

A teaching overview of Relationship and Sex Education

Please note:

- Lessons times may vary dependent on the teachers' delivery of the content.
- Materials for each specific year group will be shown at the scheduled RSE meetings held for that year group.
- RSE lessons are generally taught at the end of the summer term.
- Internet safety and 'stranger danger' is an important element of all RSE lessons and will be discussed throughout the lessons. Internet safety is also an important part of learning across the curriculum.
- Should you have any further queries please contact your class teacher.
- If you would not like your child to take part in the RSE sessions, there is the option to withdraw. Written permission will be needed and given to the class teacher.

All RSE lessons begin with the class teacher and the children devising a set of learning behaviour expectations. Primarily, this is to ensure a comfortable environment where children feel able to share their thoughts and questions in the class setting.

Year 3:

Lesson 1:	Through a range of activities, this lesson encourages children to make careful observations about the differences and similarities they have with other people. These may include appearance, personality and hobbies. Discussion allows children to recognise how they have developed as individuals since they were a baby and what characteristics make them who they are today.
Lesson 2:	This lesson introduces the physical differences of males and females, as well as the external body parts which are mainly shown through images of babies and cartoon drawings. The learning draws on the term 'private parts' and what is meant by this. The limitations of scientific vocabulary in year 3 are solely the external sex parts.
Lesson 3:	This lesson delves into an important part of the PSHE curriculum where the children are encouraged to recognise the signs of 'good touch' and 'bad touch.' Examples of touches that are discussed are ones that the children will recognise e.g. in the playground, touches to show affection such as cuddles and touches to show aggression. In this lesson, children will develop an awareness of personal space and offer suggestions about how they could tell someone if they are not comfortable.
Lesson 4:	The final lesson in year 3 explores different types of families in society. Children are encouraged to recognise what makes up a family and about how there is no longer a 'conventional' type of family. They will explore the characteristics that make a loving family and how these relationships are developed.

<u>Year 4:</u>	
Lesson 1:	The first lesson in year 4 focuses on life cycles; learning that the children would have done in Key Stage 1. The lesson explores what a life cycle entails and is explained through the life cycles the children should have prior knowledge of for example a butterfly or a frog. Throughout this lesson, children are able to recognise the positive changes of how people develop from a baby to a teenager, adult then an elderly person.
Lesson 2:	<p>The learning explores contributing factors that make us special as individuals and draws links on how these are as a result of emotional and physical changes we experience as we grow up. Through meaningful discussion, Children will recognise different changes they have experienced since they were a baby. This encourages the children to consider some of the changes which we do not have any control over (such as puberty); as well as the choices we can make concerning those which we do have control over (some example being: appearance, personality and achievements.)</p> <p>This lesson identifies the physical changes children experience as they grow from a child into an adult. The learning is supported with cartoon diagrams of the external body parts. These are further discussed within the content which is appropriate to the age group and in context of the lesson.</p>
Lesson 3:	<p>Drawing upon the previous session, Babette Cole's picture book 'Hair in funny places' is used to support the children's understanding of the physical changes they will experience during puberty. This is a child- friendly book aimed at younger readers, which touches on the female character's concern that she is not developing at the same rate as her friends. Enabling a vital point of discussion, this allows the class teacher to explain how hormones are activated at different times for different people and therefore a reason for why changes in puberty occur at different rates for both males and females. The menstrual cycle is mentioned briefly but is taught in more detail in Year 5.</p> <p>In this lesson children are able to identify the responsibilities they have over the changes they can and cannot have any control of, as well as recognise the achievements they have experienced as they have grown.</p>
<u>Year 5:</u>	
Lesson 1:	The first lesson in year 5 re-visits the learning about puberty covered in year 4; these include the physical and emotional changes individuals can go through as well as reminding children that puberty occurs at different rates. Children will understand the physical and emotional changes that could happen to only males or females and those that both genders will experience as they develop into an adult.
Lesson 2:	The teaching and learning in Year 5 explores the topic of puberty, particularly the male and female reproductive organs. Please note that reproduction is not taught until year 6 but the scientific vocabulary for the individual reproductive organs are discussed in this lesson in regards to the physical changes that occur during puberty.

Lesson 3:	Developing on the children's prior knowledge, the learning in this lesson explores the physical changes happening for both genders as they develop; menstrual cycle for females and brief mentioning about wet dreams for males. Naturally children will experience these at different times and perhaps some not at all; however legislation recommends that children are educated about these changes on the onset of the change happening to the individual.
Lesson 4:	The final lesson in Year 5 delves into the importance of physical hygiene, particularly as children are growing. They will explore a range of essentials and its significance but not reliance e.g. importance of shower, use of deodorant and clean clothes. This will enable valuable discussion about gender stereotypes and social pressures to look a certain way. E-safety elements is entwined throughout this lesson, focusing on the use of mobile phones and its potential harm in terms of stranger danger, use of photos, bullying etc and equip the children with an understanding of how to deal should these situations arise.
<u>Year 6:</u>	
Lesson 1:	Essentially this lesson re-caps the learning about puberty and physical hygiene in Year 5. It opens an opportunity for girls to understand the use of tampons and sanitary wear during the menstrual cycle. Similarly, discussion allows further opportunity for the children to recognise the changes that can occur for boys during puberty. They will be able to recognise which physical changes happen for males and females and which may be for males only. Links are made throughout to the learning from Year 5 as well as the text 'Hair in Funny Places' by Babette Cole. Overall, this lesson acts as an essential assessment for learning opportunity where the teacher is able to assess the children's current knowledge of reproduction. This will help inform the teaching and learning for the individual's in the next few lessons.
Lesson 2:	Drawing on the learning taught in Year 3, this lesson looks deeper at what makes a positive and safe relationship. Children will be able to identify signs which indicate a loving relationship and how one can express their emotions. There is a strong focus on the meaning of consent.
Lesson 3:	Children learn about conception and reproduction through cartoon images. They will learn that it can be part of an adult relationship only and the purpose often being to start a family. This will link to the children's prior learning about the male and physical changes that occur as they are growing up and how these are to enable grown adults to begin a family when they are older should they choose to. Children will also learn about how a baby is born and will watch a video clip to support this.
Lesson 4:	The last lesson in Year 6 explores different communications in relationships e.g. friendships and family. This will touch on previous learning about the importance of open dialogue and sensible physical communication e.g. hugging. Internet safety is a vital part of this learning and the use of CEOP film clips (specifically aimed at young children) will help support children to recognise the warning signs online and how to deal with it.