



Learning for Life

LONGLEAZE PRIMARY SCHOOL

Relationship and Sex Education Curriculum 2026-2027

A Longleaze Learner...

...aims high and takes responsibility for their learning and their actions. ...embraces new ideas and is curious about the world around them. ...makes a positive contribution to our local community and the wider world. ...has a sense of what is right and wrong. ...is kind, helpful and supportive of others. ...grasps opportunities to discover their skills and talents. ...is resilient and bounces back when things get difficult. ...is brave and courageous. ...shares their ideas and listens respectfully to the views of others. ...focusses on their learning and is proud of what they achieve.

EYFS RSE lessons

Lessons	Content of Lessons	Vocabulary	
Seasons	- Name the different seasons and describe their differences. - Explain the changes that occur as seasons change. - Talk about how they have grown in resilience.	seasons spring summer autumn winter	family baby love care tummy
Life stages – plants, animals, humans	- To understand that animals and humans change in appearance over time. - Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals). - Make observations and ask questions about living things.	cycle growing life cycles seed egg	womb pregnancy sperm egg adoption
Life stages: Human life stage – who will I be?	- Retell a story and respond to questions about it. - Use the language and describe the different life stages of: baby, child, teenager, adult, older age. - Talk about marriage and civil partnerships – what they are and why people might choose them. - Talk about their own experience of growing up.	baby grow change old young baby child teenager adult old age marriage civil partnership	surrogacy donated sperm/eggs same-sex parents one-parent families breastfeeding breasts baby child teenager adult grow messages
Where do babies come from?	- Explain that a baby is made by a woman and a man and grows inside a mother's tummy. - Understand that every family is different. - Talk about similarities and differences between themselves and others.	wedding ceremony adoption celebration	families of different beliefs adoption surrogacy IVF
Getting bigger	- Talk about how they have changed as they have grown. - Explain the differences between babies, children, and adults. - Understand that we are all unique.	private parts penis vulva testicles vagina sperm eggs privacy	dolls and cars are for everyone (gender stereotyping) nipples breasts breastfeeding anus
Me and my body – girls and boys	- Name parts of the body (including reproductive parts) using the correct vocabulary. - Explain which parts of their body are kept private and safe and why. - Tell or ask an appropriate adult for help if they feel unsafe.		

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Y1 RSE lessons

Lessons	Content of Lessons	Vocabulary	
Healthy Me	- Understand that the body gets energy from food, water and air (oxygen); - Recognise that exercise and sleep are important parts of a healthy lifestyle; - To explore how screen use can make us feel and learn how to make healthy and sensible choices.	energy water food air oxygen exercise sleep healthy screen usage change growing size height needs help caring love needs attention help penis testicles scrotum vulva nipples	unkind unkindness tease teasing bullying witness experience getting help online bullying aggressive safe unsafe surprise secret privates private hygiene sore change doctor vagina testicles breasts breastfeeding anus
Then and now	- Identify things they could do as a baby, a toddler and can do now; - Identify the people who help/helped them at those different stages.		
Taking care of a baby	- Understand some of the tasks required to look after a baby; - Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.		
Who can help?	- Explain the difference between teasing and bullying; - Understand that bullying can happen online; - Give examples of what they can do if they experience or witness bullying; - Say who they could get help from in a bullying situation.		
Surprises and secrets	- Explain the difference between a secret and a nice surprise; - Identify situations as being secrets or surprises; - Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.		
Keeping privates private	- Identify parts of the body that are private; - Describe ways in which private parts can be kept private; - Identify people they can talk to about their private parts.		

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Y2 RSE lessons

Lessons	Content of Lessons	Vocabulary	
A helping hand	Demonstrate simple ways of giving positive feedback to others.	help	eggs
Sam moves house	Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.	support supportive	ovaries womb
Haven't you grown?	- Identify different stages of growth (e.g. baby, toddler, child, teenager, adult); - Understand and describe some of the things that people are capable of at these different stages.	change loss feelings emotions	pregnancy bottom testicles vagina
My Body, your body	- Identify which parts of the human body are private; - Explain that a person's genitals help them to make babies when they are grown up; - Understand that humans mostly have the same body parts but that they can look different from person to person.	frightened nervous growing food rest	anus breasts breastfeeding genitals penis
Respecting privacy	- Explain what privacy means - Know that you are not allowed to touch someone's private belongings without their permission - Give examples of different types of private information.	sleep care learning change forward looking	vulva private privacy consent permission
Some secrets should never be kept	- Identify how inappropriate touch can make someone feel; - Understand that there are unsafe secrets and secrets that are nice surprises; - Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.	making choices asking permission unique special penis scrotum vulva nipples private parts my body is mine (body autonomy) sperm	genitals penis vulva private private parts consent permission secret unsafe uncomfortable tell someone you trust

