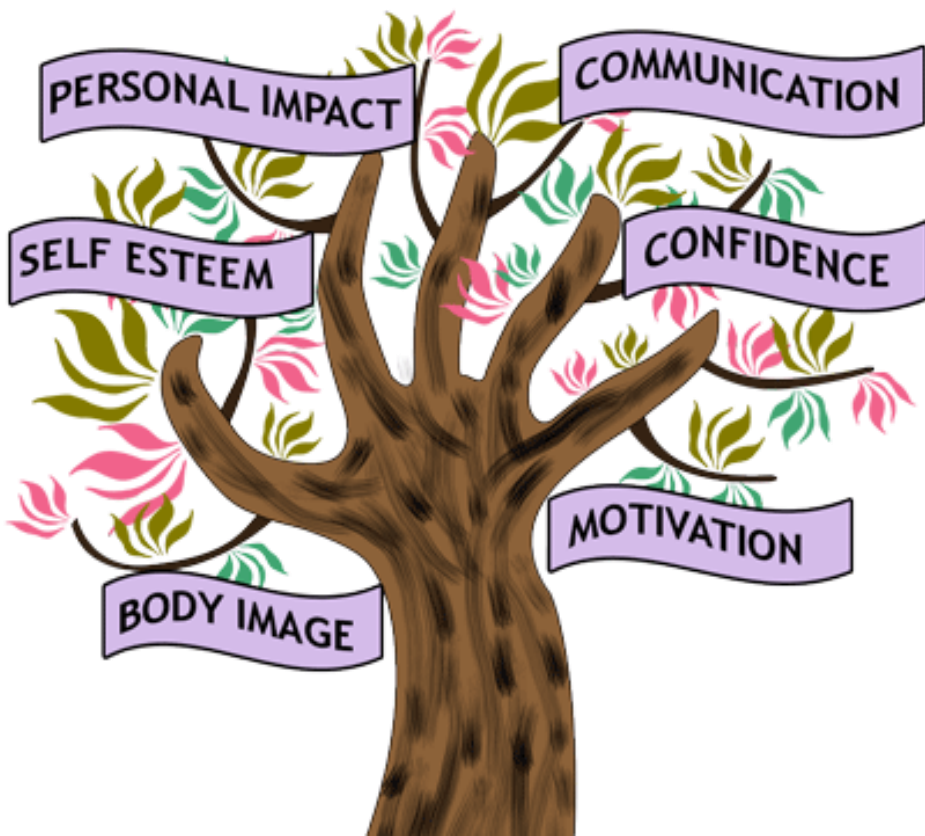


PSHE

Nutrients, water and its effects on our bodies

- I understand what nutrients are and how we find them in different foods.
- I can identify which foods belong to which group (carbohydrate, protein, fat....)
- I can explain the basic function of each nutrient.
- I understand how nutrients help my body perform to its best)



Sex Education

- Use the correct names for the internal and external reproductive organs
 - Understand how offspring is reproduced (Sexual intercourse)
 - Understand how to have responsible sexual relationships
- Understand that offspring inherit characteristics from their parents (Animals including humans)