

Health Relationships Education Learning Objectives

Year group	Learning objectives for Relationships Education lessons
Nursery	<ul style="list-style-type: none"> ○ To consider the routines and patterns of a typical day ○ To explain how to keep myself clean and healthy and explain why it is important ○ To identify the people in my family and explain where I can get help
Reception	<ul style="list-style-type: none"> ○ To consider the routines and patterns of a typical day ○ To explain how to keep myself clean and healthy and explain why it is important ○ To identify the people in my family and explain where I can get help
Year 1	<ul style="list-style-type: none"> ○ To understand how to keep myself clean and healthy and explain why it is important ○ To understand how I have grown and changed since birth ○ To identify the people in my family, while recognizing that not all families look like mine ○ To explain where I can get help and support.
Year 2	<ul style="list-style-type: none"> ○ To explore stereotypes ○ To explain personal boundaries ○ To understand how boys and girls are different and to name boy and girl body parts ○ To understand the stages in the human lifecycle ○ To identify the people in my family, while recognizing that not all families look like mine ○ To explain where I can get help and support.
Year 3	<ul style="list-style-type: none"> ○ To understand how boys and girls are different and to name boy and girl body parts ○ To explain personal boundaries ○ To identify the people in my family, while recognizing that not all families look like mine ○ To explain where I can get help and support ○ To understand good friendships
Year 4	<ul style="list-style-type: none"> ○ To identify the people in my family, while recognizing that not all families look like mine ○ To explain where I can get help and support ○ To understand basic facts about puberty ○ To begin to understand menstruation ○ To understand good friendships
Year 5	<ul style="list-style-type: none"> ○ To explore the emotional and physical changes that occur during puberty ○ To understand male and female puberty changes ○ To explore the impact of puberty on the body and the importance of physical hygiene ○ To explore ways to get support during puberty ○ To understand what makes a family and who to turn to for help and support
Year 6	<ul style="list-style-type: none"> ○ To recap the male and female changes that happen during puberty ○ To understand what makes a family and who to turn to for help and support ○ To explore positive and negative ways of communicating in relationships ○ To understand healthy relationships ○ To understand the human reproductive system (parents can withdraw children from this lesson. See section 8 in HRE policy)