



SHURDINGTON C OF E WELLBEING CURRICULUM

(Relationships, Health and Sex Education)



Knowledge Stems

EYFS

Theme: It is important to keep clean and begin to take responsibility for hygiene.

I can name and describe ways to do this:

- Brushing my teeth.
- Taking a bath or shower.
- Washing and brushing my hair.
- Washing my hands before I eat.
- Going to the toilet, wiping and washing my hands.
- Cutting my nails.

YEAR 1

- 1.Changes happen as we grow. (I can name and describe some of these changes)
2. Adults can have babies.
3. A (human) baby is born/the mother gives birth.
4. A lifecycle is the stages an animal or human goes through during their life.
5. The human lifecycle stages are baby-toddler-child-teenager-adult-pregnancy-elderly.
6. Hygiene/Being hygienic means keeping myself clean. (I can name and describe ways to do this for myself)

YEAR 2

- 1.Humans are born male or female sex.

	2. Humans can be male with male body parts. 3. Humans can be female with body parts. 4. All living things originate from other living things. 5. Animals and humans reproduce offspring/babies. 6. Animals and humans grow and change during their life.
YEAR 3	1. Males and females have some different organs. 2. Males have a penis and testicles. 3. Females have a vagina, vulva and ovaries. 4. Common organs (both male and female) include lungs, heart, brain, kidney and stomach. 5. Microbes are small, microscopic organisms that we cannot see, such as bacteria. Microbes can cause disease. 6. Infection is when microorganisms cause disease to the body.
YEAR 4	1. The respiratory system is the network of organs and tissues that help you breathe, including the airways, lungs and blood vessels. 2. The circulatory system circulates blood through the body, including the heart and blood vessels. 3. The digestive system is the system of organs that help the body break down and absorb food, including the mouth, oesophagus, liver, stomach, gall bladder, intestines, appendix, rectum and anus.

	4. The nervous system controls much of what you think and feel and what your body does, including the brain, spinal cord and nerves. 5. The reproductive system is the system of organs that allow for reproduction of offspring. 6. Puberty is a life stage when the body rapidly changes and matures. Often around age 10 for boys and age 12 for girls.
YEAR 5	1. A period is when blood comes out through a girl's vagina. It is a sign of puberty, hormonal changes and the body maturing. 2. Menstruation is when a girl has regular periods. Often monthly. 3. Adolescence is the life stage during which a young person develops from a child into an adult. 4. Hormones are chemicals that are carried around and affect the body. Hormones control growth, reproduction and many other processes. 5. Testosterone is made by the testes. It causes muscles to get larger and make facial hair grow. 6. Oestrogen is made in the ovaries. It causes breast development and controls the reproductive cycle.
YEAR 6	1. The penis is the primary male genital. 2. The testicles are a male organ that produce sperm and testosterone. 3. The sperm and female egg can join to produce offspring. 4. The vagina is a muscular canal in females.

	5. The vulva is the female's external genital. 6. The ovary makes and releases the female's eggs.
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