



JUDITH  
KERR  
Primary School

**RSE**

**Relationship and Sex  
Education**

# What is RSE?

**Relationships and Sex Education** is learning:

- Accurate and age-appropriate skills, exploring values and attitudes, developing skills to enable pupils to build positive, respectful relationships, enabling them to lead fulfilling, happy lives.
- How to stay safe on and offline in the digital world in which pupils live.
- How our bodies change and grow during adolescence. Sex education enables children and young people to acquire knowledge about the body, reproduction and how a baby is made.

RSE is a powerful tool to safeguard children and young people. It promotes self-worth and gives children and young people the skills to take responsibility for their health and wellbeing. The Ofsted (2019) framework states that 'Primary-age children must be taught about positive relationships and respect for others, and how these are linked to promoting good mental health and well-being'.

# Where does it fit in?

RSE is an integral part of our, PSHE curriculum. The children take part in weekly circle time activities and events throughout the year which teach them about the diverse world we live in. RSE will only be one element of our enriched PSHE curriculum.

RSE teaching will take place during the Summer 2 term – where 3-5 lessons (depending on the year group) will focus purely on RSE.

# Christopher Winter RSE Scheme

## 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**

# Sensitivity

Some of the content which we will cover can be quite sensitive and in these lessons the children's questioning can dictate where a discussion leads.

As a school, we will follow these ground rules to ensure lessons remain consistent and appropriate. These will be shared with our children before the session:

- Members of staff will not answer personal questions.
- No one will be forced to contribute to discussions
- Only biological/scientific words will be used

# Do my children have to attend?

From Summer 2021, Relationship and Health Education is compulsory for all primary aged children.

Parents cannot withdraw from any lessons about puberty.

Parents still have the right to withdraw their child from Sex Education lessons.

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BEING THE RULER OF YOUR BODY MEANS:

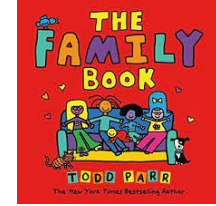


YOUR BODY IS YOURS.


Year 1

# RSE

## Growing and Caring for Ourselves



Vocabulary: friends, feelings, similar, feelings, boy, girl, male, female, private parts, vulva

<p><b>Lesson One</b> To understand some basic hygiene principles</p>	<p><b>Lesson Two</b> To understand that we are all different but still be friends</p>	<p><b>Lesson Two</b> To introduce the concept of growing and changing</p>	<p><b>Lesson Three</b> To look at the different types of families</p>	<p><b>Lesson Four</b> To know how to ask for permission</p>
<p><b>Key Knowledge</b> Know how to keep clean and look after ourselves Know what parts of our body are private and how to give consent</p>	<p><b>Key Knowledge</b> Know what a friend is Know that we can have friends who are different from us</p>	<p><b>Key Knowledge</b> Know that babies become children, and then adults Know the difference between boy and girl babies Know that babies need care</p>	<p><b>Key Knowledge</b> Know there are different types of families Know who we can go to for help</p>	<p><b>Key Knowledge</b> Know how to respond to physical contact if it makes them feel uncomfortable or unsafe Know that there are situations where they seek permission and also where it should be sought Know that your body belongs to you</p>
<p><b>Outcome</b> Look at why we have to change our outdoor shoes and wash our hands before lunch. Why do we do these things? Why else? What do we do at home? Children look at daily routines and how they stay clean. Incorporate consent and private parts</p>	<p><b>Outcome</b> Different Friends: Ch hold elephant and pass and introduce themselves Talking object – story bag containing elephant puppet and a school jumper or shirt – go through friendship scenario Discuss- ch draw pictures of a friend who is totally different from them</p>	<p><b>Outcome</b> Look at a new born baby and how they change Look at the differences between boys and girls Sequence their life cycles so far</p>	<p><b>Outcome</b> Go through role play Read the Family Book by Todd Parr Then in a circle discuss where we would go if we needed help.</p>	<p><b>Outcome</b> Role play scenarios Practice catch phrases- PANTS</p> <p>What are the PANTS rules?</p> 



BEING THE RULER OF YOUR BODY MEANS:



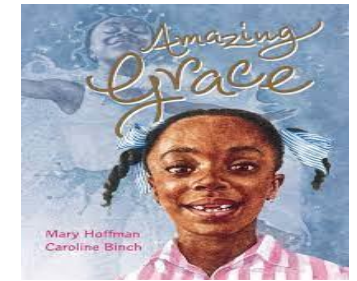
YOUR BODY IS YOURS.

