**Year 1 RSE Learning Objectives**

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| **Relationship and Sex Education** | **PATHS** | **Health and Mental Well Being** | **Science** |
| **Families and People who care for me**  • Understanding that families can include a range of people and how different members of a family are related to each other  **Caring and Respectful Friendships**  See PATHS  **Online Relationships and Being Safe**  • Understanding how to respond appropriately to adults in a range of settings  • Understanding what to do if I get lost  • Exploring potential hazards in the home and how to avoid these  • Understanding the roles people have within the local community to help keep me safe  • Developing an understanding of appropriate physical contact  • Exploring what is and isn't safe to put in or on my body  • Understanding what classes as an emergency and how to make a call to the emergency services (Emergency services day – 9th September)  • Know that they have rights over their own bodies (Let’s talk PANTS – NSPCC), know when to keep a secret and when to tell – EYFS. | Learn the importance of letting others join in with play  Know that they can have more than one friend  Know that playing, sharing and helping each other are important aspects of friendship.  Support and respect each other.  Begin to understand how to build and keep friendships.  Begin to have solutions if there is a problem with a friend  Explore and recognise the feelings of others  Begin to have a sense of community with each other  Give compliments that reflect good qualities of friendship.  • Understanding my strengths and qualities  • Understanding and describing feelings and emotions | • Understanding the importance of hand hygiene (throughout the year)  • Understanding the risks of sun exposure and how to stay safe in the sun (Sun Awareness week – 6-13th May 2022)  • Developing an understanding of allergies and what to do if someone has an allergic reaction  • Exploring health related jobs and people who help to keep us healthy  • Understanding the importance of sleep and positive sleep habits (World Sleep Day – Friday March 18th 2022) | • Identify, name, draw and label the basic parts of the human body (including penis and vagina) and say which part of the body is associated with each sense. |
| Vocabulary – penis, vagina | | | |

**Year 2 RSE Learning Objectives**

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| **Relationship and Sex Education** | **PATHS** | **Health and Mental Well Being** | **Science** |
| **Families and People who care for me**  • Learning that families can be made up of different people  • Understanding that families offer care, love and support  **Caring and Respectful Friendships**  See PATHS  **Online Relationships and Being Safe**  • Developing an understanding of being safe near roads and learning how to cross roads safely (Road Safety week – 15th Nov 2022)  • Understanding the safe use of medicines  • Beginning to understand the importance of staying safe online (Safer Internet Day - 8th Feb 2022)  • Understanding the concept of privacy and naming the private parts of my body  Develop an understanding of how to keep safe at home and fire safety (matches and lighters) | • Understanding difficulties in friendships and action that can be taken  • encourage positive social interaction skills  • Learning how other people show their feelings and how to respond to them  • Exploring the conventions of manners in different situations  • Developing an understanding of self-respect  Recognising an increasing range of feelings and some strategies for managing different emotions  • Developing empathy  Understanding when relaxation techniques can be useful | Developing an understanding of how to look after my teeth (20th March World Oral Health Day)  Understanding the importance of exercise and its effect on the body  Recognising what makes a healthy diet  Prepare healthy snacks. | Understand that animals including humans have babies which grow into adults  describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene |
| Vocabulary – penis, vagina, testicles, | | | |

**Year 3 RSE Learning Objectives**

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| **Relationship and Sex Education** | **PATHS** | **Health and Mental Well Being** | **Science** |
| **Families and People who care for me**  • Learning that problems can occur in families and that there is help available if needed  **Caring and Respectful Friendships**  See PATHS  **Online Relationships**  Developing skills as a responsible digital citizen  • Recognising and responding to cyberbullying (Safer Internet Day – 8th Feb 2022)  • Beginning to recognise unsafe digital content  **Being Safe**  • Exploring that people and things can influence me and I need to make the right decision for me  • Exploring choices and decisions that I can make  • Understanding the difference between secrets and surprises  Understand the importance of taking medicines correctly and reading instructions | • Exploring ways to resolve friendship problems  • Developing an understanding of the impact of bullying and what to do if bullying occurs  • Understanding what trust is and identifying who I can trust  • Learning about the effects of non-verbal communication  • Developing listening skills  • Exploring stereotyping  • Understanding the positive impact of relaxation on the body | • Knowing how to call the emergency services (Emergency services day – 9th September)  • Knowing how to respond to bites and stings  • Understanding the risks associated with tobacco (No Smoking Day – 10th March 2022)  Understand fire risks in the home and what they can do to reduce the risks |  |
| **Vocabulary - Penis, Vagina, Breasts, Testicles** | | | |

