

PSHE Whole School Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Families and Relationships	Safety and the Changing Body	Health and Wellbeing	Economic Wellbeing	Citizenship	Transition

RSE and Health Education Whole School Overview				
Year 2	Year 3	Year 4	Year 5	Year 6
Safety & the changing body (statutory)	Safety & the changing body (statutory)	Safety & the changing body (statutory)	Safety & the changing body (statutory)	Safety & the changing body (statutory) Sex education (non statutory)
The changing adolescent body To know the names of parts of my body including private parts. (statutory)		The changing adolescent body Discuss some physical and emotional changes during puberty. (statutory) To understand the physical changes to both male and female bodies as people grow from children to adults. (statutory)	The changing adolescent body Identifying reliable sources of help with puberty. (statutory) To understand the process of the menstrual cycle. (statutory) To know the names of the external sexual parts of the body and the internal reproductive organs. (statutory) To know that puberty happens at different ages for different people. (statutory)	The changing adolescent body Discussing problems which might be encountered during puberty and using knowledge to help. (statutory) To understand how a baby is conceived and develops. (non-statutory)

Year 6 – Sex Education (non-statutory)

Skills

- Using correct scientific vocabulary to confidently and respectfully name and describe the functions of the male and female external reproductive organs.
- Describing, in simple terms, how a baby is conceived and born (e.g. that sexual intercourse is the way humans reproduce).
- Asking questions about growing up, relationships, conception and birth in a respectful and appropriate way.

Knowledge

- To know that to reproduce a sperm and egg join together to make a baby, usually through sexual intercourse (sex).
- To know that the legal age for sexual intercourse is 16 years old, although many people wait until they are older.
- To know that pregnancy begins when a fertilised egg grows in the uterus.
- To know that a baby develops in the uterus for approximately nine months.
- To know that birth is the process by which a baby is delivered from the uterus, usually through the vagina or sometimes by caesarean section.
- To know that there are different ways people can become parents, including through IVF and adoption.
- To know that babies need constant care and attention and that becoming a parent involves a lot of responsibility, time and support.