

<i>in this year group.</i>				<i>preferred</i>
	<p><b>1. Pupils learn to understand and respect the differences and similarities between people</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• are able to define difference and similarity</li> <li>• understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that</li> </ul>		<p><b>1. Pupils learn about the way we grow and change throughout the human lifecycle</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can identify changes throughout the human life cycle</li> <li>• understand change is on-going</li> <li>• understand change is individual</li> </ul>	
	<p><b>2. Pupils learn about the biological differences between male and female animals and their role in the life cycle</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• know that female mammals give birth and nurse their young</li> <li>• can describe the biological differences between male and female</li> <li>• understand that the creation of life requires a male and female</li> </ul>		<p><b>2. Pupils learn the physical changes associated with puberty</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults</li> <li>• identify physical changes associated with puberty</li> <li>• Understand that everyone's experience of puberty is different and that it begins and ends at different times</li> </ul>	

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	<p><b>3. Pupils learn the biological differences between male and female children</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• identify and name biological terms for male and female sex parts</li> <li>• can label the male and female sex parts with confidence</li> <li>• understand that the male and female sex parts are related to reproduction</li> </ul>		<p><b>3. Pupils learn about menstruation</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can describe menstruation and wet dreams</li> <li>• can explain effective methods for managing menstruation and wet dreams</li> <li>• understand the relationship between the sex cells (sperm and ovum) and menstruation</li> </ul>	
	<p><b>4. Pupils learn about growing from young to old and that they are growing and changing</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can identify key stages in the human life cycle</li> <li>• understand some ways they have changed since they were babies</li> <li>• understand that all living things including humans start life as babies</li> </ul>		<p><b>4. Pupils learn about the impact of puberty on physical hygiene and strategies for managing this</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can explain how changes at puberty affect body hygiene</li> <li>• can describe how to care for their bodies during puberty</li> <li>• can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming</li> </ul>	

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	<p><b>5. Pupils learn that everybody needs to be cared for and ways in which they care for others</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• understand that we all have different needs and require different types of care</li> <li>• identify ways we show care towards each other</li> <li>• understand the links between needs, caring and changes throughout the life cycle</li> </ul>		<p><b>5. Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• are able to describe how feelings and behaviour change during puberty</li> <li>• can devise strategies for managing these changes</li> <li>• understand how changes during puberty can affect relationships with other people</li> </ul>	
	<p><b>6. Pupils learn about different types of family and how their home-life is special</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can describe different types of family</li> <li>• identify what is special and different about their home life</li> <li>• understand families care for each other in a variety of ways</li> </ul>		<p><b>6. Pupils learn strategies to deal with feelings in the context of relationships</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• are able to identify feelings and understand how they affect behaviour</li> <li>• can practise strategies for managing relationships and changes during puberty</li> <li>• can empathise with other people's feelings in relationships, including parents and carers</li> </ul>	
			<p><b>7. Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can identify sources of information, support and advice for children and young people</li> <li>• can use appropriate language to discuss puberty and growing up</li> </ul>	

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Year 1	4.1 identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each
Year 2	4.2 notice that animals, including humans, have offspring which grow into adults
Year 5	4.3 describe the changes as humans develop to old age

This scheme of work suggests that sex and relationship education is taught in Years 2, 4 and 6.

Some schools will prefer to teach sex and relationship education in each year group or may want to teach a particular topic across consecutive year groups as identified on the grid above.

PSHE subject leaders can adapt this PSHE curriculum area of learning to best suit the school's individual approach.