

PSHE

Energy from our food and energy from exercise.

- I understand that food and drink provide energy for the body so we can be active and stay healthy.
 - I know different foods provide different amounts of energy
- I know that different amounts of energy are needed for different activities.
- I understand how exercise and the amount of energy burned are linked.

Sex Education

- To understand how to manage personal hygiene and the practicalities of puberty.
 - To understand physical process of puberty
- To describe the process of reproduction in plants and animals (seed fertilisation-not intercourse)
 - To understand pregnancy and the body parts needed to make a baby
 - To understand that you have a right to refuse

