

Overdale Infant and Junior School RSE Progression

New vocabulary which is introduced is highlighted.

YEAR FS

HEALTHY LIFESTYLES 1 - MY BODY AND GROWING UP

This unit is designed to support children in learning how to value and appreciate their own and other people's bodies. Children will learn to recognise and name external parts of the body including using scientific names for the external sexual parts of the body. They will learn to recognise and appreciate similarities and differences between bodies, including those between girls and boys. The children will learn to appreciate the variety of things that they can do with their bodies, how they have changed physically since they were very young and how they will continue to grow and change all their lives. This unit looks at personal hygiene and supports children in developing appropriate responsibility for it. They will continue to develop basic hygiene routines, including toileting and washing, and will also learn about the importance of good hygiene and cleanliness for preventing the spread of disease.

The main themes of this unit are:

- analyse their own role in developing positive, responsible and caring attitudes
- as they grow, they will become more independent and will take more responsibility for looking after themselves and things around them
- examine what they currently do to look after themselves, including dressing and undressing
- recognise areas where they still need support from others to ensure their personal needs are met and to be aware of the adults who provide this care

At the end of the unit most pupils will:

This unit will provide opportunities for children to develop their skills, knowledge, understanding and attitudes within the following areas of learning and development and related Early Learning Goals:

The Prime Areas

Physical Development

Health and self-care: children know the importance for good health, of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Communication and language

Listening and attention: children listen attentively in a range of situations. They listen to stories, accurately anticipating key events and respond to what they hear with relevant comments, questions or actions. They give their attention to what others say and respond appropriately, while engaged in another activity.

Understanding: children follow instructions involving several ideas or actions. They answer 'how' and 'why' questions about their experiences and in response to stories or events.

Speaking: children express themselves effectively, showing awareness of listeners' needs. They use past, present and future forms accurately when talking about events that have happened or

are to happen in the future. They develop their own narratives and explanations by connecting ideas or events.

The Specific Areas

Understanding The World

People and communities: children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions a common language for making themselves understood during classroom activities and in situations involving personal safety.

'Early and accurate naming of body parts is vital. If children have not been equipped with the words for the parts of their bodies and have picked up the message that adults don't talk about them either, how can they be expected to describe them to an adult if they need to? This has serious implications for child protection'. Sex Education Forum.

The anatomical words can also be referred to as the 'doctor' words as they are words which are used by health professionals and words that children will hear used when they visit the doctor.

Language that will be introduced in this unit:

baby	child	girl	boy
knee	bottom	chest	toe
finger	wrist	nose	hair
toenail	palm	back	leg
eyebrow	knuckle	foot	finger nail
lips	eye	skin	cheek
sole	calf	arm	shoulder
elbow	eyelash	ear	mouth
shin	chin	ankle	heel

If children use the incorrect word, staff will correct:

penis	Vagina	bottom	nipple
private parts			

Points to note:

- children will be taught scientific names for parts of the body

YEAR 1HEALTHY LIFESTYLES 6 - SEX AND RELATIONSHIP EDUCATION

Children will develop familiarity with the names of the main external parts of the body and become more confident in describing them. They will consider the nature of their bodies, with a view to developing respect for their bodies and themselves. They will also consider simple hygiene practices and their levels of responsibility for carrying these out.

The main themes of this unit are:

- body knowledge
- body functions
- body awareness/image
- personal hygiene
- prevention of illness and disease

At the end of the unit most pupils will:

- be able to recognise names for the main external parts of the body
- be able to name the sexual parts using colloquial and occasionally scientific words
- be able to describe what their bodies can do and understand how amazing their body is
- show some understanding that their body belongs to them
- be able to describe some basic personal hygiene routines and understand how these can prevent the spread of disease

Language that will be used in this unit:

knee	bottom	chest	toe
finger	wrist	nose	hair
toenail	palm	back	leg
eyebrow	knuckle	foot	fingernail
lips	eye	skin	cheek
sole	calf	arm	shoulder
elbow	eyelash	ear	mouth
shin	chin	ankle	heel
male	female	Private	privacy
penis	nipple	bottom	Vagina

Points to note:

- scientific names of body parts will be shared
- meaning of private and privacy with reference to activities they do and where they do them (e.g going to the toilet and always closing the door) and how this will change as they get older
- private parts being those that are covered by pants, swimming costume etc

YEAR 2HEALTHY LIFESTYLES 10 – SEX AND RELATIONSHIP EDUCATION

Children will consolidate their understanding of how babies develop into children and then into adults and their own physical development. They will think about their responsibilities and how these have changed. They will then consider what babies and young children need to stay healthy and safe.

The main themes of this unit are:

- the human life cycle
- growing up
- personal responsibilities
- parents, carers and families

At the end of the unit most pupils will:

- be able to recognise babies, children and adults of different ages and put them into age order
- understand that human babies grow inside their mothers
- be able to describe the main physical developments which take place in early childhood
- be able to describe some of the changes in responsibilities and expectations during early childhood
- understand the basic needs of babies
- understand how dependent a baby is on parents to provide its basic needs

Language that will be used in this unit:

baby	family	Penis	Vagina
Bottom	Nipple	Breast	Breast feeding
Privacy	Private parts	*testicles (if slang is used)	

Points to note:

- reference made to different sorts of families – two mums, two dads etc
- changes that have happened to them since they were born

YEAR 3**HEALTHY LIFESTYLES 13 - SEX AND RELATIONSHIP EDUCATION**

This unit of work focuses on basic anatomy, including naming external body parts and the physical differences between males and females. Children will consider the capabilities of their bodies, in order to develop respect for their bodies and themselves. They will also develop their understanding of personal hygiene and learn more about how to prevent the spread of illnesses.

