

Relationships and Sex Education - Year 4



Key vocabulary

Puberty	The period during which adolescents reach sexual maturity.
Baby	A very young child.
Adolescent	The process of developing from a child into an adult.
Egg	The female reproductive cell.
Sperm	The male reproductive cell.
Cells	We have many cells in our body including brain cells, reproductive cells, skin cells etc.
Growing up	Advance to maturity, develop into an adult.
Responsibility	Being accountable for something.
Families	A group of people that love each other.
Secure environment	A safe environment where ones physical and emotional needs are met.

Key Knowledge

Prior	<ul style="list-style-type: none"> • be able to use the scientific terms penis, testicles, breast and vagina and explain which parts are male and which are female. • be able to give several examples of the capabilities of their own bodies. • be able to describe familiar hygiene routines and understand the reasons for doing these things. • be able to anticipate new responsibilities for their personal hygiene. • be able to explain how common illnesses are spread and be able to describe how they can prevent the spread of one such illness.
Current and suggested progression	<ul style="list-style-type: none"> • be able to identify the main stages of the human lifecycle and identify the stage of an individual with reasonable accuracy. • be able to explain that a baby grows from a male seed and a female egg. • be able to explain ideas about being grown up and show they have a relatively realistic view of adulthood. • be able to identify an area for which they can take more responsibility. • be able to explain some ways that parents/carers are responsible for babies and understand that these responsibilities are based on the fact that a baby cannot look after itself.



Stage: Fetus
Age: N/A



Stage: Baby
Age: 0 to 2



Stage: Child
Age: 3 to 12



Stage: Teenager
Age: 13 to 17



Stage: Elderly
Age: 67+



Stage: Adult
Age: 18 to 66