



SRE 2025

Year group	Lesson	Learning objectives
3	Who is in my family?	Identify changes during the human lifecycle Understand that changes are ongoing
	Changing body parts	Define puberty: the changes that occur sometime between 8-17 that turn children into young adults Know that puberty happens differently for everyone and ends at different times Understand the body parts and body changes at puberty are linked to human reproduction
	Feeling good about being different	Identifying positive things about themselves and others Understand boys and girls can both do the same tasks and enjoy the same things but stories, TV and people present stereotypes Recognise and challenge stereotypes with confidence
4	Growing and changing	Identify changes throughout the human life cycle Understand that change is ongoing Understand that change is individual
	Puberty –how our bodies change	Define puberty: the changes that occur sometime between 8-17 that turn children into young adults Identify physical changes associated with puberty Understand that everyone’s experience of puberty is different and that it begins and ends at different times
	Feeling, thinking, doing – changing relationships	Identify feelings and understand how they affect behaviour Show awareness that feelings change during puberty and these changes can affect our relationships Practise strategies for managing some of these relationships and changes Empathise with other people’s feelings in relationships, including parents and carers
5	What’s all this about puberty	Identify the physical, emotional and behavioural changes that occur during puberty for both males and females Understand that puberty is individual and can occur anytime between 8-17 Understand that body changes during puberty can affect relationships with people Devise strategies for managing some of these changes



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	Changing feelings and changing lives	Describe how feelings and behaviour change during puberty Understand how changes during puberty can affect relationships with other people Devise strategies for managing these changes
	Changing the way we keep clean	Explain how changes at puberty effects body hygiene Describe how to care for our bodies during puberty Recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming
	Becoming men and women	Understand how our attitudes and values about gender and sexuality may be affected by factors such as age, religion and culture Recognise and challenge gender stereotypes Understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour
	Physical changes associated with puberty (biological gender spate)	Describe menstruation and wet dreams Understand the relationship between the sex cells Know and can explain the effective methods for managing changes during puberty
6	Building good relationships	Identify positive qualities and expectations for a variety of relationships Explain the similarities and difference between friendships and intimate relationships Describe different types of intimate relationship, including marriage Understand that sex may be one part of an intimate relationship between adults
	Sexual relationships (biological gender spate)	Understand that sexuality is expressed in a variety of way between consenting adults Know that sexual intercourse may be one part of a sexual relationship Describe how babies are made, including the relationship between sexual intercourse and conception Name the male and female sex cells and reproductive organs
	Conception and pregnancy (biological gender spate)	Know the key male and female body parts associated with conception and pregnancy Define conception and understand the importance of implantation in the womb Know what pregnancy is, where it occurs and how long it takes
	Your questions answered	Answer their questions about sex and relationships Use appropriate language to discuss sex and relationships with confidence Identify sources of information, support and advice for children and young people



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