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Y3 RSE lessons

Lessons	Content of Lessons	Vocabulary	
Relationship Tree	- Identify different types of relationships; - Recognise who they have positive healthy relationships with.	positive relationships healthy trust	internet safety public private personal information profile digital tattoo
Body space	- Understand what is meant by the term body space (or personal space); - Identify when it is appropriate or inappropriate to allow someone into their body space; - Rehearse strategies for when someone is inappropriately in their body space.	caring online relationships misinterpretation	secret surprise feelings uncomfortable
None of Your Business	- Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens; - Recognise and describe appropriate behaviour online as well as offline; - Identify what constitutes personal information and when it is not appropriate or safe to share this; - Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs; - Understand that people online may not always be who they say they are, and to learn how to stay safe by checking with a trusted adult before communicating with others; - Understand that they should not share images of others without their permission; - Think carefully before sharing any information about themselves; - Understand that once something is posted online it is very hard to remove or delete it.	personal space body space invade uncomfortable respect stop touch penis testicles scrotum vulva vagina	angry upset jealous worried excited scared talk nipples anus
Secret or surprise	- Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; - Recognise how different surprises and secrets might make them feel; - Know who they could ask for help if a secret made them feel uncomfortable or unsafe.		
Basic first aid	- Know how to make a clear and efficient call to emergency services if necessary. - Understand the concepts of basic first-aid, for example dealing with common injuries, including head injuries.		

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Y4 RSE lessons

Lessons	Content of Lessons	Vocabulary	
Moving house	Describe some of the changes that happen to people during their lives; Explain how the Learning Line can be used as a tool to help them manage change more easily; Suggest people who may be able to help them deal with change.	learning line practice compromise hormones puberty feelings	menstrual cycle menstruation fertilised egg pregnant involuntary erections ovaries
My feelings are all over the place	Name some positive and negative feelings; Suggest reasons why young people sometimes fall out with their parents; Take part in a role play practising how to compromise.	independence conflict egg sperm puberty fallopian tube	pubic hair penis ovaries womb vulva clitoris
My changing body	Recognise that babies come from the joining of an egg and sperm; Explain what happens when an egg doesn't meet a sperm; Understand that for girls, periods are a normal part of puberty.	uterus (womb) lining vagina period pad period tampon	labia semen legal age of consent marriage underarm hair sweat
All change!	Identify parts of the body that males and females have in common and those that are different; Know the correct terminology for their genitalia; Understand and explain why puberty happens.	menstruation cup breasts genitals testicles womb wet dreams penis	growth spurt acne breast growth facial hair body odour ejaculation sexual feelings/horny
Preparing for Changes at Puberty	Know the key facts of the menstrual cycle; Understand that periods are a normal part of puberty for girls; Identify some of the ways to cope better with periods.	mammals fertilise birth hips	romantic/sexual interest privacy wider hips nipples
Secret or surprise?	Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe.	periods spots sweat pubic hair cervix	scrotum anus headache stomach ache cramps
Together	Recognise that marriage includes same sex and opposite sex partners; Know the legal age for marriage in England or Scotland; Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.	spontaneous erections wet dreams pleasure masturbation deeper voice spots	foetus reproduction testosterone mood swings endometrium (uterus lining)

