

## RSHE



### Progression leading to Year 6 Sex & Health Education

<b>Year 1</b>	<ul style="list-style-type: none"><li>● Life cycles of humans and animals.</li><li>● How boys and girls look different.</li><li>● The concept of privacy and appropriate contact.</li></ul>
<b>Year 2</b>	<ul style="list-style-type: none"><li>● How they have changed since they were a baby.</li><li>● Private male and female body parts and the correct vocabulary for these (penis and vulva).</li><li>● The natural process of growing from young to old.</li></ul>
<b>Year 3</b>	<ul style="list-style-type: none"><li>● Growing up – understanding that changes happen between birth and growing up.</li><li>● Recognising stereotypical ideas about parenting and family roles.</li><li>● Change – how I have changed throughout the year.</li></ul>
<b>Year 4</b>	<ul style="list-style-type: none"><li>● Change – How to cope with change and manage my feelings in a positive way.</li><li>● Reflection about changes I would like to make and how I will go about these. Learning how to accept changes that I am unable to control.</li></ul>
<b>Year 5</b>	<ul style="list-style-type: none"><li>● Puberty – Learning about the physical changes that happen to the body during puberty for boys and girls.</li><li>● Separate sessions for boys and girls on how the female body prepares to make a baby – menstruation.</li></ul>
<b>Year 6</b>	<ul style="list-style-type: none"><li>● The physical and emotional changes of puberty. Learning strategies to cope with this.</li><li>● Conception and birth – How a baby is made and how a baby is born.</li></ul>