**Year 4 RSE Learning Objectives**

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| **Relationship and Sex Education** | **PATHS** | **Health and Mental Well Being** | **Science** |
| **Families and People who care for me**  • Understanding that families are varied, in the UK and across the world and having respect for these differences  **Caring and Respectful Friendships**  See PATHS  **Online Relationships**  • Developing an understanding of being safe online  • Exploring the difference between private and public  • Understanding that age restrictions are designed to protect me  • Learning about the benefits and risks of sharing information online (Internet Safety Day – 8th Feb 2022)  **Being Safe**  • Understanding how to seek help if I need to | • Exploring physical and emotional boundaries in friendships  • Exploring different roles related to bullying including victim, bully and bystander  • Understanding expected courtesy and manners in a range of scenarios  • Understanding how my actions and behaviour affects others  • Understanding that it is normal to experience a range of emotions  • Developing the ability to appreciate the emotions of others in different situations  • Learning to take responsibility for my emotions and that I can control some things but not others | • Developing independence in looking after my teeth (World Oral Health Day – 20th March)  • Developing an understanding of mental health including experiencing problems (Child’s Mental Health week – 7-13th Feb 2022)  • Knowing how to help someone with asthma  Begin to recognise the bodily changes that occur during puberty. ( RSE lessons – July)  Understanding the physical changes from childhood to adulthood (RSE lessons – July)  • Developing an understanding of the main aspects of puberty, including menstruation (RSE lessons – July)  Be able to discuss and ask questions about changing bodily needs. (RSE lessons – July) |  |
| **Vocabulary - Penis, Vagina, Breasts, Testicles, puberty, menstruation, periods, sanitary products** | | | |

**Year 5 RSE Learning Objectives**

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| **Relationship and Sex Education** | **PATHS** | **Health and Mental Well Being** | **Science** |
| **Families and People who care for me**  Understanding that we all have different positive attributes and we should be proud of these  • Learning what marriage is and that it is a choice that people make  • Learning that sometimes families can make children feel unhappy or unsafe and that there is help available  **Caring and Respectful Friendships**  See PATHS  **Online Relationships and Being Safe**  • Developing an understanding of how to ensure relationships online are safe  • Recognising an increasing number of online risks and ways to stay safe online (internet safety day 8th February 2022)  Develop an understanding that there are laws surrounding using legal drugs and some drugs are illegal | • Understanding that friendships will encounter issues but that this may strengthen them  • Understanding the impact of bullying and what might influence the behaviour of a bully  • Learning how stereotypes can be unfair, negative and destructive  • Developing the ability to take responsibility for and manage my feelings  • Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success | • Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun (Sun awareness week – 6-13th May 2022)  • Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep (World Sleep Day – Friday March 18th 2022)  • Knowing how to help someone who is bleeding  Be able to discuss and ask questions about changing bodily needs. (RSE lessons – July)  Understanding the physical changes from childhood to adulthood (RSE lessons – July) | Learn about the changes that happen to the human body as it grows from birth to old age, including puberty. |
| **Non- Statutory Sex Education**   * that for a baby to begin to grow, part comes from a mother and part comes from a father; that in most animals including humans the baby grows inside the mother * that when a sperm and egg meet, this is called conception; that conception usually occurs as a result of sexual intercourse, and what sexual intercourse means * how a baby develops in the womb and how babies are born | | | |
| **Vocabulary - Penis, Vagina, Breasts, Testicles, puberty, menstruation, periods, conception, fertilisation, sperm, erection, sexual intercourse, making love, having sex** | | | |

**Year 6 RSE Learning Objectives**

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| **Relationship and Sex Education** | **PATHS** | **Health and Mental Well Being** |
| **Families and People who care for me**  **Caring and Respectful Friendships**  See PATHS  **Online Relationships and Being Safe**  • Developing an understanding about the reliability of online information  • Exploring online relationships including dealing with problems  • Understanding that online relationships should be treated in the same way as face to face relationships  • Knowing where to get help with any online problems (Internet safety day - 8th February 2022) | • Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise  • Learning what respect is and that it is part of a relationship  • Understanding that everyone deserves to be respected but that respect can be lost  • Exploring my personal qualities and how to build on them  • Learning the importance of resilience and developing strategies for being resilient in challenging situations  • Identifying long-term goals and developing a plan as to how to achieve them | • Understanding ways of preventing illness and the benefits of immunisation (World Immunisation week 24th April – 1st May 2022)  • Developing an understanding of possible signs of illness and some actions I can take  • Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation  • Understanding the factors which contribute to my physical and mental health (Child’s mental health week – 7 – 13th Feb 2022)  • Understanding the risks associated with alcohol  • Knowing how to help someone who is choking  • Knowing how to help someone who is unresponsive  • Learning about the emotional changes during puberty (RSE lessons – July) |
| Non-Statutory Sex Education   * that for a baby to begin to grow, part comes from a mother and part comes from a father; that in most animals including humans the baby grows inside the mother * that when a sperm and egg meet, this is called conception; that conception usually occurs as a result of sexual intercourse, and what sexual intercourse means * how a baby develops in the womb and how babies are born   (Although many elements taught in the next objectives are statutory, being safe online and respectful relationships – it will be discussed alongside the context of sexual intercourse and sexual behaviour like sexting, so falls into the Non- Statutory section of Sex Education)   * understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. * understand that sometimes people need IVF to help them have a baby. * understand that respect for one another is essential in a boyfriend/girlfriend relationship and I should not be pressured into doing something I don’t want to do. | | |
| **Vocabulary - Penis, Vagina, Breasts, Testicles, puberty, menstruation, periods,** | | |