



**Scheme of Work for Sex and Relationships Education**  
**Reception Overview**  
**Our Lives**

Year	Lesson Heading	Lesson Content	Learning outcomes
R	<b>Our Day</b>	<ul style="list-style-type: none"><li>▪ Considering the routines and patterns of a typical day</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Understand some areas in which the children can look after themselves e.g. dressing and undressing</li></ul> <b>Physical Development</b> Health and self-care
R	<b>Keeping Ourselves Clean</b>	<ul style="list-style-type: none"><li>▪ Understanding why hygiene is important</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Explain why it is important to keep clean</li><li>▪ Understand some basic hygiene routines</li></ul> <b>Physical Development</b> Health and self-care
R	<b>Families</b>	<ul style="list-style-type: none"><li>▪ Recognising that all families are different</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Identify different members of the family</li><li>▪ Understand how members of a family can help each other</li></ul> <b>Personal, Social and Emotional Development</b> Making Relationships



**Scheme of Work for Sex and Relationships Education**  
**Year 1**  
**Growing and Caring for Ourselves**

Year	Lesson Heading	Lesson Content	Learning outcomes
1	<b>Keeping Clean</b>	<ul style="list-style-type: none"><li>▪ Understand some basic hygiene principles</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Know how to keep clean and look after themselves</li></ul>
1	<b>Growing and Changing</b>	<ul style="list-style-type: none"><li>▪ Introduce the concept of growing and changing</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Understand that babies become children and then adults</li><li>▪ Know the differences between boy and girl babies</li></ul>
1	<b>Families and Care</b>	<ul style="list-style-type: none"><li>▪ Explore different types of families and who to ask for help</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Know there are different types of families</li><li>▪ Know which people they can ask for help</li></ul>



## Scheme of Work for Sex and Relationships Education Year 2 Overview Differences

Year	Lesson Heading	Lesson Content	Learning outcomes
2	<b>Differences: Boys and Girls</b>	<ul style="list-style-type: none"><li>▪ Introduce the concept of male and female and gender stereotypes</li><li>▪ Identify differences between males and females</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Understand that some people have fixed ideas about what boys and girls can do</li><li>▪ Describe the difference between male and female babies</li></ul>
2	<b>Differences: Male and Female</b>	<ul style="list-style-type: none"><li>▪ Explore some of the differences between males and females</li><li>▪ Begin to understand how this is part of the lifecycle</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Describe some differences between male and female animals</li><li>▪ Understand that making a new life needs a male and a female</li></ul>
2	<b>Naming the Body Parts</b>	<ul style="list-style-type: none"><li>▪ Focus on sexual difference and name body parts</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Describe the physical differences between males and females</li><li>▪ Name the male and female body parts</li></ul>



## Scheme of Work for Sex and Relationships Education Year 3 Overview Changing

Year	Lesson Heading	Lesson Content	Learning outcomes
3	<b>The Body</b>	<ul style="list-style-type: none"><li>▪ Identify the external parts of the body and external reproductive system.</li><li>▪ Identify gender differences.</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to explain how the body functions.</li><li>▪ Are able to identify the male and female external reproductive parts.</li></ul>
3	<b>Changes</b>	<ul style="list-style-type: none"><li>▪ How emotions change as we grow.</li><li>▪ How relationships change as we grow.</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to identify different emotions and how these can change.</li><li>▪ Are able to identify how the nature of relationships change as we get older.</li></ul>
3	<b>Personal Space</b>	<ul style="list-style-type: none"><li>▪ Explore the meaning of personal space and personal safety.</li><li>▪ Explore the concepts of personal hygiene and its importance.</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to understand the concepts of personal space and safety.</li><li>▪ Are able to keep themselves clean and hygienically safe.</li></ul>



## Scheme of Work for Sex and Relationships Education Year 4 Overview Reproduction

Year	Lesson Heading	Lesson Content	Learning outcomes
4	<b>Body Parts</b>	<ul style="list-style-type: none"><li>▪ Identify the internal reproductive systems for males and females</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to name the various parts of both male and female reproductive systems</li></ul>
4	<b>Reproduction</b>	<ul style="list-style-type: none"><li>▪ Why humans reproduce</li><li>▪ How they reproduce</li><li>▪ Get ready to reproduce (and introduction to puberty).</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to explain how and why human reproduction happens</li></ul>
4	<b>Relationships</b>	<ul style="list-style-type: none"><li>▪ How and why relationships change</li><li>▪ How to deal with these changes</li><li>▪ How to negotiate new relationships</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to identify how and why relationships change around puberty</li><li>▪ Are able to negotiate new relationships and deal with the changes in existing relationships including with friends and parents/family</li></ul>



## Scheme of Work for Sex and Relationships Education Year 5 Overview Growing Up

Year	Lesson Heading	Lesson Content	Learning outcomes
5	<b>Relationships</b>	<ul style="list-style-type: none"><li>▪ How to communicate effectively in relationships</li><li>▪ How to deal with changes in relationships and where to get help and advice</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to identify problems and deal with them</li><li>▪ Know where to get help</li></ul>
5	<b>Body Image</b>	<ul style="list-style-type: none"><li>▪ What is body image and how does it affect people</li><li>▪ How to create an appropriate body image and gain self respect</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to identify their own body image and the influences on it</li><li>▪ Have respect for themselves and others</li></ul>
5	<b>Puberty</b>	<ul style="list-style-type: none"><li>▪ What is it, what happens to males and females and why is it necessary</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Are able to identify changes in their own bodies</li><li>▪ Understand the process of puberty</li></ul>



**Scheme of Work for Sex and Relationships Education  
Year 6 Overview  
Preparing For Change**

<b>Year</b>	<b>Lesson Heading</b>	<b>Lesson Content</b>	<b>Learning outcomes</b>
6	<b>Body Image</b>	<ul style="list-style-type: none"><li>▪ The importance of personal hygiene as you get older</li><li>▪ Dealing with the pressures relating to body image</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Understand why personal hygiene is important</li><li>▪ Understand the effect of peer pressure</li><li>▪ Are assertive in their choices about body image</li></ul>
6	<b>Changing Relationships</b>	<ul style="list-style-type: none"><li>▪ Dealing with peer pressure.</li><li>▪ Dealing with the changing relationships with those around you, especially parents/ carers and the importance of communication</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Recognise and deal positively with peer pressure</li><li>▪ Understand the importance of communication within relationships</li></ul>
6	<b>Reproduction</b>	<ul style="list-style-type: none"><li>▪ Revisit puberty and reproduction</li><li>▪ Sexual intercourse</li></ul>	Children: <ul style="list-style-type: none"><li>▪ Recognise the changes in their own bodies in relation to puberty</li><li>▪ Understand human reproduction including sex</li></ul>