







# Waterbeach Community Primary School

## Curriculum Capture for Year 2 PSHE: Relationships and Sex Education

### Key Knowledge and Skills

<p><b>The Human Life Cycle - How do babies change and grow?</b></p> <p>A life cycle describes the life of a living being from when it is born to when it grows up, including all the changes during this time.</p> <p><u>Baby</u></p> <ul style="list-style-type: none"> <li>When babies are born, they can't do anything for themselves.</li> <li>Up until they are six months old, babies don't eat normal food, they only drink milk because it has all the things a baby needs to grow properly.</li> <li>Babies need lots of sleep.</li> <li>Babies can't talk, when something is wrong, they will let people know by crying.</li> </ul> <p><u>Toddler</u></p> <ul style="list-style-type: none"> <li>The toddler stages are from ages 1 to 3.</li> <li>As well as learning to walk, toddlers go through lots of other changes.</li> <li>Their teeth start to grow.</li> <li>They start learning to talk.</li> <li>Toddlers start learning to eat lots of food and to feed themselves.</li> </ul> <p><u>Child</u></p> <ul style="list-style-type: none"> <li>The stage where you are learning to be independent, which means there are more things you can do on your own.</li> <li>An important part of this stage is starting school. This stage is full of lots of changes and children learn to do lots of things, such as:</li> </ul> <ul style="list-style-type: none"> <li>- reading</li> <li>- writing</li> <li>- counting</li> <li>- riding a bike</li> <li>- swimming</li> </ul> <div style="text-align: center;">  </div> <p><u>Teenager</u></p> <ul style="list-style-type: none"> <li>The teenage stage is from ages 13 – 19. Teenagers are getting ready to be adults and are becoming independent.</li> <li>Teenagers' bodies change a lot during this stage. They get taller and start to look more like adults.</li> </ul> <p><u>Adult</u></p> <ul style="list-style-type: none"> <li>Being an adult is also called being a grown-up.</li> <li>There are lots of things that grown-ups can do. A lot of adults get jobs and live on their own, with friends or with a partner.</li> <li>At some point, many adults have children of their own (reproduce), which starts the human life cycle again.</li> </ul> <p><u>Old Age</u></p> <ul style="list-style-type: none"> <li>Old age is the later stage of being an adult.</li> <li>Older people retire, which means they stop working.</li> <li>Some old people have grey or white hair.</li> <li>Sometimes old people might move more slowly because their joints and muscles ache.</li> <li>Older people's eyes might not work as well so they might need glasses for reading or seeing far away.</li> </ul>	<p><b>What's growing in that bump?</b></p> <ul style="list-style-type: none"> <li>A baby grows inside a female animal or human body.</li> </ul> <p><b>What are the needs of babies and young children?</b></p> <ul style="list-style-type: none"> <li>Babies need an adult to feed them, to keep them clean, to make sure they have the things they need in order to keep healthy and safe.</li> </ul> <div style="text-align: right;">  </div> <p><b>How have I changed since I was born?</b></p> <p>The children have changed lots from being a baby to their current age 6/7.</p> <ul style="list-style-type: none"> <li>Grown taller</li> <li>Grown baby teeth, that might have fallen adult and been replaced by adult teeth.</li> <li>Learnt to crawl, walk, run, ride a bike.</li> <li>Learnt to talk, read and write.</li> <li>Learnt to do things for themselves such as brush their teeth, getting dressed, feeding themselves, keeping clean.</li> </ul> <p><b>What are my responsibilities now I'm growing up?</b></p> <ul style="list-style-type: none"> <li>Talk about responsibilities I have now e.g. getting myself dressed.</li> <li>I can say how I can help other people e.g. laying the table.</li> </ul> <p><b>What is a family?</b></p> <ul style="list-style-type: none"> <li>There are all sorts of ways to be a family. A family might have one mum, or one dad, one mum and one dad, two mums, two dads, a granny or an aunty, a grandpa or an uncle. Families might be different but what makes all families special is that they love and care for the all the people in the family whoever those people are.</li> </ul> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div>
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### Vocabulary

<b>Healthy</b>	In good physical or mental condition; in good health.	<b>Lifecycle</b>	Describes the life of a living being from when it is born to when it reproduces.
<b>Need</b>	Something required because it is essential or very important.	<b>Reproduce</b>	Produce offspring.
<b>Responsibility</b>	Taking control of things.	<b>Pregnant</b>	When a female is carry a baby inside their body.
<b>Birth</b>	When a baby come out from it mother's body.	<b>Baby</b>	An animal/human when it is very young.
<b>Death</b>	The end of a life.	<b>Toddler</b>	Humans aged from 1 to 3 years.
<b>Man Male</b>	A person who has a penis and testicles for sexual body parts.	<b>Teenager</b>	A person who is between 13 and 19 years old.
<b>Woman Female</b>	A person who has a vulva and a vagina for sexual body parts.	<b>Adult</b>	A fully grown person, usually 18 years old.

**Useful links for parents:**

- <https://www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it>
- <http://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/>
- <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexual-behaviour-children/>