

# Relationships and Health Education

Sex Education

Parents Workshop

# Curriculum

Sex education fits into both the Science and Relationships and Health Education Curriculums.

As a Trust we use the Christopher Winters Relationships and Health Education programme. This resource is designed to be used in Reception through to Year 6 and includes an overview of a spiral curriculum for RSE, schemes of work and lesson plans that combine a range of teaching styles and active learning techniques.

The overview of the Curriculum is in the Sex and Relationships policy on the school website and each term, each year groups curriculum overview is published giving an overview of all of the subjects to be taught that term.

# Compass Curriculum: Relationships and Health Education (PSHCE)

Throughout KS2 Children will deepen their understanding of a health, lifestyle choices and the impact of these. Children will build on their understanding of how to keep themselves and others safe. Children will focus on personal development, identity and values, building self-esteem and respect for themselves and others and understanding what makes a healthy relationship including those online. They will be introduced to aspects of the human life cycle like puberty and will have gained some understanding of human reproduction in the context of healthy and respectful relationships. Children will continue to learn and understand how to keep themselves safe. They will understand the key facts about puberty, including physical and emotional changes, menstrual well-being and the menstrual cycle. Children will be well prepared for adolescence, including knowing how a baby is conceived and basic facts about pregnancy. Children will have a good understanding of the equalities act 2010 and explore some of the injustice and inequalities that led to its formation. They will develop a growing understanding of prejudice in its many forms, exploring the idea of unconscious bias and institutionalised racism.

# Science National Curriculum

- KS1 identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
  - notice that animals, including humans, have offspring which grow into adults
  - find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
  - describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
- 
- KS2 describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
  - describe the life process of reproduction in some plants and animals
  - describe the changes as humans develop to old age

# Sex and Relationships Education (SRE)

SRE is not just about reproduction and sexual health. It is about enabling children to act responsibly in making choices and maintaining relationships with others and to feel good about themselves and the choices they make. It is about developing assertiveness skills and the ability to respect themselves and others.

# SRE education involves:

- Providing information and knowledge
- Challenging beliefs
- Forming positive attitudes and values
- Promoting skills necessary for effective communication and loving, caring and happy relationships
- Encouraging positive behaviour

This is achieved using a developmental approach, beginning in the Early years at an appropriate level and progressing through childhood and adolescence into adulthood.

The Sex Education aspect of the Relationships and Health Education Curriculum is non-statutory for primary school and parents have the right to excuse their children from aspects that are not part of the Science National Curriculum which is statutory. We are always happy to discuss concerns that parents may have and share resources that we plan to use.

# CWP Curriculum Overview

reception

year 1

year 2

year 3

year 4

year 5

year 6

Additional

## Reception Family and Friendship

- Lesson 1: **Caring Friendships**
- Lesson 2: **Being Kind**
- Lesson 3: **Families**

## Year 1 Growing and Caring For Ourselves

- Lesson 1: **Different Friends**
- Lesson 2: **Growing & Changing**
- Lesson 3: **Families & Care**

## Year 2 Differences

- Lesson 1: **Differences**
- Lesson 2: **Male & Female Animals**
- Lesson 3: **Naming Body Parts**

## Year 3 Valuing Difference and Keeping Safe

- Lesson 1: **Body Differences**
- Lesson 2: **Personal Space**
- Lesson 3: **Help and Support**

## Year 4 Growing Up

- Lesson 1: **Changes**
- Lesson 2: **What is Puberty?**
- Lesson 3: **Healthy Relationships**

## Year 5 Puberty

- Lesson 1: **Talking about Puberty**
- Lesson 2: **The Reproductive System**
- Lesson 3: **Help and Support**

## Year 6 Puberty, Relationships & Reproduction

- Lesson 1: **Puberty & Reproduction**
- Lesson 2: **Communication in Relationships**
- Lesson 3: **Families, Conception & Pregnancy**
- Lesson 4: **Online Relationships**

## Additional Folder Year 5/6

- Unit 1: **FGM**
- Unit 2: **Respect and Equality**



resources

# Sex Education- Ground Rules

Before starting any work in RHE and Sex Education we discuss the ground rules with the children to create a safe and supportive environment:

Not to ask personal questions

Not to share information with younger siblings

Questions may be answered in class but may be more appropriate on a one to one or for parents to follow up

Try to use correct scientific vocabulary



# Teaching:

Some lessons will be taught as a whole class

Some lessons will be in same sex groups

Class teachers teach the lessons

The lesson will follow a similar format to other lessons- teaching input- some through the use of videos, discussion and written activities.

## Channel 4 Living and Growing

We use the Channel 4 series- Living and Growing to support our teaching.

In Year 5 the children watch the videos about the changes that happen in puberty- Changes, Girl Talk and Boy Talk and also How Babies are Made.

In Year 6 we revise this and watch How Babies are Born.

# Resources for Home

There are lots of resources available to support conversations at home with your children.

