



Overview of B&H Relationships & Sex Education Curriculum for Reception to Y6

These lessons cover statutory content of Primary Relationships and Health education, and non statutory sex education for YR-6. The lessons marked with ** include non statutory elements.

All learning outcomes references for the PSHE topics are from the PSHE Association Programme of Study, which is organised into 3 core themes:

Core Theme 1: Health and wellbeing (H)

Core Theme 2: Relationships (R)

Core Theme 3: Living in the Wider World (L)

Year group	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Learning Outcomes covered
R	What can we do to look after our bodies? Can you label all the parts of our bodies including personal and private parts? *	What do we need to grow up healthy? Why do we need friends?	How can we look after ourselves and our bodies at school?		EGL5,6,7,8
1	What makes a family? How do babies grow into children?	What keeps our bodies healthy as we grow?	Can you label all the parts of the bodies including personal and private parts? * How do we keep our bodies safe?		H1,2,3,4,5,10 ,19,20,25,26 R1, 2, 3, 4,5, 16,17,20
2	Are any two bodies the same size and shape? What do we love about our bodies? Why is it wrong to tease someone about how they look?	**Why are there differences between most girls' and most boys' bodies? Why do all animals including humans have male and female body parts?	What makes a good friend? Does it matter if our friends are boys or girls? Is there more than one way to be a boy or a girl?		H13,14,15,16,17,18,19,21, 22,23,25 R6,7,8,9, 21, 22, 23, 24
3	What are the names of female and male personal and private body parts and what do they do? Do bodies come in all shapes and sizes?	How can we feel good about ourselves? Should we all look the same? How do I pick myself up if I feel down?	What is a family? Are all families the same? How do families change?	What is a healthy relationship? When does friendship feel good?	H15, 16, 20, 21, 25, 28, 30 R1, 5, 7, 8, 9, 10, 11, 13, 14, 15, 17, 19, 22, 26, 29, 32
4	What happens to my body as I grow and change from a child to a grown up?	How do the changes at puberty affect how young people might feel?	What friendship skills will I need as I grow and change? How can I keep healthy and safe as I grow and change?	**How do human babies begin? What are the different ways that families begin?	H17,19,20,27,28,30, 31, 32, 33, 34 R7, 8, 10, 11, 13, 14, 15

5	What causes embarrassment? How can we manage the ups and downs in friendships? Why is trust important in friendships?	What does puberty mean? How do children grow and change into young adults?	What is puberty like for most girls and most boys? What is exciting about growing up? How can we grow confidence to talk about puberty and ask questions?	What do young people need to do to look after themselves during puberty?(hygiene)	H9, 14,15,16, 17,18,19,20,21, 27,28,29,30,31,32,33,34 R10,11,13,14,15,17,18,19, 20,25
6 Optional Puberty revision lesson What do you know about the changes at puberty for most girls and most boys? How do you feel about puberty? What questions do you have?	What is body image? How do images in the media affect how we feel about ourselves?	When do friendships feel positive online and face to face? How can I stay safe online?	How can I stay safe online?What is safe to share online? How can I find out information about growing up safely?	**What is the difference between a grown up relationships and friendship? How do human babies start? How are human babies born?	H13,26,27,28,31,32,33, 34,37,42 R3,4,20,21,23,24,27,28,29, 30,31,32 L11,12,13,15,16

* Progression of language introduced from YR for private personal parts

YR- vulva, vagina penis Y1 - vulva, vagina, penis, testicles, anus Y2/3- vulva, vagina, clitoris, penis, testicles, anus, breasts,

Y4/5/6- vulva, vagina, clitoris, uterus/womb, penis, testicles,anus, breasts,