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Year 6

Growing Up

**FEELINGS AND EMOTIONS**

Qualities of friendships and the importance of relationships

* How can I cope with my own feelings/image?
* Feelings associated with puberty.
* How do I show my feelings to others?
* Do boys and girls have the same feelings and emotions about the same things?
* How do we deal with our feelings and problems about growing up?
* The importance of marriage and its importance for family life?
* Acceptance and tolerance of other relationships outside marriage.
* Other types of wedding ceremonies from different communities.

**EMOTIONAL AND PHYSICAL CHANGES OF PUBERTY**

**Puberty – What can I remember?**

* Review the knowledge of reproductive systems in males and females.
* Physical and emotional changes in boys and girls at puberty.
* Personal hygiene.
* Conception myths.
* Images of sex and the media.
* All have the right to be safe
* Consider ways people might start a family

**Safety**

* Why are age restrictions on games important?
* What do I do if I feel pressure from social media?

at

St Mary's

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child

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Year 5

Dear Parents & carers,

After February half term, we are looking forward to delivering our new Relationships Education Programme which is firmly rooted in our Science & Personal, Social Health & Emotional (PSHE) curriculum. During the half term, we will be covering the various ‘life processes’ (MRS NERG) for both animals & humans but will have a particular focus on relationships, healthy living & growing up.

This leaflet provides information about the content for each year group & may also provide parents & carers with a helpful starting point to discuss issues in what can sometimes be a difficult subject to broach. Please be assured however, that as always, the topic will be covered with great sensitivity & provide opportunity for children to reflect, ask questions & to discuss their views on this vital aspect of learning.

If you should require any more information, then please have a chat with your child’s class teacher – *we’re always happy to help!*

**GOOD RELATIONSHIPS / DIFFERENT RELATIONSHIPS**

* What do we mean by a loving, caring relationship?
* What are the elements of a good relationship, marriage and a stable loving relationship?

**PUBERTY AND CHANGES**

National Curriculum Science

* What changes happen to both boys and girls?

**UNDERSTANDING OUR BODIES**

National Curriculum Science

* Recap of : What are the correct names for our body parts?
* How do I keep healthy and clean?

**HOW BABIES ARE MADE**

Human Reproduction

* What is a lifecycle and why are they necessary?

**HOW BABIES ARE BORN**

* How is a baby born?
* What are the stages of labour?
* Delivery of a baby
* How big do they grow?
* How do they live inside the womb?

**WHO’S RESPONSIBLE?**

* Why is having a child a responsibility?
* Whose responsibility is it?

**M– Movement**

**R – Respire**

**S – Sensitivity**

**N – Nutrition**

**E – Excretion**

**R– Reproduction**

**G – Growth.**



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Year 1

**RECOGNISING MYSELF / RECOGNISING DIFFERENCES**

* How am I the same? How am I different?

**NAMING BODY PARTS**

Identify parts of their body (N.C Science)

* What are the words I need to know to describe formally parts of the body (anatomically correct names for body parts)?
* What are my words I use in my family?
* What parts of me are growing (e.g. legs) in Y1?
* How do I know I am growing?
* From when I was a baby how have I changed? How will I change?
* Where do new things come from? (babies, plants, pets) – Simple life cycle – egg, chick, hen).
* How do I keep myself healthy?

**WHO ARE THE PARENTS?**

* How are different animals born and cared for?
* Explore different types of families

**MY PERFECT DAY**

* What are the feelings we all share?
* What makes me feel good about myself?
* How do they make other people feel good?
* Who are the special people we are close to?

**STRANGER DANGER**

* Who are the people we all know?
* What do we do if we meet a stranger?
* Favourite places.
* Healthy places.

**PUBERTY CHANGES**

* How will their bodies change as they grow older?
* What does puberty mean?
* How will these changes make them feel?
* Girls: What are periods? How will they affect me?
* Boys: What’s it like for me as a teenager?

**Health**

* Which things are healthy and which are not for
* pregnant women?
* Where and how were you born?
* How is a baby born?
* How can we prevent tooth decay?
* Risks and effects of legal and illegal drugs
* Understand how getting enough sleep is linked to mental health and wellbeing

**DIFFERENT FAMILIES**

* What different types of families exist?
* Which members of their families are important to them

**MAKING FRIENDS**

* What makes a good friend?
* How can I be a good friend?

**FOCUS ON FEELINGS**

* How do I feel? How do you feel?
* When might you feel distressed? Who will help you?

**KEEPING ME SAFE**

* What is comfortable for me?
* Should I keep a secret?
* How can I recognise dangerous people?
* What can I do if I’m touched and don’t like it?
* What is personal information and how can it be used by advertisers?
* Is everything we read online without bias?

Year 4

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Year 3

Year 2

**BOYS AND GIRLS**

Revision of

* Life cycles – growing up.
* How are we the same/different?
* My body is special – formal informal vocabulary for body parts.

**BABIES AND ME – GROWING AND CHANGING**

* What do babies need?
* What are the differences in how you looked as a baby and now? (Photos).
* What can I do? What can’t I do yet? (Birth Fact File).
* What have I achieved?
* Have I got a HEALTHY LIFESTYLE (mealtime)

**THE BEGINNING OF LIFE – WHERE DO BABIES COME FROM?**

* How do they grow inside the womb? What can they do at different stages of pregnancy? What do they need?
* Differences male/female.

**RELATIONSHIPS**

* Why is our family special?
* Who are our special friends?
* What makes a good friend?
* What am I good at? What are our friends

good at?

 **KEEPING SAFE, INFLUENCE AND PERSUASION**

* e-safety, own worth, respect for those who are different

**HEALTHY LIFESTYLE**

* Hygiene
* Keeping clean
* Rest
* Exercise
* Medicine
* Differences between males and females

**WHERE DO WE COME FROM?**

National Curriculum Science

* Life cycles – animals produce young including humans.
* How do animals care for their young?
* How do we care for our young?

**OUR BABIES**

* What do pregnant mummies need?
* Now I am growing, how am I changing, what can I do (Timeline)
* What are the differences between babies, toddlers and children as they get older?

**NEW BABIES**

* What does a new baby need?
* Who takes care of babies and how?

**FEELINGS**

* How do babies feel?
* How do you feel?

**WHEN AM I AT RISK? WHO WILL HELP ME?**

* When is something dangerous? When is it not dangerous?
* Who are the people who keep me safe? Who do I talk to if being bullied? How do I search online safely?
* Trust (e-safety & R.E)

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