

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:

Year 1 – Growing and changing

In this unit your child will learn about the external parts of the body in Science. They will learn:

- The name of major internal body parts (heart, lungs, blood, stomach, intestines, brain) and explain the simple bodily processes associated with them
- How to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding
- To compare the things they could do as a baby and toddler to what they can do now
- Identify the people who help/helped them at those different stages
- The difference between teasing and bullying and give examples of what they can do if they experience or witness bullying
- To identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.
- Identify parts of the body that are private and describe ways in which private parts can be kept private

Vocabulary

Organ heart lungs intestines brain stomach oxygen digested caring attention change
growing teasing bully bullying witness experience getting help surprise secret uncomfortable
Privates hygiene