

## Relationships and Sex Education (RSE) Curriculum Cycle

Lesson	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
1	I will know the importance of being clean and hygienic.	I will know the main parts of the body.	I will know how I will change as I get older.	I will know how to build my self-esteem.	I will know about menstruation.	I will know how my body changes as I go through puberty.	I will know how humans reproduce.
2	I will know that some things need to be kept private.	I will know the needs of babies and young children.	I will know when physical contact is unacceptable.	I will know how to respond to unwanted physical contact.	I will know how my body changes and develops.	I will know how the process of puberty relates to human reproduction.	I will know what is appropriate in friendships and wider relationships.
3	I will know what to do if someone's touch makes me feel unsafe.	I will know how to make sure that my worries are heard.	I will know the difference between a surprise and a secret.	I will know how to reduce the risks of hazards outside of the home.	I will know hygiene strategies to manage the changes during puberty.	I will know why discrimination is harmful.	I will know how the media can affect my self-esteem.