



## RSE End Points Overview

Year Group	Term	Topic	PoKaS	Knowledge and Skill End Points
EYFS	Summer 2		Relationships <ul style="list-style-type: none"> <li>to know what a family is and how they are unique.</li> </ul>	I know that a family is a group of people who care about and love each other. I know that sometimes families live in the same home and sometimes they don't. I know that all families are different. I know that some families have a mum and a dad. I know that some families have only one parent e.g. a mum or a dad. I know that some families have two mums or two dads. I know that some families have step-mums or step-dads.  I can talk about my family and about what makes it special.
			Health <ul style="list-style-type: none"> <li>To discuss growth and change of our own bodies and skills</li> <li>To understand that our pants protect our private parts</li> <li>To know what to do when you feel uncomfortable</li> <li>To know who to speak to or get help from.</li> </ul>	I know that I was once a baby and that now I am a child. I know that I will grow into a teenager and then an adult.  I can talk about some things I can do now that I couldn't do when I was a baby. I can order pictures of a baby, child, teenager, adult to reflect the human lifecycle.  I know that my bottom, penis, vagina and vulva are private parts of my body. I know that we don't show what is underneath our pants to our friends. I know that if someone asks to see or touch what is underneath our pants, I say no.  I know who to speak to if there is something that is worrying me.  I can name some adults that I would talk to if I was worried.
			Science <ul style="list-style-type: none"> <li>To know the names of different parts of our body including penis and vagina.</li> </ul>	I know that boys have a penis. I know that girls have a vulva and a vagina.
Year 1	Summer 2		Relationships <ul style="list-style-type: none"> <li>to identify their special people (family, friends, carers), what makes them special and how special people should care for one another.</li> <li>to recognise that each family is different and unique and are made up in different ways.</li> </ul>	I know who is special to me. I can talk about why my 'special people' are special to me. I know that special people should show love and care to each other.  I know that families are made up of people who love each other.  I can talk about the different kinds of families and explain how they are different and similar to my own.



			<p>Health</p> <ul style="list-style-type: none"> <li>begin to recognise how they have changed physically since they were a baby.</li> <li>to be able to explain basic hygiene routines</li> <li>the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid</li> <li>to be able to explain what they would do if they were worried about something.</li> </ul>	<p>I know the ways in which I have changed physically since I was a baby (grown taller, walking, talking, eating solid food not just milk, more teeth which might now be falling out)</p> <p>I know some of the ways in which I can keep my body clean (brushing my teeth, washing, brushing / combing my hair.)</p>
			<p>Science</p> <ul style="list-style-type: none"> <li>to be able to identify and name the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls.</li> </ul>	<p>I know that boys have a penis. I know that girls have a vulva and a vagina. I know the names of some of the body parts that girls and boys have in common (shoulder, wrist, elbow, arms, legs)</p>
Year 2	Summer 2		<p>Relationships</p> <ul style="list-style-type: none"> <li>recognise that families can be different.</li> <li>to understand that there are physical differences between boys and girls, but their likes and dislikes can be the same.</li> <li>To understand possible stereotyping of girls and boys and to know that girls and boys do not need to fit into these stereotypes.</li> </ul>	<p>I know that families can be different from each other.</p> <p>I can compare my family to other families identifying similarities and differences.</p> <p>I know that a stereotype is a fixed idea about someone or something.</p> <p>I know that there are no 'rules' for what boys and girls can like, do or play with.</p> <p>I can talk about some of the possible stereotypes of boys and girls and know that boys and girls do not need to fit into these stereotypes. (girls can't play football, boys can't wear pink etc)</p>
			<p>Health</p> <ul style="list-style-type: none"> <li>to recognise people who look after them, their family networks, who to go to if they are worried and how to attract their attention.</li> <li>to recognise that they share a responsibility for keeping themselves and others safe</li> <li>to identify when to speak <b>assertively</b> to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets, including online (PANTS)</li> <li>to understand we have personal <b>boundaries</b></li> </ul>	



