



RSE Curriculum Overview



Overview	Lesson Title	Learning Objectives	Endpoints	Vocabulary
Year 3				Year 3
Core Theme 1: Health and Wellbeing - the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls - to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong	Differences: Male and Female	To explore the differences between males and females and to name the body parts	- Know some differences and similarities between males and females - Name male and female body parts using agreed words	Stereotypes Gender roles Similar Different Male Female Private parts Penis Testicles vagina Womb Family Fostering Adoption Relationship
	Personal Space	To consider touch and to know that a person has the right to say what they like and dislike	- Identify different types of touch that people like and do not like. - Understand personal space - Talk about ways of dealing with unwanted touch	
	Family Differences	To explore different types of families and who to go to for help and support	- Understand that all families are different and have different family members - Identify who to go to for help and support	
Core Theme 2: Relationships - to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage - to judge what kind of physical contact is acceptable or unacceptable and how to respond				
Overview	Lesson Title	Learning Objectives	Endpoints	Vocabulary
Year 4				Year 4
Core Theme 1: Health and Wellbeing - how their body will, and emotions may, change as they approach and move through puberty - to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them - about human reproduction	Growing and Changing	To explore the human lifecycle,	- Describe the main stages of the human lifecycle - Describe the body changes that happen when a child grows up	Puberty Lifecycles Reproduction Physical Breasts Sperm Egg Pubic hair Emotions Feelings
	What is puberty?	To identify some basic facts about puberty	- Discuss male and female body parts using agreed words - Know some of the changes which happen to the body during puberty	

Science Attainment Targets To be able to describe the changes as humans develop to old age				
	Puberty changes and reproduction.	To explore how puberty is linked to reproduction	- Know about the physical and emotional changes that happen in puberty - Understand that children change into adults so that they are able to reproduce	
Overview	Lesson Title	Learning Objectives	Endpoints	Vocabulary
Year 5	Talking about Puberty	To explore the emotional and physical changes occurring in puberty	- Explain the main physical and emotional changes that happen during puberty - Ask questions about puberty with confidence	Year 3
Core Theme 1: Health and Wellbeing - how their body will, and emotions may, change as they approach and move through puberty - to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them	Male and Female Changes	To understand male and female puberty changes in more detail	- Understand how puberty affects the reproductive organs - Describe how to manage physical and emotional changes	Puberty Physical changes Emotional changes Moods Menstruation Periods Tampons Sanitary towels Wet dreams
Core Theme 2: Relationships - to feel confident to raise their own concerns, to recognise and care about other people's feelings Science Attainment Targets - describe the changes as humans develop to old age	Puberty and Hygiene	To explore the impact of puberty on the body & the importance of hygiene	- To explore ways to get support during puberty - Explain how to keep clean during puberty - Explain how emotions change during puberty Know how to get support and help during puberty	Semen Erection Sweat Breasts Spots Pubic hair Facial hair Underarm hair
Overview	Lesson Title	Learning Objectives	Endpoints	Vocabulary
Year 6	Growing and Changing	To consider puberty and reproduction	- Describe how and why the body changes during puberty in preparation for reproduction - Talk about puberty and reproduction with confidence	Year 6
Core Theme 1: Health and Wellbeing how their body will, and emotions may, change as they approach and move through puberty about human reproduction				Womb Sperm Egg Conception Fertilisation

the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others	What is puberty?	Consider physical & emotional behaviour in relationships	Discuss different types of adult relationships with confidence Know what form of touching is appropriate	Pregnancy Sexual intercourse Twins Fostering Adoption Relationship Friendship Love Consent Intimacy Communication Personal/private information Internet safety
Science Attainment Targets o be aware of different types of relationship, including those between friends and families, civil partnerships and marriage to recognise what constitutes positive healthy relationships and develop the skills to form them	Puberty changes and reproduction.	To explore the process of conception and pregnancy	Describe the decisions that have to be made before having a baby Know some basic facts about pregnancy and conception	
	Communicating in Relationships	To explore positive and negative ways of communicating in a relationship	- 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	