Happy |

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| Year 3 | **How babies grow**<br>Changes<br>Birth<br>Animals<br>Babies<br>Mother<br>Growing up | **Understanding a baby's needs**<br>Baby<br>Grow<br>Uterus<br>Womb<br>Nutrients<br>Survive<br>Love<br>Affection<br>Care | **Outside Body Changes**<br>Change<br>Puberty | **Inside body Changes**<br>Puberty<br>Male<br>Female<br>Testicles<br>Sperm<br>Penis<br>Ovaries<br>Egg<br>Ovum/ ova<br>Womb/ uterus<br>Vagina | **Family Stereotypes/ Challenging my ideas** | **Preparing us for transition**<br>Change<br>Looking forward<br>Excited<br>Nervous<br>Anxious<br>Happy |
| Year 4 | **Being Unique**<br>Personal<br>Unique<br>Characteristics | **Having a baby**<br>Feelings<br>Responsibilities<br>Carers<br>Characteristics<br>Language<br>Mannerisms<br>influence | **Girls and Puberty**<br>Puberty<br>Menstruation<br>Periods | **Confidence in change** | **Accepting change**<br>Range of emotions- see emotion cards<br>Control<br>Change<br>Acceptance | **Preparing for transition**<br>Change<br>Looking forward<br>Excited<br>Nervous<br>Anxious<br>Happy |
| Year 5 | **Self and body image/ influence of online and media**<br>Self<br>Self-image<br>Body image<br>Self-esteem<br>Perception<br>Characteristics<br>Aspects<br>affirmation | **Puberty for girls**<br>Puberty<br>Menstruation<br>Periods<br>Sanitary towels<br>Sanitary pads<br>Tampons<br>Ovary/ovaries<br>Vagina<br>Oestrogen<br>Vulva<br>Womb/ uterus | **Puberty for Boys**<br>Puberty<br>Sperm<br>Semen<br>Testicles/ testes<br>Erection<br>Ejaculation<br>Wet dream<br>Larynx<br>Facial hair<br>Growth spurt<br>Hormones | **Conception**<br>Relationships<br>Conception<br>Making love<br>Sexual intercourse<br>Fallopian tube<br>Fertilisation<br>Pregnancy<br>Embryo<br>Umbilical cord<br>Contraception<br>Fertility treatment (IVF) | **Growing responsibility**<br>Teenager<br>Milestone<br>Perceptions<br>Puberty<br>Responsibilities | **Coping with Change and preparing for transition**<br>Change<br>Hope<br>Manage<br>Cope<br>Opportunities<br>Emotions<br>Fear<br>Excitement<br>Anxious |

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| Year 6 | **Self Image/Body Image**<br>Self-esteem<br>Real self<br>Celebrity | **Puberty and Feelings**<br>Opportunities<br>Freedoms<br>Responsibilities<br>Puberty vocabulary as represented on the flashcards – pubic hair, voice breaks, menstruation, semen, growing taller, hips widen, facial hair, erection, tampon, breasts, hormones, wet dream, ovulation, masturbation, sanitary towel, clitoris, testicles, sperm, underarm hair, penis, feeling moody, vagina, womb, fallopian tube, vulva. | **Conception to Birth**<br>Pregnancy<br>Embryo<br>Foetus<br>Placenta<br>Umbilical cord<br>Labour<br>Contractions<br>Cervix<br>Midwife | **Reflection about change/ Physical Attraction / Respect & consent/ Boyfriends/Girlfriends**<br>Attraction<br>Relationship<br>Pressure<br>Love<br>Sexting | Self-esteem<br>Negative body-talk<br>Choice<br>Feelings/ emotions<br>Challenge<br>Mental health | Transition<br>Secondary<br>**Transition**<br>Looking forward<br>Journey<br>Worries<br>Anxiety<br>Hopes<br>Excitement |