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|  | EYFS | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 |
| Relationships Education | -God loves each of us in our uniqueness.  - I know what I like and dislike.  -Name similarities and differences between myself and others.  -Say how I feel at different times.  -I know that I belong to a family and can name my family members.  -I can identify special people (family, carers, friends) in my life.  -Show friendly behaviour and care towards others.  -I know what makes a friend. | -I give thanks for the good things in my life.  -I know that I am part of a family.  I know that we all have different likes and dislikes.  -I can name happy and sad times in my life.  -I can talk about my mood and know that how I am feeling is a normal part of daily life.  -Be friendly and can make friends.  -Be forgiving, able to say sorry to mend relationships. | -I know that healthy families love, care and protect one another and that there are different family structures and these should be respected.  -I know how my behaviour affects other people and that there are appropriate and inappropriate behaviours.  -I know that there are different types of teasing and bullying which are wrong and unacceptable and how to respond.  -I can recognise the characteristics of positive and negative relationships.  -I know the importance of seeking and giving permission in relationships.  -I know that I belong to a community. | -I can confidently say what I like and dislike.  -I can be honest, able to be truthful in my relationships with others.  -I know that some behaviour is unacceptable.  -I can cope with natural negative emotions and show resilience following setbacks.  -I know that I can go to a number of different people for help in different situations.  -I know that there are different types of relationships including those between acquaintances, friends, relatives and family.  -I can recognise emotions through a person’s body language  -I understand the difference between appropriate and inappropriate touch.  -I understand personal boundaries. | -I know that life is precious and given by God.  -I know that God wants me to use my individual gifts, talents and abilities.  -I can describe the wider range of my feelings.  -I can identify different types of relationships.  -I can distinguish between healthy and unhealthy relationships.  -I understand the difference between appropriate and inappropriate touch.  -I know who I can talk to if I feel uncomfortable.  -I recognise that marriage represents a formal and legally recognised commitment and has a special significance as one of the sacraments. | -I know that we are all children of God and made in God’s image and likeness.  -I know that prayer and worship nourish my relationship with God and support my relationships with others.  -I can be compassionate, able to empathise with the suffering of others and displaying the generosity to help.  -I know about changes that can happen in life, e.g. loss, separation, divorce and bereavement and the emotions that can accompany these changes. | I can show resilience and manage risk in order to resist unacceptable pressure  and show determination and courage when faced with new challenges  I know how to make informed choices in relationships  I know that there are some cultural practices which are against British law and universal rights (e.g. honour-based violence and forced marriage, human trafficking etc.)  I know that actions such as female genital mutilation (FGM) constitute abuse, are crimes and how to get support if they have fears for themselves or their peers.  I can explain some of the Responsibilities of parenthood. |
| Health Education | -I know that a baby grows inside its mother’s womb/tummy before birth. | -I know that babies change and grow and that there are life stages from conception to death.  -I can name basic body parts and know which parts are private. | -I can describe how to keep safe in the sun.  -I know how to keep clean- basic hygiene.  -I can name some similarities and differences between boys and girls. | -I know that my body is changing as I grow and some of the changes that occur throughout life.  -I know how to keep clean- with mention of some hygiene products.  -Name basic body parts and know which parts are private.  -Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene. | -I can describe the similarities and differences between girls and boys (specific) and correctly name the main external parts of the male and female body and their functions.  -I can name some physical changes throughout puberty- changes to body parts and introduction of hormones- why this happens?  -I know who to communicate with about changes in my body? | -I know the changes that occur at each stage of a human being’s life (including childhood, adolescence, adulthood, old age) and specifically the changes which occur during puberty.  -I can explain the nature and role of menstruation in the fertility cycle and how to manage periods.  -I can highlight the differences between boys and girls with regard to puberty.  -I can describe how my emotions may change and intensify as I grow and move through puberty. | I can explain the week by week development of the baby in its mother’s womb and the stages of pregnancy.  I can describe the differences between boys and girls with regard to puberty and reproduction.  I can explain different ways a baby can be born. |
| Sex Education | N/A | N/A | N/A | N/A | N/A | -I can explain how human life is conceived in the womb, including the language of sperm and ova. (Describe how a sperm fertilizes an egg at conception but intercourse is not explained in detail). | -I can explain how human life is conceived in the womb, including the language of sperm and ova through sexual intercourse.  -I can explain sexual attraction.  -I can discuss the issues and the laws surrounding consent.  -I can give some examples of other ways families are formed. |