The main themes of this unit are:

- body knowledge
- 'body functions
- body awareness/image
- personal hygiene
- prevention of illness and disease

At the end of the unit most pupils will:

- be able to give a list of the main external parts of male and female bodies and may use some scientific names for these
- be able to use the scientific terms penis, testicles, breast and vagina and explain which parts are male and which are female
- be able to give several examples of the capabilities of their own bodies
- be able to describe familiar hygiene routines such as brushing teeth and washing hair, and understand the reasons for doing these things
- be able to look forward to new areas of responsibility for their personal hygiene
- be able to explain how common illnesses such as colds or tummy bugs are spread and be able to describe how they can prevent the spread of one such illness

Language that will be used in this unit:

baby	family	Penis	vagina
Bottom	Nipple	Breast	Breast feeding
Privacy	Private parts	testicles	anus

Points to note:

- scientific names of body parts specifically relating to males and females and the differences

YEAR 4**HEALTHY LIFESTYLES 17 - SEX AND RELATIONSHIP EDUCATION**

Children will consider the human life cycle in more detail. They will consider what they think it means to be 'grown up'. They will then look at their responsibilities and the responsibilities parents and carers have for babies and children.

The main themes of this unit are:

- the human lifecycle
- growing up
- personal responsibilities
- parents, carers and families

At the end of the unit most pupils will:

- be able to identify the main stages of the human lifecycle and identify the stage of an individual with reasonable accuracy
- be able to explain ideas about being grown up and show they have a relatively realistic view of adulthood
- be able to identify an area for which they can take more responsibility
- be able to explain some ways that parents/carers are responsible for babies and understand that these responsibilities are based on the fact that a baby cannot look after itself

Language that will be used in this unit:

baby	child	adolescent	adult
middle age	Scrotum	anus	Private parts
Penis	Testicle	Vagina	Pubic hair
Breast feeding	family	Privacy	Breast
Bottom	Nipple		

Points to note:

- discussion about the roles men and women may have and gender stereotyping

YEAR 5**HEALTHY LIFESTYLES 20 – SEX AND RELATIONSHIP EDUCATION**

Focuses on basic anatomy, including the physical differences between female and male bodies. It examines the changes that happen to people's bodies at various stages in their lives, especially at puberty. The children will learn about the benefits of carrying out regular hygiene routines, including how good hygiene is important for preventing the spread of viruses and bacteria. They will examine their own personal hygiene practices and consider new personal hygiene routines relevant to puberty. They will examine the ways in which they will have new responsibilities for their personal hygiene in the future.

It is essential to remember that the DFEE Sex and Relationship Education Guidance 2000 states that 'All children, including those who develop earlier than the average, need to know about puberty before they experience the onset of physical change'.

The main themes of this unit are:

- body knowledge
- body functions
- body awareness/image
- personal hygiene

At the end of the unit most pupils will:

- know and understand the appropriate use of the scientific names for the external and internal sexual parts of the body, and be able to explain basic functions
- understand the main changes that will happen at puberty, know some ways to manage them, and how it affects people differently
- have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others
- understand the importance of washing regularly and of maintaining other hygiene routines during puberty

Language that will be used in this unit:

penis	nipple	scrotum	vagina
testicles	Pubic hair	anus	private
privacy	male	female	breasts
Puberty development		Cervix	Outer labia
Clitoris	Uterus	Pubic bone	Inner labia
Sperm	Sperm duct	Semen	Prostate gland
Urethra	Opening to the urethra	Voice breaking	erection
Ejaculate	Endometrium	Period	Fallopian tubes
Ovary	Ovulation	Menstruation	Sanitary products
Pad	tampon	arousal	discharge

Points to note:

- names of sexual organs of males and females that can be seen from the outside will be shared
- discussion around sexual organs and their functions
- acknowledge that there are some rude words that are used for sexual organs and parts - not appropriate for school
- puberty and the changes that will take place will be discussed
- children will be shown a variety of sanitary products and their merits will be discussed

YEAR 6HEALTHY LIFESTYLES 24 – SEX AND RELATIONSHIP EDUCATION

It begins with a focus on sexual intercourse and the human lifecycle. The children will examine how puberty brings about changing feelings and emotions with friends and family and consider ways to manage emotions so that they are able to express their feelings and concerns positively. They will explore the meaning of love and consider their responsibilities to care for themselves and others. They will consider the need for trust and love relationships. In this context, there is the opportunity to discuss responsible parenting choices and the use of contraception.

The main themes of this unit are:

- the human lifecycle
- growing up
- personal responsibilities
- parents, carers and families

At the end of the unit most pupils will:

- be able to describe the main stages of how a baby is made, using some scientific vocabulary
- be able to describe some emotions associated with the onset of puberty and have strategies to deal with these positively
- understand that puberty affects people in different ways both physically and emotionally
- understand that the way they behave affects others and that they have some responsibility to others to make sure they are not hurt needlessly
- describe some characteristics of a loving trusting relationship
- understand some basic reasons why a couple might choose to have children
- show awareness of some family arrangements which are different from theirs

Language that will be introduced in this unit:

penis	nipple	semen	vagina
testicles	breast	anus	private
privacy	male	female	urethra
cervix	scrotum	endometrium	sanitary products
pubic hair	sperm	opening to the urethra	
clitoris	inner labia	sperm duct	outer labia
pubic bone	prostate gland	ovary	fallopian tube
period	menstruation	arousal	
pregnancy	womb	egg	sex
reproduction	ejaculation	Fertilised egg - zygote	cells
sexual intercourse	contraception	condom	contraceptive pills
conception	Fertilisation	Embryo	

Points to note:

- children will learn about how babies are made including sexual intercourse
- puberty and the changes that take place will be discussed including fluctuating feelings that may occur
- discussions will be held around methods of contraception

