

Sex and relationships education (SRE) Curriculum Tree

Science

PSHE

Year 1 Name body parts - head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth.
Year 2 Animals have off-spring then grown into adults, e.g. egg to caterpillar, baby to child to teenager to adult.
Years 3 & 4 Naming internal and external body parts and function (not reproductive organs), e.g. muscles for support, protection and movement.
Year 5 Lifecycle changes in living things – plants and animals. Different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals. Timeline of human development, including puberty. Gestation periods of animals and humans.
Year 6 Naming body parts and function, e.g. circulatory system. Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.
KS3 Reproduction in humans – Structure and function of male and female reproductive system Menstrual cycle (not including hormones) Gametes Fertilisation Gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta.
KS4 Communicable diseases including sexually transmitted infections in humans (including HIV/AIDs). Sex determination in humans. Hormones in human reproduction, hormonal and non-hormonal methods of contraception.

EYFS Form positive attachments and friendships.
Year 1 Saying no if uncomfortable or unsafe; Permission and how to ask for it; Respect; Different types of relationships.
Year 2 How to form positive relationships, e.g. friendship; Saying no if uncomfortable or unsafe; Respect; Naming body parts including external genitalia; private vs public.
Year 3 Positive relationships and ways people care; Different types of families; Explore individuality; Saying no if uncomfortable or unsafe; Respect and self-respect.
Year 4 Features of positive relationships; Support in managing difficult situations, e.g. secrets; Respect and self-respect.
Year 5 Healthy relationships Acceptable, unacceptable and unwanted behaviours in relationships. Permission and how to respond to unwanted touch. Discrimination – sexism, racism. External genitalia and reproductive organs Physical and emotional changes Menstrual wellbeing, erections and wet dreams Gender identity.
Year 6 Qualities of healthy relationships Recognising and responding to pressure Consent What sexual intercourse is – part of intimate relationship between two consenting adults. Pregnancy and contraception Responsibilities around parenting.
Year 7 Characteristics of healthy relationships and types of relationships; Consent; Peer on peer abuse; Relationships changes and emotions; Rights and responsibilities; Sexting; Puberty changes – physical and emotional; Reproduction.
Year 8 Managing relationships – coercion, imbalance in power; Types of intimate relationships; Legal status of relationships; Healthy and unhealthy romantic relationships; Pornography; Sexuality.
Year 9 Managing relationships – coercion, imbalance in power; Intimate relationships; Consent & laws around sex; Pornography and stereotypes; Contraception (age), family planning, STIs.
Year 10 Sustaining long-term relationships & intimacy Relationship choices, e.g. ending of relationships, revenge porn, fake news. Pornography; Sexual identity, gender and spectrum of sexuality.
Year 11 Stages of intimate relationship; Positives and negatives of sexual intercourse; Spectrum of gender and sexuality; LGBT+ rights and protection & 'coming out' challenges; Sexual experimentation; Forced marriage; Honour based violence, FGM and other abuses.

Progression based on age development - this needs to be adapted based on need and abilities.