



Russell Hall Primary School

Sex and Relationships Education

Green – Science Red – Relationships Blue – Sex Ed

	<p>Relationships and Sex Education Programme delivery from: Islington Primary Scheme of Work for PSHE Education Years 1-6 2020 – School Nursing team will deliver puberty talk to Year 5 boys and girls in separate groups Year 4 and 6 Teachers will receive input for puberty talk from SCARF and co-delivery of first lesson.</p>	<p>Further detail regarding the Sex Education Curriculum, including vocabulary and resources that would be taught.</p>
Year 1	<ul style="list-style-type: none"> • What makes themselves and others special • Roles and responsibilities at home and at school • Being co-operative with others 	
Year 2 Boys and girls, families	<p>Pupils learn that everybody needs to be cared for and ways in which they can care for others.</p> <p>Pupils understand that we all have different needs and require different types of care</p> <ul style="list-style-type: none"> • Identify ways we show care towards each other • Understand the links between needs, caring and changes throughout the life cycle <p>Pupils learn about different types of family and how their home-life is special</p> <ul style="list-style-type: none"> • Can describe different types of family • Identify what is special and different about their home life • Understand that families care for each other in a variety of ways 	<ul style="list-style-type: none"> • To learn that a male and female is needed to make a baby. • To know that only females can breast feed. • To understand the biological differences between a male and a female (naming parts) • To know that these are parts are the 'sex parts' and that a woman has these inside her body and a man's parts can be seen on the outside.

To understand the biological differences between male and female animals and their role in the life cycle

The biological differences between male and female children

- To know that the penis in a grown adult male helps to make a baby with a female adult.
- To understand the human life cycle and how we change over the years.
- To know that lots of body parts in males and females are the same but there are biological differences.

VOCABULARY COVERED

male

female

sex parts

vagina

penis

RESOURCES

Books

The world is full of babies – Mick Manning and Brita Granstrom Watts

Tell me about the day I was born – Jamie Lee Curtis

Once there were giants – Martin Waddell and Penny Dale Walker.

<p>Year 3 Identity, society and equality: celebrating difference</p>	<ul style="list-style-type: none"> • Pupils learn about valuing the similarities and differences between themselves and others • Pupils learn about what is meant by community • Pupils learn about belonging to groups 	
<p>Year 4 Growing up and changing</p>	<ul style="list-style-type: none"> • Pupils learn about the way that we grow and change throughout the human lifecycle • Pupils learn about the physical changes associated with puberty • Pupils learn about menstruation and wet dreams • Pupils learn about the impact of puberty in physical hygiene and strategies for managing this. <p>Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty.</p> <ul style="list-style-type: none"> • Pupils are able to describe how feelings and behaviour change during puberty • Can devise strategies for managing these changes • Understand how changes during puberty can affect relationships with other people <p>Pupils learn strategies to deal with feelings in the context of relationships</p> <ul style="list-style-type: none"> • Pupils are able to identify feelings and understand how they affect behaviour • Can practise strategies for managing relationships and changes during puberty • Can empathise with other people's feeling in relationships including parents and carers 	<ul style="list-style-type: none"> • To revisit Human Life Cycles and review changes in males/females. • To understand the physical changes associated with puberty. • To understand that puberty can begin from the age of 8-17 • To understand stereotyping and discrimination. <p><u>VOCABULARY COVERED</u></p> <p>vagina penis breasts chest testicles wet dreams menstruation periods male voice change acne deodorant male sex cell (sperm) female sex cell (ovum) genitals</p>

Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it.

- **Pupils can identify sources of information, support and advice for children and young people.**
- **Can use appropriate language to discuss puberty and growing up with confidence.**
- **Can answer their own questions about puberty and growing up.**

**pubic hair
hygiene
growth spurt
erection
ejaculation
masturbation**

RESOURCES

Books

Amazing Grace

-Mary Hoffman Caroline Binch

Love you forever – R Munsch Red Fox

SEAL – Melanie's Journal p13-14

<p>Year 5 Identity, society and equality</p>	<p>Stereotypes, discrimination and prejudice (Including tackling homophobia)</p> <ul style="list-style-type: none"> • About stereotyping, including gender stereotyping • About prejudice and discrimination and how this can make people feel 	
<p>Year 6 Healthy relationships and how a baby is made</p>	<p>About the changes that occur during puberty To consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact What values are important to them in relationships To appreciate the importance of friendship in personal relationships About human reproduction in the context of the human lifecycle</p> <p>Pupils learn how a baby is made and grows (conception and pregnancy)</p> <ul style="list-style-type: none"> • Pupils know the male and female body parts associated with conception and pregnancy • Can define conception and understand and the importance of implantation in the womb • Know what pregnancy is, where it occurs and how long it takes <p>Pupils learn about roles and responsibilities of carers and parents</p> <ul style="list-style-type: none"> • Pupils can identify some of the skills and qualities needed to be a parent or carer • Pupils understand the variety of ways in which parents and carers meet the needs of babies and children • Can recognise that both men and women can take on these roles and responsibilities <p>Pupils learn to answer each other's questions about sex and relationships with confidence and know where to find support and advice when they need it.</p>	<ul style="list-style-type: none"> • To understand and identify the physical, emotional and behavioural change that occurs in both male and females in puberty. • To know that body changes in puberty are in preparation for sexual maturity. <p><u>VOCABULARY COVERED</u> intimate relationship love values attitudes media influence reproductive organs positive body image marriage sexual intercourse conception making love emotions pregnancy</p> <p><u>BOOKS</u> Let's talk about where babies come from Robie H Harris</p>

	<p>Additional lessons:</p> <p>Pupils learn some myths and conceptions about HIV, who it affects and how it can and cannot be transmitted</p> <p>About how the risk of HIV can be reduced</p> <p>That contraception can be used to stop a baby being conceived.</p>	<p>To understand the definition of aids and it's affects.</p> <p>To know how contraception can be used to prevent pregnancy.</p> <p><u>VOCABULARY COVERED</u></p> <p>contraceptive patch/implant/pill/injection male condom female condom abortion morning after pill (emergency contraception)</p>
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