



An Overview showing coverage of Relationships and Sex Education in each year group across the school

At Holy Trinity C of E Primary School, we use the Relationships and Sex Education planning and resource written and prepared by Jigsaw. This teaching comes within the unit called ‘Changing Me’ and is taught in the second half of the Summer Term.

Please note that questions posed by children during these sessions will always be answered in sensitive and age-appropriate manner.

	<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Session 4</u>	<u>Session 5</u>	<u>Session 6</u>
<u>Reception</u>	I can name parts of the body.	I can tell you some things I can do and foods I can eat to be healthy.	I understand that we all grow from babies to adults.	I can express how I feel about moving to Year 1.		
<u>Year 1</u>	I am starting to understand the life cycles of animals and humans.	I can tell you some things about me that have changed and some things about me that have stayed the same.	I can tell you how my body has changed since I was a baby.	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I understand that every time I learn something new, I change a little bit.	I can tell you about changes that have happened in my life.
<u>Year 2</u>	I can recognise cycles of life in nature.	I can tell you about the natural process of growing from young to old and understand that this is not in my control.	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.	I understand that there are different types of touch and can tell you which ones I like and don't like.	I can identify what I am looking forward to when I move to my next class.
<u>Year 3</u>	I understand that in animals and humans lots of changes happen from birth to fully grown, and that	I understand how babies grow and develop in the mother's uterus.	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these	I can start to recognise stereotypical ideas I might have about parenting and family roles.	I can identify what I am looking forward to when I move to my next class.

	usually it is the female who has the baby.	I understand what a baby needs to live and grow.	I can identify how boys' and girls' bodies change on the outside during this growing up process.	changes are necessary so that their bodies can make babies when they grow up.		
<u>Year 4</u>	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.	I know how the circle of change words and can apply it to changes I want to make in my life.	I can identify changes that have been and may continue to be outside of my control that I learnt to accept.	I can identify what I am looking forward to when I move to a new class.
<u>Year 5</u>	I am aware of my own self-image and how my body image fits into that.	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.	I can describe how boys' and girls' bodies change during puberty.	I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.	I can identify what I am looking forward to about becoming a teenage and understand this brings growing responsibilities (age of consent).	I can identify what I am looking forward to when I move to my next class.
<u>Year 6</u>	I am aware of my own self-image and how my body image fits into that.	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend / boyfriend.	I am aware of the importance of a positive self-esteem and what I can do to develop it.	I can identify what I am looking forward to and what worries me about the transition to secondary school.