			<ul style="list-style-type: none"> <li>to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them).</li> </ul>	
			Science	
Year 3	Summer 2		<p>Relationships</p> <ul style="list-style-type: none"> <li>to recognise different types of relationship, including those between acquaintances, friends, relatives and families</li> <li>to be able to explain how families may be different and things they often have in common.</li> <li>to recognise the role of their family members, including their own responsibilities.</li> </ul>	<p>I know that a family is a special group of people, including carers and friends who are close to us and who we think are important.</p> <p>I know there are different kinds of families, and they are all equally valid.</p> <p>I know there are stereotypes about families e.g. that every family has one mum and one dad.</p> <p>I know that some families have two dads because the dads are gay and some have two mums because the mums are lesbian.</p> <p>I can discuss the similarities between families (e.g., they love, care and appreciate each other; they work together)</p> <p>I can discuss the differences between families (e.g., where they live, the size of the family, the sex, skin colour and number of parents as well as families that include step-siblings and half-siblings).</p> <p>I know the roles and responsibilities of parents and carers include looking after children (by making sure they have love, shelter, food, water and clothes). They must also ensure children are educated and stimulated emotionally and socially.</p> <p>I know the roles and responsibilities of children include listening to their parents, being respectful and showing gratitude for what their parents do for them.</p>
			<p>Health</p> <ul style="list-style-type: none"> <li>to be able to explain how they and their body has changed as part of the human life cycle</li> <li>to recognise the importance of good hygienic habits.</li> <li>To know the body parts that males and females have in common as well as those that differ.</li> <li>to understand we all have personal boundaries and are allowed to judge what</li> </ul>	<p>I know that it is very important to look after my growing body by keeping myself clean and brushing my teeth.</p> <p>I know that the human body changes at different stages (baby, toddler, child, teenager, adult, elder).</p> <p>I can identify parts of the body that both males and females have (i.e. eyes, ears, arms, tummy, knees, nipples, bottom)</p> <p>I know that males have penises and testicles, and females have vaginas.</p>



			<p>kind of physical contact is acceptable or unacceptable and how to respond.</p> <ul style="list-style-type: none"> <li>to understand how to be <b>assertive</b> when dealing with these personal <b>boundaries</b>, including towards an adult or online <b>Health</b></li> <li>to understand the concept of ‘keeping something confidential or secret’, when they should or should not agree to this and when it is right to ‘break a confidence’ or ‘share a secret’.</li> </ul>	
			<p>Science</p>	<p>I know the life cycle of humans (baby, toddler, child, teenager, adult, elder).                  I know that teenagers experience a lot of changes as they develop from a child to an adult.                  I know that humans can start reproducing when they become a teenager.</p>
Year 4	Autumn 1		<p>Health</p> <ul style="list-style-type: none"> <li>to be able to identify some of the changes they will face as they become a teenager (physical and emotional) and the reasons for these changes.</li> </ul>	See below
	Summer 2		<p>Relationships</p>	
			<p>Health</p> <ul style="list-style-type: none"> <li>to be able to identify some of the changes they will face as they become a teenager (physical) and the reasons for these changes.</li> <li>develop an understanding of additional care that is needed in order to keep your body clean as you grow up</li> <li>to understand in more detail personal <b>boundaries</b> (including physical); to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy</li> <li>to clearly express what they would do if they were made to feel uncomfortable</li> </ul>	<p>I know that puberty is when children’s bodies begin to grow and develop into young adults.</p> <p>I know that a physical change is something that happens to my body.</p> <p>I know that some of the physical changes that may happen to girls and boys during puberty include: growth spurt, changes to sweat making body odour more likely, growth of pubic and underarm hair, skin produces more oil which can lead to more spots.</p> <p>I know that some of the physical changes that may happen to girls during puberty include: growth of breasts, menstruation, widening of hips and narrowing waist, vaginal discharge, gradual deepening of voice, weight gain, ovaries growing and releasing eggs – period)</p> <p>I know that some of the physical changes that may happen to boys during puberty include: enlargement of Adam’s apple (larynx), voice breaking, muscle growth, genitalia becoming bigger - testicles growth followed by penis growth, start producing sperm.</p> <p>I know that hormones cause the growth and physical changes in my body and that during puberty my body produces greater levels of hormones.</p> <p>I know that it is important to keep my body clean to get rid of bacteria especially when going through puberty (including when I’m having a period) by regularly washing my armpits, genitals, bottom and hair.</p>



