

RSE Objectives

We use the PSHE Association RSE objectives to structure our RSE teaching across Key Stage 1 and 2.

Year	Objectives
1	How they are the same and different to others
2	About the human life cycle and how people grow from young to old
	How our needs and bodies change as we grow up
	To identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
3	How to identify external genitalia and reproductive organs (Y4)
	Key facts about the menstrual cycle (Y4)
4	about the physical and emotional changes during puberty
	key facts about the menstrual cycle and menstrual wellbeing
	the importance of personal hygiene routines during puberty including washing regularly and using deodorant
	how to discuss the challenges of puberty with a trusted adult
	how to get information, help and advice about puberty
5	that for some people their gender identity does not correspond with their biological sex
	that female genital mutilation (FGM) is against British law ¹
	what to do and whom to tell if they think they or someone they know might be at risk of FGM
	key facts about the menstrual cycle and menstrual well-being, erections and wet dreams (Y4)
	strategies to manage the changes during puberty including menstruation (Y4)
6	identify the links between love, committed relationships and conception
	what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults
	how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb
	that pregnancy can be prevented with contraception ²
	about the responsibilities of being a parent or carer and how having a baby changes someone's life