

Relationships Education, Relationships and Sex Education (RSE) and Health Education and Science



Taken directly from the [RSE curriculum 2020](#)

By the end of KS2 pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

Much of this learning is covered within the Primary Science curriculum.

Please click [here](#) to view the National Curriculum for Science.

Health and prevention

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Explain ways to look after my body and keep is clean. Begin to understand things that I can do when I am healthy and when I am not so healthy (poorly).	Explain why people have injections from a doctor or nurse. Explain different ways to keep my body clean. Explain ways that I can avoid spreading common illness and diseases.	Explain when and why people have injections from a doctor or nurse. Explain different ways to keep my body clean. Explain ways that I can avoid spreading common illness and diseases.	Understand what immunisations are. Know what I can do to keep myself clean and how this might change in the future. Explain why it is important to keep myself clean Understand how different illnesses can be spread and what I can do to prevent this.	Explain what immunisations are and if I have had any. Explain why it is important to keep myself clean Understand how different illnesses can be spread and what I can do to prevent this. Explain how I can look after my teeth and why it is important to do so.	Explain the immunisations that I have had. Explain ways that being outside can support my wellbeing and how to keep safe in the sun. Explain ways to keep my growing and changing body clean. Explain ways to reduce the spread of viruses and bacteria.	Explain the immunisations that I have had or may have in future and how they keep me safe. Explain ways to keep my growing and changing body clean. Explain ways to reduce the spread of viruses and bacteria and understand why it is important to do so. Identify the different aspects of a healthy lifestyle and explain the benefits of this.

Changing adolescent body including sex education

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Explain how my body has changed as I have grown. Understand what my body can do. Begin to understand the differences and similarities between our bodies. Being Safe Understand what 'No!' means and that I can say it if I feel unsure about something and it does not feel safe or good.	Being Safe Know the names of the main parts of the body. Identify private body parts and understand that I can say 'no' to unwanted touch.	Explain my responsibilities now that I am growing up. Explain how babies change and grow. Explain how I have changed since I was a baby. Explain what is growing in a bump. Being Safe Identify private body parts and understand that I can say 'no' to unwanted touch.	Explain what it means to be 'grown up'. Being Safe How are male and female bodies different and what are the different parts called.	Explain what I am responsible for now and how this has changed and will change. Explain the main stages of the human life cycle. Being Safe Explain when we talk about our bodies, how they change and know who we can talk to about this.	Explain what happens to male and female bodies during puberty. Explain the affect that puberty might have on people's feeling and emotions and how these might differ. Being Safe Know the female and male sexual parts are called and explain their functions. Discuss bodies comfortably and appropriately.	Identify the positive and negative changes that I have experienced and how these have affected me. Being Safe Discuss bodies comfortably and appropriately.