

Outline of RSE Learning Intentions covered at each age group.

Key Stage One:

Year	Learning Intention We are learning:	Intended learning outcomes We can:
1	My special people About the special people in our lives and how we care for one another.	<ul style="list-style-type: none">• identify our own special people• explain what makes them special to us and why they are important in our lives• describe the different ways our special people care for us• recognise how we can care for them in return
2	We are growing – human life cycle About how we change as we grow. Everybody's body About the differences and similarities between people.	<ul style="list-style-type: none">• recognise the main stages of the human life cycle (baby, child, adult)• recognise that the process of growing takes time and describe what changes when people grow from young to old• identify ways we are more independent now than when we were younger• describe our feelings about growing and changing• 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

Key Stage Two:

Year	Learning Intention We are learning:	Intended learning outcomes We can:
3	What makes a good friend? About friendship – why it is important and what makes a good friend. Falling out with friends How to maintain good friendships. About solving disagreements and conflict amongst themselves and their peers.	<ul style="list-style-type: none">• recognise the different types of friendships that are important to us (eg: family, friends, groups we belong to, neighbours)• explain why friendship and having friends is valuable• identify how friends show they care for and value each other• describe what makes a good friendship and what is most important in a friendship• identify what helps maintain friendships• describe feelings when disagreements and conflict occur• identify what can help and not help if there are friendship problems• demonstrate strategies for solving arguments with peers
4	Puberty: time to change About some of the physical changes experienced during puberty. How and why emotions may change 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

	Puberty: personal hygiene About the importance of personal hygiene during puberty.	<ul style="list-style-type: none"> • explain how and why it is important to keep clean during puberty • describe ways of managing physical change during puberty
5	Puberty: menstruation and wet dreams About the physical changes that happen to males and females during puberty. About the importance of personal hygiene during puberty. Puberty: emotions and feelings How and why emotions may change during puberty. About getting appropriate help, advice and support about puberty.	<ul style="list-style-type: none"> • use to use scientific vocabulary for external and internal male and female body parts/genitalia • explain what happens during menstruation (periods) • explain what is meant by ejaculation and wet dreams • describe how emotions and relationships may change during puberty • know where we can get the help and support we need in relation to puberty
6	Puberty: change and becoming independent About managing change - new roles and responsibilities as we grow up. Positive and healthy relationships About what constitutes a positive, healthy relationship. That relationships can change over time. How babies are made About adult relationships and the human life cycle. About human reproduction (how a baby is made and how it grows).	<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 • understand that people have different kinds of relationships in their lives • understand that adults can choose to be part of a relationship • 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)