

NORTH BADDESLEY JUNIOR SCHOOL RSE – Whole School Curriculum Map

Year group	Year 3	Year 4	Year 5	Year 6
	RSE: My healthy self: <i>How I can take care of my mind and body?</i>	RSE: Growing up: <i>How will my body and emotions change as I grow up?</i>	RSE: Growing up: <i>How can I manage the changes to my body and emotions as I grow up?</i>	RSE: Sex Education: <i>(non-statutory)</i>
Key knowledge	To know: ✓ Family members often share responsibilities to keep the household running smoothly (e.g. doing chores/jobs, helping with younger siblings, or supporting with schoolwork). ✓ Every family faces challenges. ✓ That families should make them feel loved, safe and supported. ✓ That different families might show love and spend time together in different ways. ✓ Even though families may look very different, they usually have love and care for each other at their core.	To know: ✓ That as their bodies change during puberty, their emotions and feelings may also change and this can sometimes feel difficult to manage (e.g. experiencing mood swings). ✓ Their bodies will change as they grow into adults and these changes happen at different times and rates for everyone, which is completely normal. ✓ That unkind or negative comments about someone's body can affect how they feel about themselves and it is important to treat all bodies with respect. ✓ The correct names for the external parts of the body that may change in	To know: ✓ Everyone's body changes during puberty in different ways and at different times, and making comments about these changes can be unkind and harmful. ✓ The correct scientific names for the external and internal reproductive organs (e.g. uterus, fallopian tubes, ovaries, testicles). ✓ The stage in which an individual changes from a child to an adult is called 'puberty' and it happens over time as hormones are released into the body. ✓ Puberty is the process of preparing the male and female bodies for	To know: ✓ Reproduction happens when a sperm and egg join together to make a baby, usually through sexual intercourse (sex). ✓ Pregnancy begins when a fertilised egg grows in the uterus. ✓ A baby develops in the uterus for approximately nine months. ✓ Birth is the process by which a baby is delivered from the uterus, usually through the vagina or sometimes by caesarean section. ✓ There are different ways people can become parents, including IVF and adoption.

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	✓ That there are many different family types: families come in many forms and deserve to be treated with kindness.	adolescence (e.g. breasts, armpits, Adam's apple, pubic hair). ✓ One of the physical changes that happens to female bodies when they go through puberty is the start of their period (menstrual cycle). ✓ During a period, a small amount of blood leaves the body from the vagina each month. ✓ That periods can start unexpectedly, and that there are ways to manage them, such as wearing a pad or period pants and asking a trusted adult for help. ✓ They should talk to a trusted adult if they have any worries or concerns, including around body changes and growing up.	reproduction as part of the human life cycle. ✓ Many people find the changes during puberty difficult to manage and should be supported and treated with kindness. ✓ Good personal hygiene is important during puberty and into adulthood to stay clean, healthy and comfortable. ✓ How to manage hygiene during a period, including how often to change sanitary products, how to dispose of them safely and how to keep the body clean and comfortable. ✓ Some simple ways to manage period pain (e.g. rest, heat, gentle movement or asking a trusted adult for help).	✓ Babies need constant care and attention. ✓ Becoming a parent involves significant responsibility, time and support. ✓ The legal age for sexual intercourse in the UK is 16, although many people choose to wait until they are older.
	Year 2 RSE content: <i>How can we look after and respect our bodies as we grow?</i>			

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	To know: ✓ Bodies have similarities and differences (e.g. height, hair colour, skin colour, or other physical features) and this makes each person unique. ✓ Bodies are different and unique and that it is not kind or respectful to comment on someone else's body. ✓ Humans grow and change as they get older, from babies to children to teenagers to adults. ✓ Growing up means becoming more independent in looking after ourselves. ✓ Their body is special and belongs to them. ✓ Some parts of the body are private and that they should always respect their own and others' privacy.			
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	✓ The correct names for private body parts* (e.g. penis, vulva, vagina, testicles, scrotum and nipples). ✓ They should always talk to a trusted adult if someone says or does something they are not comfortable with. ✓ Physical changes to the body are a normal part of growing up and becoming an adult. ✓ Their body is special and it belongs to them. ✓ The correct names for private body parts, including the penis, testicles, vulva and vagina. ✓ Underwear covers the parts of their body that are private and no one has the right to see or touch them without their permission. ✓ They should always seek help if: someone is unkind, hurts them or someone else, including			
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	online; they feel scared, worried or confused, including online; someone asks them to keep a secret that makes them uncomfortable, including online.			
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