

Sex Education Lesson Outlines

Sex Education Long Term Plan							
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Our Lives	Growing and Caring For Ourselves	Differences: Boys and Girls	Valuing Difference and Keeping Safe	Growing Up	Talking About Puberty	Puberty, Relationships and Reproduction
Lesson 1	Our Day Routines and self care	Keeping Clean - Hygiene	Different and Similar Boy/Girl/Both, challenging stereotype includes biological difference	Differences: Male & Female Revisit Y2 (Naming Body Parts) Label and match male & female Keeping Safe - Why are they 'private'?	What is puberty Define puberty What are the changes	Talking About Puberty Change happens during puberty, Physical and emotional	Puberty & Reproduction Puberty I required for humans to reproduce Understanding Reproductive Body Parts (label and know) & How babies are made
Lesson 2	Keeping Ourselves Clean Health & Self Care	Growing & Changing - Newborn babies (difference between boys & girls)	Differences: Male & Female Male & Female are needed to make new life. Lifecycles of animals with reference to humans	Personal Space Touch - What is okay? Personal Space and assertive message Who to tell?	Puberty and reproduction Physical and emotional changes That puberty is needed for reproduction introduction to menstruation & sperm	Male and Female Changes Single Sex Lessons Menstruation (girls) - Male Changes (boys) - https://www.youtube.com/watch?v=Yvw7QGytgNQ	Understanding Relationships Friendships, Relationships and sexual relationships (consent and law) Appropriate touch
Lesson 3	Families Families are different	Families and caring Who can you go to for help? Family Structures	Naming Body Parts Boy/Girl/Both	Family Differences Families are different Who can I talk to?	Growing and Changing Human Lifecycle Sequence lifecycle - what stage do humans reproduce?	Puberty & Hygiene Importance of hygiene as you progress through puberty	Communicating in Relationships Positive and negative ways of communicating in a relationship (including online & social media)
Associated Vocabulary	Dress, undress, clean, smelly, flannel, sponge, towel, toothpaste, hairbrush, comb, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad	Clean, smelly, similar, different, family, boy, girl, male, female, private, penis, vagina	Similar, Different, sex, gender roles, stereotype, boy, girl, male, female, private, penis, vagina	Stereotypes, similar, different, male, female, private, penis, testicles, vagina, womb, family, fostering, adoption, relationship	Puberty, lifecycle, reproduction, physical change, emotional change, feelings, pubic hair, breasts, sperm, egg	Puberty, physical change, menstruation, periods, tampons, sanitary towels, semen, erection, sweat, breasts, spots, pubic hair, underarm hair	Womb, sperm, conception, fertilisation, pregnancy, sexual intercourse, contraception, twins, relationship, friendship, love, consent, intimacy, communication, personal/private, internet safety

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