



RELATIONSHIPS & SEX EDUCATION SCHEME OF WORK

The scheme of work for Relationships and Sex Education is divided into year groups due to the sensitive nature of the topics covered and the importance of making sure content is age appropriate. The skills and knowledge are divided into 'body' and 'relationships' and are taught in a range of ways, similar to those approaches used in PSHE. We use resources from 'The Christopher Winter Project' to support the teaching of RSE throughout the school. These resources have been commended by the PSHE Association and fully support the Science National Curriculum. In addition, Year 5 teachers use the 'Girl Talk' and 'Boy Talk' videos from the 'Living and Growing' resources to support the teaching of puberty. Teachers will ensure when planning their lessons that they will recognise the significance of factors including religious backgrounds, any special educational needs or disabilities of their pupils.

This scheme of work has been written in consultation with a range of stakeholders. Together, we decided that we needed to teach additional aspects of sex education which go beyond the national curriculum for science and PSHE in order to prepare our children for their transition to secondary school and later life. Our aim is that it will give children and young people essential skills for building and maintaining positive, enjoyable, respectful and non-exploitative relationships. Our Sex Education scheme of work document is progressive and tailored to the age and the physical and emotional maturity of our pupils. By following this scheme, we aim to ensure that our pupils are prepared for the changes that adolescence brings and by drawing on knowledge of the human life cycle set out in the national curriculum for science how a baby is conceived and born.

In the scheme of work document below, statements with (PSHE) or (science) next to them, are taught through those subjects and this content is statutory for all pupils. Under governmental guidance, children cannot be removed from PSHE or science lessons by parents and carers. As evidenced below, many aspects of our bespoke Sex Education scheme of work reflects the statutory guidance and enriches our PSHE curriculum but parents CAN remove children from Sex Education lessons as we understand that we must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science and PSHE. If a parent wishes to withdraw their child from any or all sex education lessons the head teacher will discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. As a school we document this process to ensure a record is kept.

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EYFS	Word box: friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb	
Statutory Guidance Relationships Education Caring friendships (2a,2c) Health Education Mental wellbeing (6b,6c,6g) Relationships Education Caring friendships (2d) Health Education Mental wellbeing (6b, 6c) Health Education Health and Prevention (6a, 6b).	Relationships	Body
	- To recognise the importance of friendships Resources: Christopher Winter Lesson 1: caring friendships - To recognise the importance of saying sorry and forgiveness Resources: Christopher Winter Lesson 2: being kind	- To understand why hygiene is important - To understand some basic hygiene routines Resources: The Smelly Book by Babette Cole The Boy Who Hated Toothbrushes by Zehra Hicks OLD Christopher Winter - Lesson 2: Keeping Ourselves Clean



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YEAR 1	Word box: clean, similar, different, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad, fostering, adoption, boy, girl, male, female, private, private parts, penis, testicles, vagina	
Statutory Guidance Relationships Education Respectful relationships (3a,3e) Healthy Education Mental wellbeing (6b,6c) Key Stage 1 Science - Identify, name, draw and label the basic parts of the human body Relationships Education Families and people who care for me (1a,1b,1c,1d,1f) Caring friendships (2e) Respectful relationships (3a,3e) Being Safe (5d,5e) Health Education Mental wellbeing (6b,6c)	Relationships	Body
	- To know who their family are (PSHE) - To know how their family are similar/different to other families (PSHE) Resources: Who's In A Family by Robert Skutch The Family Book by Todd Parr Mommy, Mama and Me by Leslea Newman Christopher Winter Lesson 3: families and care - To know who they should look after Resources: Christopher Winter Lesson 2: growing and changing	- To know how to keep their body clean Resources: OLD Christopher Winter - Lesson 1: Keeping Clean - To use correct names for different parts of the body (science) - To know which parts of the body are private (PSHE) It's My Body, A Book About Privacy by Louise Spilsbury



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YEAR 2		Word box: similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private, private parts, penis, testicles, vagina
Statutory Guidance	Relationships	Body
	- To talk about what their family means to them - To talk about what they like about themselves and their friends - To understand and challenge the fixed ideas that some people have about what boys and girls can do Resources: Pearl Power and the Toy Problem, Mel Elliott Julian is a Mermaid, Jessica Love Are you a boy or are you a girl, Sarah Savage and Fox Fisher Amazing Grace, Mary Hoffman & Caroline Birch Princess Pigsty by Cornelia Funke & Kerstin Meyer	- To use correct names for different parts of the body - To describe the differences between boys and girls - To know which parts of the body are private and keeping safe Resources: Christopher Winter Lesson 1: Differences Christopher Winter Lesson 3: Naming Body Parts