			<ul style="list-style-type: none"> <li>to be able to model <b>assertive language</b> to hypothetical situations</li> <li>to understand that we have the right to challenge something, even if it comes from an adult, including online.</li> </ul>	<p>I know that menstruation is the process through which the body thickens the lining of the uterus ready for pregnancy and releases an egg.</p> <p>I know that menstruation is often called a period.</p> <p>I know that when an egg isn't fertilised, the body releases the lining of the womb (blood) through the vagina and this is called a period.</p> <p>I know that menstruation is part of the menstrual cycle.</p> <p>I know that the average menstrual cycle is 25-32 days.</p> <p>I know an average period lasts 3-8 days.</p> <p>I know that periods are a normal and natural part of growing up.</p> <p>I know that menstrual blood looks different to blood from a cut and can vary in colour and may contain lumps.</p> <p>I know that during menstrual cycle discharge may come from the vaginal. This can be clear, white, yellowy or brown in colour.</p> <p>I know that menstrual products are designed to absorb or collect menstrual blood / a period.</p> <p>I know that there are different products available to absorb or collect menstrual blood (pads, tampons, cups, and period underwear).</p> <p>I know that girls can carry on with their normal day-to-day activities during a period but it's ok not to want to or feel up to it.</p> <p>I know that before and during a period I may feel in some discomfort or pain with cramping.</p> <p>I know that I can talk to a parent, nurse, teacher or doctor if I have any questions or am worried.</p>
			<p>Science</p> <ul style="list-style-type: none"> <li>to be able to identify that reproduction needs a sperm and an egg.</li> </ul>	<p>I know eggs are made in the woman's ovaries.</p> <p>I know men make a seed called sperm.</p> <p>I know that a sperm and an egg are needed to make a baby.</p> <p>I know that a woman's womb is where the baby grows.</p>
<p>Year 5</p>	<p>Summer 2</p>		<p>Relationships</p> <ul style="list-style-type: none"> <li>to understand that relationships can take many forms (including marriage) and that two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership.</li> <li>to recognise that prejudice is wrong and express how they may challenge it.</li> </ul>	<p>I know that there are different types of relationships (friendship, parent-child, teacher-child, boyfriend-girlfriend, husband-wife, husband-husband etc.)</p> <p>I know that 2 people might choose to be in a committed relationship for companionship because they love and care for each other.</p> <p>I know that some people might choose to get married and / or have a civil partnership to show their commitment to each other.</p> <p>I know that someone who is a lesbian is a woman that is attracted to another woman.</p> <p>I know that someone who is gay is a man that is attracted to another man.</p>



				<p>I understand that being gay or lesbian is just one aspect of someone’s life and does not define them.</p> <p>I know that it is wrong to call something or someone gay when you are referring to something bad.</p> <p>I know that the word homophobic means when you discriminate or are offensive/unkind to someone because they are gay or a lesbian.</p>
			<p><b>Health</b></p> <ul style="list-style-type: none"> <li>to understand the changes involved in puberty and how to manage their feelings that may arise during this time.</li> <li>explain the importance of keeping their bodies clean.</li> <li>to understand their entitled to have <b>personal boundaries</b>.</li> <li>to know they have the right to protect their body from inappropriate and unwanted contact and develop the skills, strategies and <b>assertive language</b> required to get support if they have fears for themselves or their peers.</li> <li>to know who to talk to if they feel uncomfortable or are concerned by such a request, including online to understand the term intelligent disobedience.</li> </ul>	<p>I know that puberty is when children’s bodies begin to grow and develop into young adults – recap Year 4</p> <p>I know that a physical change is something that happens to my body – recap Year 4</p> <p>I know that an emotional change is something that changes my feelings.</p> <p>I know that some of the emotional changes during puberty may include: mood swings and finding others’ attractive.</p> <p>I know that an erection happens when vessels in the penis fill with blood.</p> <p>I know that an erection may happen when someone is sexually aroused, when the bladder is full, when someone is sleeping or at other times.</p> <p>I know that it is important to keep my body clean to get rid of bacteria especially when going through puberty (including when I’m having a period) by regularly washing my armpits, genitals, bottom and hair.</p> <p>I know that someone must be 16 to legally have sexual intercourse.</p>
			<p><b>Science</b></p> <ul style="list-style-type: none"> <li>describe the changes as humans develop to old age</li> <li>describe the life process of reproduction in humans.</li> </ul>	<p>I know that a baby can be made when a man and a woman have sexual intercourse.</p> <p>I know that sexual intercourse is when a man’s penis enters the vagina and releases sperm.</p> <p>I know that a baby is made when a man’s sperm fertilises a woman’s egg in the fallopian tube.</p> <p>I know that a fertilised egg develops into an embryo and that after 9 months in the womb, a baby will be born.</p>
			<p><b>Sex</b></p> <ul style="list-style-type: none"> <li>Know that sexual intercourse is the process of making a baby but also a way of showing love in an intimate relationship.</li> </ul>	<p>I know that sexual intercourse is something that couples in intimate relationships may choose to do to show love for each other.</p>
Year 6	Summer 2		<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>that marriage or a civil partnership represent a formal and legally recognised</li> </ul>	<p>I know that a marriage / civil partnership is a legally recognised commitment of 2 people.</p> <p>I know that intimate relationships can lead to marriage or a civil partnership.</p> <p>I know that divorce is when 2 people end their marriage.</p>



