

# Relationship & Health Education – Term 6 at The Dolphin School

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 6 Sex Education Non-Compulsory
<p>Name parts of the body</p> <p><b>The NSPCC Pants rule</b> Helps children understand that their body belongs to them and they should tell someone they trust if anything makes them feel upset or worried</p>	<p>Start to understand the life cycles of animals and humans</p> <p>Understand that changes happen as we grow and that this is OK</p>	<p>Recognise cycles of life in nature</p> <p>Understand there are some changes that are outside my control and to recognise how I feel about this</p>	<p>Understand that in animals and humans lots of changes happen between conception and growing up and that usually it is the female who has the baby.</p> <p>Express how I feel when I see babies or baby animals.</p>	<p>Understand that some of my personal characteristics have come from my birth parents and that I am a truly unique human being</p>	<p>Be aware of our own self-image and how my body fits into that</p> <p>Know how to develop my own self-esteem</p>	<p>Be aware of my own self-image and how my body fits into that</p> <p>Know how to develop my own self-esteem</p>	<p>Be aware of the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>Understand that having a baby is a personal choice</p>
<p>Talk about some of things I can do and foods I can eat to be healthy.</p>	<p>Tell you some things about me that have changed and some things about me that have stayed the same</p> <p>Know that changes happen to all of us and that change is OK</p>	<p>Tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>Identify people I respect who are older than me</p>	<p>Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.</p> <p>Express how I might feel if I had a new baby in my family.</p>	<p>Describe how a girl's body changes so her body could have babies when she is older and if she chooses to</p> <p>Understand that menstruation (having periods) is a natural part of this</p>	<p>Explain how girl's body changes during puberty and understand the importance of looking after myself physically and emotionally</p> <p>Understand that puberty is a natural process that happens to everybody</p>	<p>Be aware of the importance of a positive self-esteem and what I can do to develop it.</p> <p>Express how I feel about my self-image and know how to challenge negative 'body-talk.'</p>	<p>Understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>Understand that sometimes people need IVF to help them have a baby</p>
<p>Understand that we all grow from babies to adult</p>	<p>Know how my body has changed since I was a baby</p> <p>Understand that growing up is natural process and that everybody grows at different rates</p>	<p>Recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>Feel proud about becoming more independent</p>	<p>Understand that boy's and girl's bodies change as they grow up. They can change so that when they grow up their bodies could make babies.</p> <p>Identify how boy's and girls' bodies change on the outside during this growing up process.</p> <p>Recognise how I feel about these changes happening to me and know how to manage these feelings.</p>	<p>Describe how a girl's body changes so her body could have babies when she is older and if she chooses to</p> <p>Understand that menstruation (having periods) is a natural part of this</p>	<p>Describe how boy's bodies change during puberty</p> <p>Reflect on how I feel about the changes that will happen to me during puberty</p> <p>Understand and respect the changes that we see in other people</p>	<p>Understand how being physically attracted to someone can change the nature of a relationship and that choices to have or not have a relationship can be influenced by many factors</p>	<p>Describe how a baby develops from conception through pregnancy and how it is born</p>
<p>Express how I feel about moving to Year 1</p>	<p>Identify the parts of the body that make boys different to girls and use the medical names for these</p> <p>Respect my body and understand which parts are private</p>	<p>Be aware of the physical differences between boys and girls, use the medical names for parts of the body and know that some parts of my body are private.</p>	<p>Identify how boy's and girl's bodies change on the inside during the growing up process. They change so that their bodies could make babies when they grow up.</p> <p>Recognise how I feel about these changes happening to me and how I could manage these feelings.</p>	<p>Know how the circle of change works and can apply it to changes I want to make in my life</p> <p>Am confident enough to try to make changes when I think they will benefit me</p>	<p>Identify what I am looking forward to about becoming a teenager and understand this brings responsibilities</p> <p>Be confident that I can manage the changes that growing up will bring</p>	<p>Explain how our bodies change during puberty and understand the importance of looking after myself physically and emotionally</p> <p>Reflect on how I feel about the changes that will happen to me during puberty</p>	
<p>Talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1</p>	<p>Understand that every time I learn something new, I change a little bit</p>	<p>Understand there are different types of touch, including safe touch (from those we trust e.g. family, doctors etc)</p> <p>Be confident to say what I like and don't like and ask for help</p>	<p>Start to recognise that there can be different ideas/beliefs about parenting and family roles.</p>	<p>Identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>Express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>	<p>Identify what I am looking forward to when I move to my next class</p> <p>Think about changes I will make next year and know how to go about this</p>	<p>Identify what I am looking forward to and any worries I have about my transition to secondary school.</p> <p>Know how to prepare myself emotionally for the changes next year</p>	
<p>Share my memories of the best bits and my year in reception</p>	<p>Tell you about changes that have happened in my life</p> <p>Know some ways to cope with changes</p>	<p>Identify what I am looking forward to when I move to my next class</p> <p>Start thinking about changes I will make in my next year at school and know how to go about this</p>	<p>Identify what I am looking forward to when I move to the next class.</p> <p>Start to think about changes I will make next year and know how to go about this.</p>	<p>Identify what I am looking forward to when I move to a new class</p> <p>Reflect on the changes I would like to make next year and can describe how to go about it</p>			