



## Sex and Relationship Education (SRE) – Learning Map

<u>Year Group</u>	<u>Knowledge and Skills to be taught:</u>	<u>Learning Opportunities:</u>
<b>Early Years</b>	<ul style="list-style-type: none"> <li>• To introduce children to life cycles – simple changes</li> <li>• Introduce personal safety and keeping your body safe (healthy eating, physical exercise)</li> <li>• Modelling and promoting creating friendships and healthy relationships between peers and adults – developing respect and manners</li> <li>• Use technology appropriately and age appropriate</li> </ul>	<ul style="list-style-type: none"> <li>• Life cycles – books and puzzles (Links to science)</li> <li>• Circle times and modelling friendships</li> <li>• Computing – Using technology safely and who they can talk to</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• To explore differences between male and female</li> <li>• To enable children to reflect on differences between male and female other than physical differences</li> <li>• Keeping safe online when playing games/apps – who to talk to</li> <li>• Introduce different types of families and respecting differences</li> </ul>	<ul style="list-style-type: none"> <li>• Male and female differences – Circle Time discussions</li> <li>• Computing links to E-safety</li> <li>• Explore different types of families – family trees and own families</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• To enable children to reflect on their development from babies</li> <li>• To inform children about conception and the growth of a baby in the womb</li> <li>• To explain that a baby develops inside its mother’s womb and that both the male and female are needed to make a baby (girls and boys are different)</li> <li>• Introduce Stereotyping and bullying/cyberbullying</li> <li>• Keeping safe online - identifying that people may sometimes behave differently online</li> <li>• To look at identity and self-esteem, and reinforce the belief that we are all special</li> <li>• Keeping your body safe</li> </ul>	
<b>Year 3</b>	<ul style="list-style-type: none"> <li>• To introduce children to the physical and emotional changes that occur during puberty</li> <li>• To consider some of the changes over which we have no control and the choices we can make concerning those over which we do have control</li> </ul>	

	<ul style="list-style-type: none"> <li>• Explore stereotyping further, understanding that boys and girls can do the same tasks and enjoy them (including job roles)</li> <li>• Explore the stereotypes of families and how families can all be different</li> <li>• Online Relationships – same principles apply to online relationships as face to face, respect when being anonymous</li> <li>• List some commonly available substances and drugs that are legal, describe some of the effects and risks of smoking</li> </ul>	
<p><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• To explain how babies are made</li> <li>• To explore the idea of relationships, including friendships, parent-child and family relationships and adult sexual relationships</li> <li>• Name the male and female body parts and use the correct terms</li> <li>• To explain how a baby develops in the womb during pregnancy and how babies are born</li> <li>• To consider the needs of babies before and after birth</li> <li>• Understand that the body changes during puberty</li> <li>• Identify the physical changes that happen in puberty</li> <li>• With support, can describe: the stages of human life cycle, and how the body changes as a child grows up</li> <li>• To enable children to reflect on their roles and relationships in the family</li> <li>• Demonstrate respect and tolerance towards others, and resolve differences by looking at alternatives, making decisions and explaining choices</li> <li>• Identify some factors that affect emotional health and well being</li> <li>• To know that not everything on the internet is true and know what to do if they access something inappropriate. (fake news)</li> </ul>	
<p><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Explain the physical and emotional changes that happen during puberty</li> <li>• Ask questions about puberty with confidence</li> <li>• How to keep the body clean and healthy during puberty</li> <li>• Explain and ask questions about menstruation and wet dreams</li> <li>• How to manage these changes that are occurring in the body</li> <li>• Identify different types of relationships and, with support, show ways to maintain healthy relationships - Positive effects on mental wellbeing from good relationships</li> </ul>	

	<ul style="list-style-type: none"> <li>• Describe the nature and consequences of bullying, and express ways of responding to it</li> <li>• Respond to, or challenge negative behaviours such as stereotyping and aggression</li> <li>• Understands the potential risks of providing personal information in an increasing range of online technologies both within and outside school.</li> </ul>	
<p><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• Describe how and why the body changes during in puberty in preparation for reproduction and reassure pupils that their changing emotions are a normal aspect of puberty</li> <li>• Talk about puberty and reproduction with confidence</li> <li>• To recognise how sex is presented in the media</li> <li>• To consider sexual/gender stereotyping</li> <li>• Explore mental health and wellbeing – where to seek advice and how to manage situations</li> <li>• List the commonly available substances and drugs that are legal and illegal, describe some of their effects and risks, and explain how to manage the risks in different familiar situations</li> </ul>	