

Threshfield Primary School Sex and Relationships Education Scheme of Work

We follow the Lancashire Learning Excellence Scheme of Personal, Social and Health Education (PSHE) as well as the Social and Emotional Aspects of Learning. (SEAL) The scheme covers all aspects of PSHE and the following grid shows what Sex and Relationships Education (SRE) is taught in KS1, lower KS2 and upper KS2. Much of the content overlaps with the National Curriculum Science program of study. Parents have the right to withdraw their child from other parts of SRE and are invited to discuss this with the head teacher if they are considering this. If the child is withdrawn they will be given alternative work for the duration of the lesson. It should be noted however that the 2014 Growing Up in North Yorkshire School survey showed 100% Threshfield pupils found lessons about growing up and body changes useful and most were confident in talking to parents and teachers about this.

| Content | Learning outcomes | Example Activities |
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| <p>Years 1 & 2 Me, myself, others</p> <p>Growing from young to old</p> <p>Correct terminology</p> <p>Birth of animals</p> | <p>Identify likes/dislikes Talk about themselves Feel good about themselves Understanding the concept of growing from young to old</p> <p>Name the correct words for the external parts of the body</p> <p>Know and understand life processes of humans and other animals</p> <p>Understand that a baby takes 9 months to</p> | <p>Circle time activities which explore likes/dislikes Activities to build confidence and self esteem</p> <p>Compare differences in boys and girls Compare photos of now and then Sequencing pictures of baby, toddler, infant, teenager, adult Role-play areas, baby clinics and hospitals Celebrate birthdays Read/discuss "Love you Forever" Draw round the body and label it Discuss family names for parts and correct names for classroom use ie. penis, vagina, breasts Discuss "doctors' words" for parts of the body. Story books about animals and their offspring Farm visit Study life cycles Pictures showing how a baby develops over 9 months</p> |

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| <p>New baby in the family</p> | <p>develop Realise that babies need a lot of care Understand their place in the family</p> | <p>Discussion about who has younger brothers/sisters and how they felt when they were born Measuring pregnant mums tummy each month Looking at scan pictures of the unborn baby Mother and baby visit, bath/feed/talk about care needed.</p> |
| <p>Years 3 & 4 My changing body My changing feelings and emotions Birth of a baby</p> | <p>Understand that their bodies will change Understand and cope with the physical changes that take place at puberty Use the language to describe changes and feelings Discuss why being different can provoke teasing and know why this is unacceptable Discuss appropriate hygiene products and demonstrate their use Feel good about their bodies Recognise their changing emotions Express their feelings positively Add to their feelings vocabulary Understand that privacy is a natural requirement Understand how a baby develops and is born Explore attitudes towards the father's role in the birth Explore the role of the midwife and other support given to the mother during birth Recognise the love shown for a baby by both mother and father</p> | <p>Discuss what puberty is and when it happens List body changes that take place at puberty, sort into categories for boys/girls/both Read "hair in funny places" Cost out hygiene products for boys/girls Talk about sweat glands and need for keeping clean Talk about worries about growing up and why body shape can cause teasing Discuss how to deal with teasing or prevent it Self esteem raising activities to help feel good about their bodies Discuss different feelings and emotions Recognise body language and how to look assertive Expressing feelings in an assertive manner Explore the growing need for privacy from age 4 to age 9 and acknowledge this is OK and part of growing up Link to science work on animal life cycles Watch the BBC or Channel 4 video birth Draw out the role of the father in the birth Focus on the wonder of new life Discuss things needed to be able to look after a baby, toddler, infant, child, teenager Read stories about how babies are born</p> |

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| <p>Years 5 & 6</p> <p>Building self esteem</p> <p>How emotions change during puberty</p> <p>Sexual intercourse and contraception</p> <p>Giving birth and parenting</p> | <p>Show confidence in a wide range of new situations</p> <p>Recognise their own worth and identify positive things about themselves and others</p> <p>Feel good about themselves</p> <p>Identify the changes at puberty</p> <p>Use correct terminology</p> <p>Understand why these changes occur</p> <p>Talk about ways of coping with the changes</p> <p>Understand the differences between the changes for boys and girls</p> <p>Identify issues common to both sexes and talk about them</p> <p>Recognise their changing emotions</p> <p>Understand hormones in mood swings</p> <p>Recognise that others have the same/different feelings to themselves and that is all part of growing up</p> <p>Consider how they feel about their growing, developing body</p> <p>Identify the main stages of reproduction and the human life cycle</p> <p>Understand that their actions have consequences</p> <p>Realise the responsibility of looking after a baby</p> | <p>Circle time- pupils say positive declarations about person to their left and then swap places if they like what was said</p> <p>Circle time activities eg. I feel good when...What I like about myself is..</p> <p>Use leaflets and websites for information, take leaflets home to discuss with parents</p> <p>BBC video "Growing up 9-11 yrs" view sections on puberty</p> <p>Talk about how their bodies are getting ready for adulthood</p> <p>Draw a personal time line for growth</p> <p>Read stories about growing up</p> <p>Discuss what grown-up means</p> <p>In groups, have set of six cards labelled love anxiety, elation, moodiness, anger, jealousy. Each take a card and act out the emotion for others to guess. Discuss when they have felt each emotion.</p> <p>Discuss what caused the emotion and how they dealt with it</p> <p>Do they feel this emotion more now than when they were younger?</p> <p>Keep a feelings diary over two weeks, review and discuss similarities and differences</p> <p>Talk about how hormones can be responsible for these feelings</p> <p>Discuss mood swings, tension these can cause, possible solutions</p> <p>Feelings out of control, what causes them, what can help</p> <p>Recognising and reading body language</p> <p>Expressing feelings assertively</p> <p>Base discussion on "Hair in Funny Places" and lead on to explain process of sexual intercourse, emphasising values of respect, love and care and relationships that are healthy, equal and safe. Sensitivity to the varied maturity and understanding of different pupils is key and not all questions will be answered in a group situation.</p> <p>Give each child a bag of flour to look after, discuss how difficult it was!</p> |
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