

	National curriculum Science	Relationships & Health Education (RHE)
<u>Year 3</u>	<p>Plants</p> <p>NC: explore the part that flowers play in the life cycle of flowering plants, including pollination, seed formation and seed dispersal</p>	<p>Outside body changes -How our bodies need to change so we can make babies when we grow up. -outside changes and how we feel about them.</p> <p>Inside body changes - How our bodies need to change so we can make babies when we grow up. -inside changes and how we feel about them. <i>Diagrams used. Female and male reproductive system.</i></p> <p>Year 3 can identify how boys’ and girls’ bodies change on the inside during the growing up process into adulthood, in preparation for human reproduction.</p> <p>We cover how we feel about these changes happening and know how to cope with these feelings.</p>
<u>Year 4</u>	<p>Living things and their habitat</p> <p>Animals including humans</p> <p>NC: recognise that living things can be grouped in a variety of ways. To understand the 7 life processes of living things including reproduction- having babies</p> <p>Previous learning from year 2: children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs.</p>	<p>Having a baby The choice to have a baby, the parts of men and women that makes babies- and in simple terms- how it happens. <i>Animations used, the female reproductive system.</i></p> <p>Puberty How girls’ and boys’ bodies changes so that they can have a baby when they are adults- including menstruation. <i>Diagrams used. Female and male reproductive system.</i></p> <p>Year 4 will learn about puberty in girls and boys, including menstruation and sperm production.</p>
<u>Year 5</u>	<p>Living things and their habitats</p> <p>NC: -describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird - describe the life process of reproduction in some plants and animals. -describe the changes as humans develop to old age.</p> <p>The human lifecycle: i.e. being born to death</p> <ul style="list-style-type: none"> • puberty • parts of the body (organs) • how a human baby is conceived • gestation period 	<p>Puberty for girls Physical changes and how we feel about them- importance of looking after yourself.</p> <p>Puberty for boys Developing an understanding of changes for both male and females - reassurance and exploring feelings. <i>Diagrams used. Female and male reproductive system.</i></p> <p>How to stay safe when using technology to communicate with my friends. Resisting pressures to use technology in ways that may be risky or cause harm to self or others. (Link to e-safety)</p> <p>Conception Understanding the place of human reproduction in a relationship and how it can lead to conception and the wonder of a new life</p>

	<ul style="list-style-type: none"> • birth • how the body develops and decays 	<p>Year 5 will learn about how conception happens. This is scientific and factual. Only questions that relate to human reproduction will be answered. Other questions will be referred back to parents, with clarity that any other sex education will be taught at KS3.</p>
Year 6	<p>Re-cap of the human life cycle</p> <p>Animals including humans -recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. -conception to birth</p>	<p>Puberty</p> <p>Demonstrating ways to stand up for yourself and friends in situations where others are trying to gain power.</p> <p>Describing how a baby develops from conception through the gestation period/pregnancy and how it is born. Recognising how I feel when I reflect on the development and birth of a baby.</p> <p>Year 6 will focus on self-respect in relationships; not responding to peer pressure; legal issues about relationships and faith belief about relationships</p>

Relationship Education (Primary)

By the end of primary:

1. Families and people who care for me
2. Caring friendships
3. Respectful relationships
4. Online relationships
5. Being safe

Physical health and mental wellbeing (Primary)

By the end of primary:

1. Mental wellbeing
2. Internet safety and harms
3. Physical health and fitness
4. Healthy eating
5. Drugs, alcohol and Tabaco
6. Health and prevention
7. Basic first aid
8. Changing adolescent body
 - a. Key facts about puberty and the changing adolescent body, particularly from age 9 to age 11, including physical and emotional changes.
 - b. About menstrual wellbeing including key facts about the menstrual cycle.

Useful link

https://www.heygirls.co.uk/pads-for-dads/?cli_action=1583430703.751