			<p>commitment of two people to each other which is intended to be lifelong.</p> <ul style="list-style-type: none"> <li>to understand that love can be expressed in many ways, including but not exclusively sex</li> <li>to understand that couples have choices around when and how to start a family; including same-sex couple, specifically IVF</li> </ul>	<p>I know that an intimate relationship is one in which couples show love by kissing, cuddling and sexual intercourse.</p> <p>I can talk about the differences between an intimate relationship and platonic relationships (sex)</p> <p>I know that couples in intimate relationships can choose to have a family. I know that a baby can be made through sexual intercourse.</p> <p>I know that a baby can be made through IVF which is when a doctor joins the sperm and egg together and then places inside a woman's uterus.</p> <p>I know that a baby can be made through surrogacy which is when a sperm and egg is carried in another woman's uterus.</p> <p>I know that adoption is when a couple chooses to raise / love and care for a child when they are not their biological parents.</p> <p>I know that IVF, surrogacy and adoption are ways in which same sex couple could choose to have a baby. I know that IVF, surrogacy and adoption are ways in which couples could choose to have a baby if it does not happen naturally.</p>
			<p>Health</p> <ul style="list-style-type: none"> <li>to know about the difference between, gender identity and sexual orientation.</li> <li>to critically examine what is presented to them in social media and why it is important.</li> <li>to understand and be prepared for changes and experiences they may find embarrassing and understand that this is normal.</li> <li>to know where to go to get more information about puberty and sex.</li> <li>to understand their body belongs to them, that they have complete ownership, know what constitutes as a breach of personal <b>boundaries</b> and how to be <b>assertive</b> in the face of this.</li> <li>to be able to identify people they can speak to for help and how to report something they are uncomfortable about.</li> <li>to recognise that there are some situations where it is ok to apply your intelligent</li> </ul>	<p>I know that LGBTQ+ stands for lesbian, bisexual, gay, transgender, queer and others.</p> <p>I know that someone who is a lesbian is a woman that is attracted to another woman.</p> <p>I know that someone who is gay is a man that is attracted to another man.</p> <p>I know that someone who identifies as bisexual is attracted to both sexes.</p> <p>I know that someone who is transgender is someone whose gender identity differs from the sex they were born.</p> <p>I know that someone who is transexual is someone whose bodily characteristics have been altered through surgery or hormone treatment to bring them into alignment with their gender identity.</p> <p>I know what gender identify refers to a person's sense of their gender.</p> <p>I know that sexual orientation refers to who someone is attracted to.</p> <p>I know that is it ok express myself when it comes to gender identity and sexual orientation. I can name people and organisations that I could talk about gender identify and sexual orientation.</p> <p>I know that a wet dream is when semen comes out of a penis whilst you are asleep. I know that wet dreams can happen to boys during puberty when they begin to produce sperm. I know that it is normal to have wet dreams and that there is no reason to be embarrassed.</p> <p>I know that the perfect body does not exist. I know that images I see online or in the media can be / are edited. I know that social media can have a negative impact on my body image and self esteem.</p>



			<p>disobedience and practise this through hypothetical situations, including online.</p>	<p>I can talk about some of the reasons why photos in the media might have been edited. (advertising)                  I can talk about some of the reasons why people might edit their own photos. (boost their self esteem, received attention or positive comments)                  I can talk about some of the ways social media might impact my health (eating disorders, anxiety, low self esteem)</p>
			<p>Science</p> <ul style="list-style-type: none"> <li>•</li> </ul>	
			<p>Sex</p>	