

Relationship Education Key Learning and Progression of Skills

Skills Progression	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
3D Resources	<p><u>Core 2:</u> <u>Unit 4</u> Lesson: 5 Lesson 6</p>	<p><u>Core 1:</u> <u>Unit 3</u> Lesson: 1: Lesson: 2</p>	<p><u>Core 2:</u> <u>Unit 5</u> Lesson: 1 Lesson: 4</p> <p><u>Core 1:</u> <u>Unit 5:</u> Lesson: 4</p>	<p><u>Core 2:</u> <u>Unit 5</u> Lesson: 3</p> <p><u>Unit 4</u> Lesson: 1 Lesson: 2</p>		
Other resources	Shared Drive: PSHEC –Relationships (Sex) Education – Medway SOW					
	<p><u>Lesson 1:</u> <u>My special people</u> R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives R2. to identify the people who love and care for them and what they do to help them feel cared for R5. that it is important to tell someone (such as their teacher) if something about their</p>	<p><u>Lesson 1:</u> <u>Growing up: the human life cycle</u> H26. about growing and changing from young to old and how people’s needs change This lesson introduces the concept of the human life cycle. Pupils begin to understand how we grow and change as we get older. The lesson focuses on</p>	<p><u>Lesson 1:</u> <u>What makes a good friend?</u> R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships) R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support</p>	<p><u>Lesson 1:</u> <u>Falling out with friends</u> R13. the importance of seeking support if feeling lonely or excluded R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the</p>	<p><u>Lesson 1:</u> <u>Physical Changes/ Time to change</u> H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual</p>	<p><u>Lesson 1:</u> <u>Puberty: re-cap and review</u> This lesson has been designed to consolidate pupils’ previous learning about puberty and is specifically aimed at year 6 pupils. Pupils should have already learned about puberty in Year 5, but this lesson gives them the opportunity to recap and review their understanding of puberty,</p>

	<p>family makes them unhappy or worried This focuses on early learning about healthy, happy relationships, which is later built on in key stage 2. Pupils explore the ways the characters in a chosen story care for each other and what makes them special. In addition, pupils think about the special people in their own lives, friendship, family and what it means to care for each other</p> <p><u>Vocabulary:</u> Special, Care, Family, Mum, Dad, Grandparents. Grandma(or similar), Grandad (or similar), Brother, Sister, Happy, Friend</p> <p><u>Lesson 2: Families</u> R3. about different types of families including those that</p>	<p>young children growing and changing (puberty is not mentioned until key stage 2). Pupils compare the differences between a baby and a child— what they look like and what they can do. The focus is on becoming independent; how we look after ourselves and each other as we grow, and some of the feelings that accompany the process of growing up.</p> <p><u>Vocabulary</u> Change, Cycle, Baby, Child, Adult, Grow</p> <p><u>Lesson 2: Everybody's body</u> R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private H25. to name the main parts of the body including external</p>	<p>wellbeing</p> <p><u>Lesson 2:</u> R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships</p> <p>These lessons build on pupils' learning from key stage one about special people and extends their learning about their close networks and friendships. The focus is on different types of relationships and the qualities of being a good friend and the importance of friendship in all our lives. This lesson will help to develop pupils' understanding of positive, healthy</p>	<p>effect of online actions on others R16. how friendships can change over time, about making new friends and the benefits of having different types of friends R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely</p> <p>This lesson follows on from the previous lesson - What makes a good friend? Sometimes, even good friends have disagreements or 'fall out' – it is important that pupils learn that there are ways to manage this if it happens to them. Pupils should understand that a quarrel does not always mean the end of a friendship and that there are things they can do that might help to mend or strengthen their friendship. To further develop their understanding, pupils explore strategies they can use to try to solve problems that can arise in</p>	<p>cycle and menstrual wellbeing, erections and wet dreams) H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it H34. about where to get more information, help and advice about growing and changing, especially about puberty</p> <p>informing Parents letter required</p> <p>The first lesson focuses on some of the external changes that happen to the body.</p> <p><u>Vocabulary</u> Puberty, Physical, Grow, Mature, Child, Teenager, Adult, Genitals, Vulva, Vagina, Penis, Testicles, Breasts, Pubic hair, Adam's apple</p>	<p>before introducing lessons on how babies are made. It will also allow pupils to revisit key vocabulary used in later lessons.</p> <p><u>Vocabulary</u> puberty, person, child, teenager, adult, changing, growing, physical, emotions, feelings, bodies, now, future</p> <p><u>Lesson 2: Puberty: change and becoming independent</u> This lesson extends pupils' thinking about puberty and the concept of change throughout our lives. It explores in more detail, some of the feelings associated with change. It helps pupils to consider changes that might occur alongside puberty, including moving to secondary school and the new roles and responsibilities that this might bring.</p> <p><u>Vocabulary</u> change, life cycle, baby,</p>
--	--	---	--	--	---	---

