

Learning objectives for Relationships, Sex and Health Education (RSHE)

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Personal responsibility (e.g. clean my teeth, put my coat on)</p> <p>Valuing our bodies: physical achievements and capabilities</p> <p>Adults who help me</p> <p>Personal needs (things I can do, things I need to practise, and things I need help with.</p> <p>Basic hygiene routines, including toileting and washing.</p>	<p>Life cycles of humans (birth, adulthood, reproduce) and animals (frogspawn, caterpillar)</p> <p>Valuing our bodies: capabilities and uniqueness</p> <p>Similarities and differences (e.g. hair colour)</p> <p>Looking after our body (brushing teeth and hair, washing)</p>	<p>External parts of humans, including agreed names for reproductive organs</p> <p>Living things and their young (seed/flower, egg/chicken, baby/human)</p> <p>How I've changed since birth, and how I will continue to change (e.g. first steps, learnt to write)</p> <p>How my responsibilities have changed (e.g. washing the dishes)</p> <p>Keeping healthy</p>	<p>Main organs of the body, including scientific names for reproductive organs</p> <p>Differences between men and women</p> <p>Different types of love</p> <p>Hygiene: Preventing the spread of infection</p> <p>How our bodies fight infection, and how to help it</p>	<p>Physical changes as I get older (including periods)</p> <p>Responsibilities and levels of independence (PE kits, walk to school)</p> <p>Hygiene: common infections, safe use of antibiotics</p> <p>Gender-based stereotypes</p>	<p>Autumn: Physical and emotional changes during puberty (and how this happens at different rates for everyone)</p> <p>Spring: Hygiene related to puberty</p> <p>Summer: Genetic inheritance</p>	<p>Functions of male and female reproductive organs</p> <p>Physical changes during puberty</p> <p>Expressing feelings and concerns positively</p> <p>Human life cycle, including intercourse</p> <p>Trust and love in marriage and relationships</p> <p>How babies are born, and a new baby's impact on a family</p>