

Below you will find information about what your child's year group will cover in RSE. If you would like to discuss any of the information further, please speak with your child's class teacher.



Relationship and Sex Education coverage:

Reception – Growing and Changing

In this unit, your child will learn how to value and appreciate their own and other people's bodies. They will learn:

- To recognise and name different external parts of the body including using agreed names for the external sexual parts of the body.
- They will learn to recognise and appreciate similarities and differences between different bodies including girls and boys.
- They will learn to appreciate all the different things that they can do with their bodies, considering how they have changed physically since they were very small and how they will continue to grow and change all their lives.
- They will learn some basic hygiene routines, including washing, toileting and cleaning teeth and develop an understanding of the importance of good hygiene and cleanliness for preventing the spread of germs.
- The children will examine what they currently do to look after themselves, including dressing and undressing and will learn that as they grow they will become more independent and will take more responsibility for looking after themselves.
- They will learn to recognise areas where they still need support from others to ensure their personal needs are met and will become more aware of the adults who provide this care

Vocabulary

Seasons: Spring Summer Autumn Winter cycle

Growing life cycles baby child teenager adult old age family baby Love care grow
private parts penis vagina