Relationships Education
 Families and people who care for me (1b)

Relationships Education
 Respectful relationships (3a,3g)

Key Stage 1 Science
 - Identify, name, draw and label the basic parts of the human body

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YEAR 3	Word box: stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, relationships	
Statutory Guidance Relationships Education Caring friendships (2d) Relationships Education Respectful relationships (3a, 3b)	Relationships	Body
	- To explain how their relationships have changed as they grow up - To explore why friendships change and how to make up with their friends when they fall out - To understand our personal identity. E.g. who we are - faith, family, gender, culture, hobbies Resources: Create a personal identity shoebox or bag to bring in and share with the class.	- To understand how their body has changed since being a baby - To understand the similarities and differences between boys and girls - To explore how bodies are different and that this is okay Resources: Christopher Winter Lesson 1: Body Differences Cinderella's Bum by Nicholas Allan



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YEAR 4		
Word box: stereotypes, gender roles, gender, sex & biological sex, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, relationships		
Statutory Guidance Health Education Changing adolescent body (8a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals Relationships Education Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)	Relationships	Body
	- To explore how to be a good friend and healthy relationships - To explore why some people treat each other badly Resources: Christopher Winter Lesson 3: Healthy Relationships - To discuss why some parents are married and others are not Resources: Stonewall posters - different families, same love	- To recap body part names and similarities and differences between boys and girls - Life cycles - to know how we grow and change from a baby to elderly person and that the time from becoming a child to a teenager is called puberty Resources: Christopher Winter Lesson 1: Changes Hair In Funny Places by Babette Cole

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YEAR 5		
Word box: stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, hormones, breasts, wet dreams, relationships, adoption, fostering, homosexual, heterosexual		
Statutory Guidance Health Education Mental wellbeing (6c, 6d,6f,) Changing adolescent body (8a,8b) Menstruation (9a) Health Education Changing adolescent body (8a,8b) Menstruation (9a) Health Education Mental wellbeing (6a,6b,6c, 6d,6e,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Relationships	Body
	- To discuss what love is - To explore how we show love towards each other Resources: And Tango Makes Three by Justin Richardson and Peter Parnell Frog in Love by Max Velthuijs - To explore why families are important for having babies and bringing them up - including different family types. - To explore what the words heterosexual and homosexual mean and the different marriages and partnerships	- To know what puberty is and understand some of the changes that happen during puberty particularly from age 9 through to age 11, including physical and emotional changes (PSHE) - To know how boys' and girls' bodies change during puberty and at what age. - To know how personal hygiene routines change during puberty and how to look after their body during puberty Resources: Channel 4 Living & Growing Videos - Girl Talk & Boy Talk Christopher Winter Year 4 Lesson 2: What Is Puberty? Christopher Winter Year 5 Lesson 1: Talking About Puberty Christopher Winter Year 5 Lesson 2: The Reproduction System https://kidshealth.org/en/teens/menstruation.html Christopher Winter Year 5 Lesson 3: Puberty Help & Support Medway Primary RSE Lessons - Medway Year 4 & 5 OLD Christopher Winter Year 5 Lesson 3 - Puberty & Hygiene - To explore if there is a 'normal' body type Resources:



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		Shapesville by Andy Mills
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YEAR 6		Word box: womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, IVF, relationship, friendship, consent, intimacy, communication, transgender, reproduction
Statutory Guidance Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b) Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e) Relationships Education Families and people who care for us (1c,1d,1e) Key Stage 2 Science - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents	Relationships	Body
	- To explore the importance of communication and respect in relationships Resources: Christopher Winter Lesson 2: Communication in Relationships - To describe the decisions that have to be made before having a baby and know what the skills involved in looking after a baby are - To know some basic facts about pregnancy and contraception Resources: Christopher Winter Lesson 3: Families, Conception & Pregnancy - What is gender and what is your sex and how it may not correspond with biological sex - To explore what the word transgender means Resources: - Introducing Teddy by Jessica Walton - Red by Michael Hall 10,000 Dresses by Marcus Ewert - Julian is a Mermaid by Jessica Love - To know that people may be attracted to someone emotionally, sexually or romantically and that person may be of the same or different gender Resources: OLD Christopher Winter Year 6 Lesson 2: Understanding Relationships	- To describe how the body changes during puberty ready for sexual reproduction Resources: Christopher Winter Lesson 1: Puberty & Reproduction - To know about the process of reproduction and birth as part of the human life cycle: how babies are conceived (including same sex couples e.g. IVF, adoption etc.). Resources: PSHE KS2: Operation Ouch! How are babies made? (full programme) https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-full-programme/zhtnydm