

Relationships and Health Education in the Summer Term:

Year Group	Summary of the learning questions explored in Summer term Health and Relationships Education
Reception	<p>What is the PANTS rule?</p> <p>What is good or bad touch?</p> <p>How can I keep myself safe?</p> <p>What is the same and different about families?</p> <p>What are stereotypes?</p>
Year 1	<p>What is hygiene?</p> <p>How do I keep myself safe?</p> <p>What are the different types of touch? Kind and Unkind, safe and unsafe?</p> <p>Who keeps me safe?</p> <p>What makes a family?</p>
Year 2	<p>What happens when we sleep?</p> <p>How can being online affect my health?</p> <p>How do different types of touch make me feel?</p> <p>What's the difference between risks, unsafe events and emergencies?</p> <p>What does my family do for me?</p> <p>What's the difference between a secret and a surprise?</p>
Year 3	<p>What body parts belong to me?</p> <p>How do I keep my body safe?</p> <p>How do different cultures celebrate growing up?</p> <p>How can families be different?</p> <p>How do we manage peer pressure?</p>
Year 4	<p>What is a healthy brain?</p> <p>What is the life cycle?</p> <p>What physical changes happen as we grow up?</p> <p>What is the menstrual cycle and period poverty?</p> <p>What makes a family unique?</p>
Year 5	<p>What are hormones?</p> <p>What physical changes happen during puberty?</p> <p>What emotional and social changes happen during puberty?</p> <p>What happens after adolescence?</p> <p>How can families change?</p> <p>How is an online relationship different to real life?</p>
Year 6	<p>What choices are there around substances? (Medicines vs Drugs)</p> <p>What is mental illness and addiction? (Understanding the brain)</p> <p>Why does the body change during puberty?</p> <p>How does the body change for reproduction? #</p> <p>How do we stay healthy as we age?</p> <p>How do we share love, care and commitment to others?</p> <p>What pressures may we face online in our relationships?</p>

Parents may withdraw their child from this lesson if they wish