

Matthew Arnold RSE Education Overview – supported by Medway Plans

Year	Resources to be used	Objectives	Key Vocabulary
Year 1 (Medway Y1/2 plans)	Lesson 1 MY SPECIAL PEOPLE	- identify our own special people - explain what makes them special to us and why they are important in our lives - describe the different ways our special people care for us - recognise how we can care for them in return	special, person, people, friend, family, care, caring, help, thanks
Year 2 (Medway Y1/2 plans)	Lesson 2 WE ARE GROWING: HUMAN LIFE CYCLE	- recognise the main stages of the human life cycle (baby, child, adult) - recognise the process of growing takes time and describe what changes when people grow from young to old - identify ways we are more independent now than when we were younger - describe our feelings about growing and changing	grow, change, difference, baby, toddler, child, adult, older person, independent, responsibility,
	Lesson 3 EVERYBODY'S BODY	- describe similarities and differences between ourselves and others - challenge simple stereotypes about boys and girls - recognise and use the correct names for main parts of the body	same, different, male, female, boy, girl, body, born, private parts, penis, testicles, vagina
Year 3 (Medway Y3 plans)	Lesson 1 WHAT MAKES A GOOD FRIEND?	- recognise the different types of friendships that are important to us (eg: family, friends, groups we belong to, neighbours) - explain why friendship and having friends is valuable - identify how friends show they care for and value each other - describe what is most important in a friendship	friend, friendship, special, close, caring, valuable, different, qualities, important
	Lesson 2 FALLING OUT WITH FRIENDS	- identify what helps maintain friendships - describe feelings when disagreements and conflict occur - identify what can help and not help if there are friendship problems - demonstrate strategies for solving arguments with peers	friend, friendship, argument, quarrel, fall-out, making-up, apologise, solve, solution
Year 4 (Medway Y4/5 plans)	Lesson 1 PUBERTY: TIME TO CHANGE	- identify some of the physical changes that happen to bodies during puberty - explain that puberty begins and ends at different times for different people - use scientific vocabulary for external male and female body parts/genitalia	puberty, change, grow, mature, child, teenage, adult, private parts, genitals, vagina, penis, testicles, breasts, pubic hair, Adam's apple

Year 5 (Medway Y4/5 plans)	Lesson 2 PUBERTY: MENSTRUATION	• use scientific vocabulary for external and internal male and female body parts • explain what happens during menstruation (periods)	internal, inside, reproductive organs, uterus, fallopian tubes, ovary/ovaries, cervix, vagina, menstruation, menstrual cycle, period, blood, sanitary pads, tampons, Adam's apple, penis, testicles, pubic hair
	Lesson 3 PUBERTY: PERSONAL HYGIENE	• explain how and why it is important to keep clean during puberty • describe ways of managing physical change during puberty • respond to questions and give advice to others about puberty	hygiene, clean, cleanliness, self-esteem, self-confidence, sweat, body odour, spots, periods, sanitary towel, sanitary protection, tampon
	Lesson 4 PUBERTY: EMOTIONS AND FEELINGS	• describe how emotions and relationships may change during puberty • explain where we can get the help and support we need in relation to puberty	emotions, roller coaster, up and down, frustrated, angry, moody, attraction, adolescent, advice, support
Year 6 (Medway Y4/5 plans)	Revisit Lesson 2 PUBERTY: MENSTRUATION AND WET DREAMS	• Revisit what happens during menstruation (periods) • Explain what is meant by ejaculation and wet dreams	internal, inside, reproductive organs, uterus, fallopian tubes, ovary/ovaries, cervix, vagina, menstruation, menstrual cycle, period, blood, sanitary pads, tampons, Adam's apple, penis, testicles, scrotum, sperm, semen, erection, ejaculation, wet dream, pubic hair
	Lesson 1 RECAP AND REVIEW	• describe the physical and emotional changes that occur during puberty and how to manage these • identify myths and facts about puberty, and what is important for a young person to know • demonstrate how to begin conversations (or ask questions) about puberty with people that can help us	puberty, person, child, teenager, adult, changing, growing, physical, emotions, feelings, bodies, now, future
Year 6 (Medway Y6 plans)	Lesson 2 CHANGE AND BECOMING INDEPENDENT	• describe some changes that happen as we grow up • identify the range of feelings associated with change, transition to secondary school and becoming more independent • describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities	change, life cycle, baby, toddler, child, adolescent, teenager, adult, middle-age, older person, growing up, feelings, emotions, independence
	Lesson 3 POSITIVE AND HEALTHY RELATIONSHIPS	• identify different kinds of loving relationships • describe the qualities that enable these relationships to flourish • explain the expectations and responsibilities of being in a close relationship • recognise how relationships may change or end and what can help people manage this	Relationship, friendship, couple, love, positive, qualities, values, expectations, responsibility, responsibilities