

Sex, Health and Relationships Education Progression of Knowledge

Strands	By end of FS Children will know:	By the end of Y1 Children will know:	By end of Year 2 Children will know:	By the end of Y3 Children will know:	By end of Year 4 Children will know:	By the end of Y5 Children will know:	By the end of Y6 Children will know:
Sex	What their body parts are called Legs Arms Feet Head and all its subsidiary parts Fingers Toes Hands Bottom What the pants rule is	What their body parts are called Vagina Penis testicles What the pants rule is	What is appropriate and inappropriate touching (building on from the pants rule) Revisit scientific vocabulary about genitalia	How they have changed from birth to now That their changes are normal and part of growing up	What we would consider to be appropriate touch The human lifecycle from birth to death What inappropriate terms are for genitalia	What puberty is Changes that boys and girls go through Why our bodies go through puberty Coping strategies during different stages during puberty Who and what can help when we are struggling with our body and our body image	What the terms conception and reproduction mean The functions of the female and male reproduction systems, what they are called and how they work Various ways adults can have a child Different stages of pregnancy
Health	How to look after their own basic hygiene How to use a toilet	How to wash hands correctly How to keep my teeth healthy	How to decide whether food is safe to eat or drink What are healthy choices to make	What medicines keep us healthy How to make healthy food	What the term drug is How to understand about calories and	What does smoking do to your body and why do people do it	What does drinking alcohol do to your body and why do people do it

	How to make healthy food choices How to keep their teeth clean	Why we need exercise Why we need sleep	What a healthy lunchbox might look like What an active lifestyle is Know how to call for emergency help via land line or mobile	choices using the Eatwell plate How to plan and prepare food for across the week, the importance of planning	nutritional value in foods Understand the importance of a healthy, active lifestyle and that it is important to build this into the week	What does taking drugs do to your body and why do people do it What impact on your body does an unhealthy diet have To understand the basic of first aid (mini medics)	What does taking drugs do to your body and why do people do it Where to go if they feel unwell or unhealthy
Relationship	How to form friendships with other children How to form positive relationships with adults How and when to say please and thank you Recognise how they are feeling using their emotions board	How to be a good friend to other children That its good to spend time with your family That families can look different to our own How to use a computer safely when on-line Who to trust and who not to trust	What bullying is and what we should do about it What cyberbullying is. How to make friends online safely What to share online Why we have good manners and when to use them	What jealousy is and how it can make us feel How to game safely How to use the internet safely What to share with people online How to recognise if relationships within the family are making them unhappy	What grief is and how it can make us feel That there are different types of relationship That some relationships are healthy, and some are unhealthy That most normal friendships have ups and downs friendship is	Different families have different make up of adults What marriage is and that it can happen in many different ways, same sex, civil partnership church etc How to resolve conflicts How to discuss a problem and resolve it	What domestic violence is Know what the potential problems are with using social media Know where to get help if they encounter a problem on-line That anyone can use a different profile on Facebook (seesaw video)

		That everyone has a range of emotions That real friends forgive you That sometimes secrets are not ok to keep That there are age restrictions on games and films etc and why they are there	That in bullying the role of the bystander and how responsible they are That for our own mental health we could use some self help techniques eg. Rest, friends, family, hobbies etc repaired or even strengthened. That violence is never right and is not the solution to a problem. That bullying can impact on someone's mental health and wellbeing	What a stereotype and how to challenge it What a reliable website is and how to discern information found on different sites. That the internet may be a negative place where bullying,	How to cope with loneliness and isolation and what impact can this have on mental health It's common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough
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