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Y5 RSE lessons

Lesson	Content of Lessons	Vocabulary	
How are they feeling?	Use a range of words and phrases to describe the intensity of different feelings Distinguish between good and not so good feelings, using appropriate vocabulary to describe these; Explain strategies they can use to build resilience.	clitoris wellbeing resilience trust unwanted attention unwanted touch in confidence break a confidence confidential puberty penis testicles scrotum vulva labia nipples vaginal discharge good hygiene showers soap shampoo clean underwear	resilience genitalia menstruation semen period period/menstruation pad tampon managing feelings oral health pubic hair clitoris vaginal opening urinary opening lips (labia) penis menstruation cup period protection sweat washing body confidence emotions spots
Taking notice of our feelings	Identify people who can be trusted; Understand what kinds of touch are acceptable or unacceptable; Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.	acne pimples zits acne cream medication doctor hair growth under arm chest hair healthy food vagina vulva testicles scrotum nipples vagina facial wash period products circumcised chemicals oil glands hormones compromise respect mood swings conflict	hair removal body autonomy vaginal discharge involuntary erections wet dreams body odour hormones hydration exercise sleep breast development height gain hips widen periods menstruation genitalia deodorant shower gel tissues washing powder spot cream puberty emotional changes negotiate neglect
Dear Ash	Explain the difference between a safe and an unsafe secret; Identify situations where someone might need to break a confidence in order to keep someone safe.		
Changing bodies and feelings	Know the correct words for the external sexual organs; Discuss some of the myths associated with puberty.		
Growing up and changing bodies	Identify some products that they may need during puberty and why; Understand changes to the body during puberty, including those linked to oral health; Know what menstruation is and why it happens		
Help, I'm a teenager...get me out of here!	Recognise how our body feels when we're relaxed; List some of the ways our body feels when it is nervous or sad; Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.		

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Y6 RSE lessons

Lessons	Content of Lessons	Vocabulary
I look great!	Understand that fame can be short-lived; Recognise that photos can be changed to match society's view of perfect; Identify qualities that people have, as well as their looks; Understand the importance of avoiding putting pressure on others to share information and images online.	body image self esteem manipulation deepfake digital media self-worth egg ovaries sperm testicles puberty vagina
Media manipulation	Define what is meant by the term stereotype; Recognise how the media can sometimes reinforce gender stereotypes; Recognise that people fall into a wide range of what is seen as normal; Challenge stereotypical gender portrayals of people.	media manipulation stereotype gender stereotype gender reassignment (protected characteristic) assertive peer pressure condom surrogacy adoption IVF age of consent miscarriage conception consensual relationship
Pressure online	Understand the risks of sharing images online and how these are hard to control, once shared; Understand that people can feel pressured to behave in a certain way because of the influence of the peer group; Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.	right to privacy sharing online online safety change support conversation discuss puberty physical changes emotional changes rights FGM periods mood swings spots voice deepening period products vulva cut labour muscles cervix hips widen wet dreams loving relationship If using film clip - Reproduction Planned Parenthood: cells semen ejaculate hormones
Helpful or unhelpful? Managing change	Recognise some of the changes they have experienced and their emotional responses to those changes; Suggest positive strategies for dealing with change; Identify people who can support someone who is dealing with a challenging time of change.	consensual hug cuddle kiss erection vaginal wetness excited pleasurable feeling implant pregnancy birth caesarean
Is this normal?	Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; Understand that a healthy attitude towards food can really support growth and puberty changes; Suggest strategies that would help someone who felt challenged by the changes in puberty; Understand what FGM is and that it is an illegal practice in this country; Know where someone could get support if they were concerned about their own or another person's safety.	If using the film clips, the following words are also used: Puberty and finding out who you are: identity manage emotions hormones feeling funny sexually start to have questions about sex sexual reaction friends more independence vagina FGM/cuts to the vulva
Making babies	Identify the changes that happen through puberty to allow sexual reproduction to occur; Know a variety of ways in which the sperm can fertilise the egg to create a baby; Know the legal age of consent and what it means.	

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		nipples penis testicles scrotum increased weight delivery active labour contracts crowning fetal head episiotomy skull bones umbilical cord placenta breastfeeding All the different ways couples can create babies: queer couple LGBTQ+ stepchildren foster parents artificial insemination co maternity donate sperm blended family sperm bank	menstrual cycle ripen lining of womb mature egg ovulation fallopian tube fertilisation uterine lining period How a baby is born: vaginal childbirth pelvis efface dilate contractions mucous plug water break doctor midwife cervical opening birth canal derogatory homophobic scrotum nipples vulva
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