

Relationships and Health Education in the Summer Term:

Year Group	Relationships and Health Education- Summary of the learning questions explored in Summer term
Reception	What is the PANTS rule? What is good or bad touch? How can I keep myself safe? What is the same and different about families? What are stereotypes?
Year 1	What is hygiene? How do I keep myself safe? What are the different types of touch? Kind and unkind, safe and unsafe? Who keeps me safe? What makes a family?
Year 2	What happens when we sleep? How can being online affect my health? How do different types of touch make me feel? What's the difference between risks, unsafe events and emergencies? What does my family do for me? What's the difference between a secret and a surprise?
Year 3	What body parts belong to me? How do I keep my body safe? How do different cultures celebrate growing up? How can families be different? How do we manage peer pressure?
Year 4	What is a healthy brain? What is the life cycle? What physical changes happen as we grow up? What is the menstrual cycle and period poverty? What makes a family unique?
Year 5	What are hormones? What physical changes happen during puberty? What emotional and social changes happen during puberty? What happens after adolescence? How can families change? How is an online relationship different to real life?
Year 6	What choices are there around substances? (Medicines vs Drugs) What is mental illness and addiction? (Understanding the brain) Why does the body change during puberty? <u>How does the body change for reproduction?: This lesson is not statutory. Parents/Guardians can withdraw their children from this lesson if they so wish by putting this in writing to the school office by Tuesday 30th April 2024</u> How do we stay healthy as we age? How do we share love, care and commitment to others? What pressures may we face online in our relationships?