

**SEX AND RELATIONSHIPS EDUCATION – Spiral Curriculum – KS2 (revised February 2016)**

**Summary of Learning Outcomes**

	<b>Year 5</b>
<b>Feelings</b>	<ul style="list-style-type: none"> <li>• Recognise their own and other people’s feelings</li> <li>• Understand that they can control their behaviour</li> <li>• See things from other people’s point of view</li> <li>• Know that our feelings and reactions affect other people</li> </ul>
<b>Friends</b>	<ul style="list-style-type: none"> <li>• Consider the qualities needed to be a good friend</li> <li>• Begin to understand their responsibilities towards their friends</li> <li>• Recognise the skills needed to sustain a friendship</li> <li>• See things from other people’s points of view</li> <li>• Understand that different people have different views</li> </ul>
<b>Growing up</b>	<ul style="list-style-type: none"> <li>• Know how both boys and girls bodies will change at puberty *</li> <li>• Understand the facts about menstruation *</li> <li>• Understand that changes at puberty affect bodily hygiene</li> <li>• Begin to accept responsibility for their personal cleanliness</li> <li>• Know the names for the male and female sex organs</li> <li>• Understand that different organs have different functions</li> <li>• Know about the range of human variations</li> <li>• Understand the physical and emotional changes that happen at puberty *</li> <li>• Understand what families provide for us and consider the importance of different qualities</li> <li>• Understand that within families we have responsibilities</li> <li>• Know that different family members expect different things of each other</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>• Recognise risk in different situations and understand that they can make judgements</li> </ul>