**Relationships and Sex Education**

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| **Year** | **Specific focus** | **End of year expectations** | **Vocabulary** |
| FS | External parts of the body • My amazing body • Germs • Hand washing | To understand and value what their bodies can do.   * To describe their own appearance and name external body parts including using agreed names for the sexual parts. * To recognise similarities and differences between the bodies of girls and boys. * To understand ways in which their body has changed since they were a baby | penis testicle vagina male female private |
| Year 1 | * External parts of the body • My amazing body • Germs • Hand washing | * Name main external parts of the body including private parts, to help keep myself safe * Understand that I am in charge of my own body * Know how to keep clean * Know basic ways to avoid spreading germs * Know what parts of my body are private and understand the underwear rule | penis testicle vagina male female private |
| Year 2 | * Babies to children to adults • Growing up | * Know the vocabulary for external male & female body parts taught in Year 1 | penis testicles / testes vagina vulva male female private. |
| Year 3 | * Stages of human life cycle • Seed & egg • Being grown up • | * Know the main stages of the human life cycle * How did I begin? | penis vagina vulva testicle testes breast nipple male female |
| Year 4 | * Male and female bodies • Talking about bodies • * Valuing my body • Responsibilities for • Hygiene • * Preventing spread of illnesses | * Know how male and female bodies are different and know the names of different parts * Understand when to talk about my body and who to talk to * Know why it is important to keep myself clean * Know what I can do for myself to stay clean and how this will change in the future. * Understand how different illnesses and diseases spread and what I can do to prevent this. * Understand that my body is special and what it can do | penis vagina vulva testicle testes breast nipple male female |
| Year 5 | * Male and female bodies • Talking about bodies • * Valuing my body • Responsibilities for Hygiene • * Preventing spread of illnesses | * Know the names and functions of male and female sexual parts. * Know what happens to different bodies at puberty. * Develop strategies to talk about bodies appropriately and confidently. * Know how to keep my growing and changing body clean. * Know ways to reduce the spread of viruses and bacteria. * Understand what might influence my view of my own body | puberty period menstruation cervix labia fallopian tube clitoris ovary uterus ovulation sperm duct pubic hair anus penis vagina vulva testicle testes scrotum breast nipple |
| Yea 6 | * Names of sexual parts • * Puberty • * Physical and emotional change • Menstruation • Body image • Changing hygiene routines • * Viruses & bacteria | * Know the different ways babies are conceived and born * Understand the effect puberty might have on people’s feelings & emotions * Understand how my words & actions may affect how others feel, & understand my responsibilities * Understand how different families are different * Know some of the factors adults might consider before deciding to have children * Understand why people might get married / become civil partners | arousal erection sexual intercourse sex ejaculate conception pregnancy cell |