	<p>may be different to their own</p> <p>R4. to identify common features of family life</p> <p>This focuses on early learning about healthy, happy relationships, which is later built on in key stage 2. Pupils explore pictures depicting different types of families. They understand that all families have love, respect, trust and care for each other</p> <p><u>Vocabulary:</u></p> <p>Parents, carers, Family, Mum, Dad, Grandparents. Grandma(or similar), Grandad (or similar), Brother, Sister, love, respect, trust, truth</p>	<p>genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>Pupils may have been using a variety of different words to name the male and female genitalia/ sex parts, but this lesson directly teaches the correct terminology. It is important for younger pupils to know how to name their body parts correctly as this contributes to safeguarding—helping them to take care of their bodies and keep themselves safe. This is built on later in key stage 2, when pupils learn about puberty and the changes when growing from children to adults.</p> <p>It is suggested that this lesson is taught within the context of other learning about similarities and differences (e.g. growing and changing, people and animals).</p>	<p>relationships, and is written at a level appropriate for pupils in year 3 or 4. This concept is re-visited in upper key stage two.</p> <p><u>Vocabulary</u></p> <p>Family, Friend, Friendship, group, neighbour, care</p>	<p>friendships and to seek help if they need it.</p> <p><u>Vocabulary</u></p> <p>Falling Out, Disagreement. Conflict, Argument, Problem, Solve, Solution</p> <p><u>Lesson 2: Positive, healthy family life</u></p> <p>R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another</p> <p>R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability</p> <p>R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty</p> <p>Increasing pupils' understanding of what is meant by a positive,</p>	<p><u>Lesson 2: Menstruation and wet dreams</u></p> <p>The second lesson focuses in more detail on some of the external and internal changes that happen to the human body. Also discussed in these lessons are male and female reproductive organs.</p> <p><u>Vocabulary</u></p> <p>Internal, reproductive organs, uterus, fallopian tubes, ovary/ovaries, vulva, vagina, menstruation, menstrual cycle, period, blood, sanitary pads, tampons, Adam's apple, penis, testicles, scrotum, sperm, semen, erection, ejaculation, wet dream, pubic hair, fertilised, sperm, ovum, penis, vagina, fallopian tubes</p> <p><u>Lesson 3: Emotions and feelings</u></p> <p>This lesson focuses in more detail on some of the emotional changes</p>	<p>toddler, child, adolescent, teenager, adult, middle-age, older person, growing up, feelings, emotions, independence</p> <p><u>Lesson 3: Positive, healthy relationships</u></p> <p>R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships (Love Rocks??)</p> <p>informing Parents letter required</p> <p>R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different informing Parents letter required</p>
--	--	--	---	---	---	---

		<p>This lesson also begins to address the issue of gender stereotypes. informing Parents letter required</p> <p><u>Vocabulary</u> Grow, Change, Similarities, Similar, Differences, Different, Vagina, Penis, Testicles, Bottom</p>		<p>healthy and loving family life is an important part of safeguarding their health and wellbeing. This lesson looks at different kinds of families, and the values, expectations and responsibilities within healthy family life.</p> <p><u>Vocabulary</u> relationship, family, love, positive, qualities, values, expectations, responsibility, responsibilities, commitment, care</p>	<p>that may take place during puberty and outlines some of the changes that may occur in friendships and other relationships. It teaches pupils where and how to get help and support.</p> <p><u>Vocabulary</u> emotions, roller coaster, up and down, frustrated, angry, moody, adolescent, advice, support</p> <p><u>Lesson 4: Physical hygiene</u> This lesson helps pupils to recognise the importance of personal hygiene during puberty, and to consider some of the questions young people may have about the physical changes at puberty.</p> <p><u>Vocabulary</u> hygiene, clean, cleanliness, sweat, body odour, spots, periods, sanitary, tampon</p>	<p>R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice</p> <p>Increasing pupils' understanding of what is meant by a positive, healthy and loving relationship is an important part of safeguarding their health and wellbeing. This</p>
--	--	--	--	---	---	--

						<p>lesson looks at different kinds of relationships, and the values, expectations and responsibilities within healthy, positive relationships.</p> <p>The lesson also explores some ways that changing relationships can be managed—ensuring behaviour is respectful, even when things do change.</p> <p><u>Vocabulary</u> relationship, friendship, couple, love, positive, qualities, values, expectations, responsibility, responsibilities</p> <p><u>lesson 4:</u> <u>Human Reproduction</u> H33. about the processes of reproduction and birth as part of the human life cycle; informing Parents letter required</p> <p>By year 6, it is likely that pupils will have some idea about how babies</p>
--	--	--	--	--	--	---

						<p>are made through sexual intercourse. Although it is possible they may have some misconceptions, very few pupils will still believe myths or make-believe stories. Having an understanding of what is meant by sex is an important foundation for the Relationship and Sex Education they will receive at secondary school. This lesson emphasises that having sexual intercourse or the decision to have a baby is something for when they are much older. It also emphasises the importance of consent in this context. The lesson enables pupils to reflect on the values and responsibilities within healthy adult relationships and is therefore set clearly within Relationship Education— as part of the wider PSHE education curriculum. The lesson includes discussion about the</p>
--	--	--	--	--	--	---

						<p>development of the foetus.</p> <p><u>Vocabulary</u></p> <p>Love, respect, consent, commitment, woman, man, human, reproduction, sex, sexual intercourse, fertilised, sperm, ovum, penis, vagina, fallopian tubes, pregnancy, baby, foetus, uterus, womb, conception</p>
--	--	--	--	--	--	---