

An overview of the progression in the teaching of keeping safe, the puberty aspect of Health Education and Sex Education within the new Relationships Education and PSHE Curriculum at Two Gates.

Year 1 /2	Term	Theme –Me and My Safety/Happy & Healthy Me (Science link)		
	Autumn 1	Learning intent:		Key Vocabulary/resources
	Everybody's Body:	Learn about the differences and similarities between people: <ul style="list-style-type: none"> describe similarities and differences between ourselves and others challenge simple stereotypes about boys and girls recognise and use the correct names for main parts of the body 	Know and understand: <ul style="list-style-type: none"> the scientific names for the main parts of the body (<i>including external genitalia</i>) the bodily similarities and differences between boys and girls 	Medway Primary PSHE education penis testicles vulva NSPCC Talk PANTS useful link for parents: https://www.nspcc.org.uk/global-assets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf
Years 3 and 4	Term	Theme -Me and my Safety		
	Autumn 2	Learning intent:		Key Vocabulary/resources
	Safe and unsafe touches	Learn about: <ul style="list-style-type: none"> safe/unsafe touches recap parts of their bodies that are private and the underwear rule 	Know and understand: <ul style="list-style-type: none"> what to do if you experience unsafe touches what is meant by 'privacy'; your right to keep things 'private'; the importance of respecting others' privacy 	NSPCC Talk PANTS useful link for parents: https://www.nspcc.org.uk/global-assets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf
Year 4	Term	Theme- Happy & Healthy Me		
	Summer 2	Learning intent:		Key Vocabulary/resources

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	Puberty: time to change	Learn about some of the physical changes experienced during puberty: <ul style="list-style-type: none"> • identify some of the physical changes that happen to bodies during puberty • explain that puberty begins and ends at different times for different people • use scientific vocabulary for external male and female body parts/genitalia 	Know and understand: <ul style="list-style-type: none"> • how their bodies will change, and emotions may, change as they approach and move through puberty • Menstruation (to Y4 girls only) 	Medway Primary PSHE education PSHE Association Personal hygiene Pubic hair Mood swings/emotional feelings uterus cervix vagina periods sanitary protection tampon/pads breasts useful link for parents: https://kidshealth.org/en/kids/center/girls-puberty-center.html?WT.ac=en-k-slpmsk-rt
Year 5	Term	Theme – Me and My Safety /Happy & Healthy Me (Science link)		
	Autumn 2		Learning intent:	Key Vocabulary/resources
	Puberty: menstruation and wet dreams	Learn about the physical changes that happen to males and females during puberty <ul style="list-style-type: none"> • use scientific vocabulary for external and internal male and female body parts/genitalia • explain what happens during menstruation (periods)- girls and boys 	Know and understand: <ul style="list-style-type: none"> • how their bodies will change and emotions may, change as they approach and move through puberty • about people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe • to identify and respect the differences and similarities between people 	Medway Primary PSHE education PSHE Association cervix vulva vagina clitoris penis

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		<ul style="list-style-type: none"> • explain what is meant by ejaculation and wet dreams 	<ul style="list-style-type: none"> • that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability (see protected characteristics' in the Equality Act 2010) 	<p>testicles scrotum sperm semen erection ejaculation wet dream pubic hair</p> <p>useful link for parents: https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/</p>
Autumn 2	Learning intent:			Key Vocabulary/resources
Puberty: Personal Hygiene	<p>Learn about</p> <ul style="list-style-type: none"> • the importance of personal hygiene during puberty • to respond to questions about puberty 	<p>Know and understand:</p> <ul style="list-style-type: none"> • how and why it is important to keep clean during puberty • ways of managing physical change during puberty • respond to questions and give advice to others about puberty 	<p>Medway Primary PSHE education PSHE Association</p> <p>hygiene cleanliness self-esteem /self-confidence sweat/body odour spots periods sanitary protection tampon/pads</p> <p>useful link for parents: https://kidshealth.org/en/kids/center/girls-puberty-center.html?WT.ac=en-k-slpmsh-k-rt</p>	

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	Autumn 2	Learning intent:		Key Vocabulary/resources
	<i>Puberty: emotions and feelings</i>	Learn about how and why emotions may change during puberty <ul style="list-style-type: none"> • about getting appropriate help, advice and support about puberty 	Know and understand: <ul style="list-style-type: none"> • how emotions and relationships may change during puberty • where we can get the help and support we need in relation to puberty 	Medway Primary PSHE education PSHE Association emotions moody sexy feelings adolescent
Year 6	Term	Theme – Me and My Safety /Happy & Healthy Me (Science link)		
	Summer 2	Learning intent:		Key Vocabulary/resources
	<i>Puberty: recap and review</i>	Learn more about the changes that happen at puberty (recap from year 5)	Know /understand/be able to: <ul style="list-style-type: none"> • describe the physical and emotional changes that occur during puberty and how to manage these • identify myths and facts about puberty, and what is important for a young person to know • demonstrate how to begin conversations (or ask questions) about puberty with people that can help us 	Medway Primary PSHE education PSHE Association puberty changing physical emotions

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<i>Puberty: change and becoming independent</i>	Learn about managing change - new roles and responsibilities as we grow up	Know /understand/be able to: <ul style="list-style-type: none"> describe some changes that happen as we grow up identify the range of feelings associated with change, transition to secondary school and becoming more independent describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities 	feelings life cycle adolescent independence
Summer 2	Learning intent:		Key Vocabulary/resources
<i>How babies are made</i>	Learn about adult relationships and the human life cycle <ul style="list-style-type: none"> about human reproduction (how a baby is made and how it grows) 	Know /understand/be able to: <ul style="list-style-type: none"> identify the links between love, committed relationships / marriage and conception explain what sexual intercourse is and explain that this may be one part of an intimate relationship between consenting adults explain what pregnancy means, how long it lasts and where it occurs i.e.: that a baby is made when a sperm (male) meets an egg /ovum (female) and then the fertilised egg settles into the lining of the uterus (or womb) (female) 	Medway Primary PSHE education PSHE Association relationship friendship couple love positive qualities values expectations responsibilities respect consent commitment reproduction sexual intercourse fertilised sperm ovum penis vulva vagina fallopian tubes pregnancy

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				foetus uterus womb conception
	Summer 2	Learning intent:		Key Vocabulary/resources
	FGM (Female genital mutilation)	Learn about FGM- how to seek help for themselves or others and report FGM concerns	Know /understand/be able to: <ul style="list-style-type: none"> • recognise what is meant by FGM; that it is a type of abuse, causes harm and is illegal • identify myths and facts about FGM • explain how to tell someone if they are worried about the risk of FGM for themselves or others • explain why reporting FGM might feel difficult but why reporting it is so important 	rights female genitalia mutilation abuse harm illegal