



Sequence of Learning – Sex and Relationships

	F2	Y1	Y2	Y3	Y4	Y5	Y6
<u>Knowledge</u>	<p>1a) Know that friendships can make us feel happy</p> <p>1b) Know some ways that we can make new friends feel welcome</p> <p>2a) Know that arguing with friends and then making up can make friendships stronger</p> <p>2b) That resorting to violence is never right</p> <p>3a) Identify different members of the family</p> <p>3b) Understand how members of a family can help each other</p>	<p>1) Know that we can be friends with people who are different from us</p> <p>2a) Understand that babies need care and support</p> <p>2b) Know that older children can do more by themselves</p> <p>3a) Know there are different types of families</p> <p>3b) Know which people we can ask for help</p>	<p>1a) Understand that some people have fixed ideas about what boys and girls can do</p> <p>1b) Describe the differences between male and female babies</p> <p>2a) Describe some differences between male and female animals</p> <p>2b) Understand that making new life needs a male and a female</p> <p>3a) Describe the physical differences between males and females</p> <p>3b) Name the different body parts</p>	<p>1a) Know and respect the differences between ourselves and others</p> <p>1b) Know male and female body parts using agreed words</p> <p>2a) Understand that each person's body belongs to them</p> <p>2b) Understand personal space and unwanted touch</p> <p>3a) Understand that all families are different and have different members</p> <p>3b) Identify who to go to for help and support</p>	<p>1a) Understand that puberty is an important stage in the human lifecycle</p> <p>1b) Know some changes that happen during puberty</p> <p>2a) Know about the physical and emotional changes that happen in puberty</p> <p>2b) Understand that children change into adults to be able to reproduce if they choose to</p> <p>3a) Know that respect is important in all relationships including online</p> <p>3b) Explain how friendships can make people feel unhappy or uncomfortable</p>	<p>1) Explain the main physical and emotional changes that happen during puberty</p> <p>2) Understand how puberty affects the reproductive organs</p> <p>3a) Explain how to keep clean during puberty</p> <p>3a) Explain how emotions/relations hips change during puberty</p> <p>3b) Know how to get help and support during puberty</p>	<p>1) Talk about puberty and reproduction with confidence</p> <p>2a) Understand the differences between healthy and unhealthy relationships</p> <p>2b) Know that communication and permission seeking are important</p> <p>3) Know some basic facts about conception and pregnancy</p> <p>4a) Begin to understand when it is appropriate to share personal/private information in a relationship</p> <p>4b) To know how and where to get support if an online relationship goes wrong</p>



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<p><u>Skills</u></p>	<p>1a) talk about how they and others show feelings and how friendships make us feel 1b) recognising how to make friends feel welcome and ways to be kind 2a) coming up with ways to find solutions to minor problems without aggression and the importance of saying sorry 2b) talk about their own and others' behaviour and its consequences and know that some behaviour is unacceptable 3a) talking about their own family members and 3b) talk about how we help our family and how they help us</p>	<p>1) recognising differences between themselves and others and that other children don't always enjoy the same things and are sensitive to this 2a) recognise that babies need looking after 2b) can recognise and manage their own basic needs 3a) recognising differences between their families and other peoples' families 3b) recognise who helps us in and out of school</p>	<p>1a) introduce the concept of gender stereotypes 1b) identify differences between males and females 2a) begin to understand the concept of gender stereotypes 2b) identify and describe parts of the life cycle 3a) identify physical differences between males and females 3b) use vocabulary to name basic parts of the body</p>	<p>1a) to identify that people are unique and to respect those differences 1b) to explore the differences between male and female bodies 2) to consider appropriate and inappropriate physical contact and consent 3) to explore different types of families and who to go to for help and support</p>	<p>1a) to explore the human lifecycle 1b) to identify some basic facts about puberty 2) to explore how puberty is linked to reproduction 3a) to explore respect in a range of relationships 3b) to discuss the characteristics of healthy relationships</p>	<p>1) explore the emotional and physical changes occurring in puberty 1) ask questions about puberty with confidence 2) understand male and female puberty changes in more detail 2) describe what happens during menstruation and sperm production 3a+b) explore the impact of puberty on the body and the importance of physical hygiene 3c) explore ways to get support during puberty</p>	<p>1) describe how and why the body changes during puberty in preparation for reproduction 2) exploring the importance of communication and respect in relationships 3) consider different ways people might start a family 3) describe the decisions that have to be made before having children 4) explore positive and negative ways of communicating in a relationship</p>
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<u>Key Vocabulary</u>	Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad	Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva	Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva	Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship	Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings	Puberty, physical changes, emotional changes, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, pubic hair, facial hair, underarm hair, sexual feelings	Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety
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