**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 |