



Backworth Park Primary School Sex Education Overview

	Lesson Content	Statutory Science Curriculum	Minimum Recommended RSE Learning Outcomes
Reception	<ol style="list-style-type: none"> 1. Our day 2. Keeping ourselves clean 3. Families 	ELG: Managing Self ✓ Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.	✓ Understand hygiene in terms of toileting/ washing hands ✓ Establish hygiene routines linked to lunch/ washing hands, handling food/ clearing away
Year 1	<ol style="list-style-type: none"> 1. Keeping clean 2. Growing and changing 3. Families and care 	✓ Identify, name, draw and label the basic human body and say which part of the body is associated with each sense	✓ Correct scientific vocabulary of all body parts ✓ Know how to keep oneself clean and look after oneself ✓ Know the differences between boy and girl babies ✓ Know which people we can ask for help
Year 2	<ol style="list-style-type: none"> 1. Differences, boys and girls 2. Personal space 3. Family differences 	✓ Notice that animals, including humans, have offspring which grow into adults	✓ Animals, including humans, have male and female offspring ✓ Talk about the ways boys and girls can be the same and different ✓ Describe some differences between male and female animals and name the male and female body parts
Year 3	<ol style="list-style-type: none"> 1. Differences male and female 2. Personal Space 3. Family differences 	✓ Learn about the importance of nutrition and be introduced to the main body parts associated with the skeleton and muscles, finding out how different parts of the body have special functions	✓ Name male and female body parts, using technical vocabulary ✓ Talk about ways of dealing with unwanted behaviours ✓ Identify who to go to for help and support
Year 4	<ol style="list-style-type: none"> 1. Growing and changing 2. What is puberty? 3. Puberty, changes and reproduction 	✓ Describe the functions of the basic parts of the digestive system in humans and identify the different types of teeth in humans and their function	✓ Describe the body changes that happen when a child grows up, understand why the body changes during puberty and know that each person experiences puberty differently
Year 5	<ol style="list-style-type: none"> 1. Talking about puberty 2. Male and female changes 3. Puberty and hygiene 	✓ Describe the changes as humans develop into old age ✓ Describe the differences in the life cycle of a mammal, an amphibian, and insect and a bird. ✓ Describe the life process of reproduction of some plants and animals.	✓ Ask questions about puberty confidently ✓ Describe how to manage physical and emotional changes ✓ Know how to get help and support during puberty



Backworth Park Primary School Sex Education Overview

Year 6	<ol style="list-style-type: none">1. Puberty and reproduction2. Understanding relationships3. Conception and pregnancy4. Communicating in relationships	<ul style="list-style-type: none">✓ Identify and name the main parts of the human circulatory system✓ Describe the functions of the heart, blood vessels and blood✓ Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.✓ Describe the ways in which nutrients are transported within animals, including humans.	<ul style="list-style-type: none">✓ Describe how and why the body changes during puberty in preparation for reproduction✓ Explain how babies are made and describe the decisions that have to be made before having a baby
--------	--	--	---