Year 2




- Arms
- Feet
- Vagina
- Nipples
- Penis
- Testicles
- Hand
- Eyes
- Ear
- Knees
- Nose

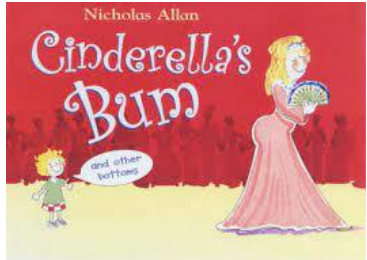
# RSE Differences



Vocabulary: similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts feelings, boy, girl, male, female, private parts, vulva

<p><b>Lesson One</b></p> <p>To introduce the concept of male and female stereotypes</p>	<p><b>Lesson Two</b></p> <p>To explore some differences between male and females and know understand how this is a part of the life cycle</p>	<p><b>Lesson Three</b></p> <p>To be able to name male and female body parts</p>	<p><b>Lesson Four</b></p> <p>To know how to ask for permission</p>
<p><b>Key Knowledge</b></p> <p>Know the difference between male and females</p> <p>Understand that some people have fixed ideas about what boys and girls can do</p> <p>Describe the difference between male and female babies</p>	<p><b>Key Knowledge</b></p> <p>Know that some difference between male and female animals</p> <p>Understand that making a new life needs male and a female</p>	<p><b>Key Knowledge</b></p> <p>Name the male and female body parts</p> <p>Describe the differences between male and females</p>	<p><b>Key Knowledge</b></p> <p>Know how to respond to physical contact if it makes them feel uncomfortable or unsafe</p> <p>Know that there are situations where they seek permission and also where it should be sought</p> <p>Know that your body belongs to you</p>
<p><b>Outcome</b></p> <p>Sort into hoops- boys and girls body parts/pictures</p> <p>Can we sort babies clothing- Read Princess Smarty Pants, Julian is a Mermaid or Amazing Grace discuss preconceptions</p>	<p><b>Outcome</b></p> <p>Sort words: male, female, he, she, women, man, boy, call, auntie, uncle</p> <p>Have pictures of male and female animals- can we sort them</p> <p>Discuss the differences</p>	<p><b>Outcome</b></p> <p>Play Simone says and point to body parts</p> <p>Sort pictures into hoops</p> <p>Read Its OK to be different Todd Parr</p>	<p><b>Outcome</b></p> <p>Role play scenarios</p> <p>Practice catch phrases-</p> 

Year 3



# SRE

## Valuing Differences and Keeping Safe



Vocabulary: gender roles, stereotypes, similar, different, boy, girl, male, female, private parts feelings, boy, girl, male, female, private parts, vulva, penis, testicles, vagina, uterus, fostering, same sex, adoption, relationship

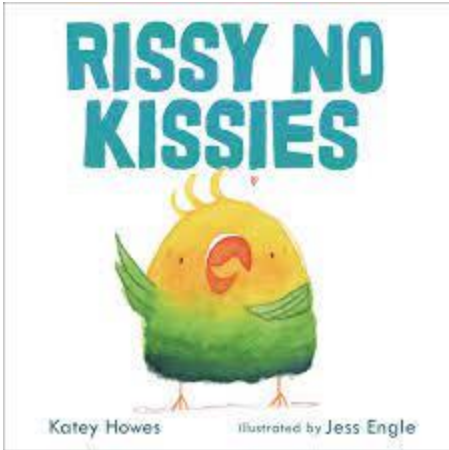
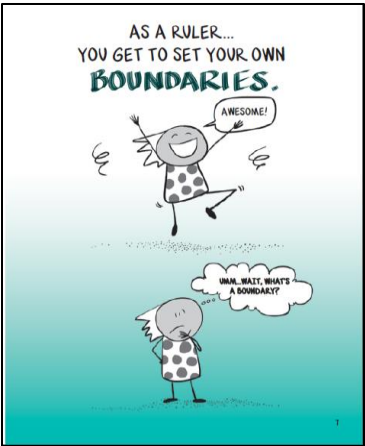
<p><b>Lesson One</b></p> <p>To explore differences between male and female body parts</p>	<p><b>Lesson Two</b></p> <p>To consider appropriate and inappropriate physical contact and consent</p>	<p><b>Lesson Three</b></p> <p>Explore Different Types of Families</p>	<p><b>Lesson Four</b></p> <p>To know how to ask for permission</p>
<p><b>Key Knowledge</b></p> <p>Know the difference between male and females</p> <p>Name body parts with agreed names</p>	<p><b>Key Knowledge</b></p> <p>Understand that each person's body belongs to them</p> <p>Understand personal space</p> <p>Know how to deal with unwanted touching</p>	<p><b>Key Knowledge</b></p> <p>Know that all families are different and have different members</p> <p>Know who to get support from when they need help</p>	<p><b>Key Knowledge</b></p> <p>Know how to respond to physical contact if it makes them feel uncomfortable or unsafe</p> <p>Know that there are situations where they seek permission and also where it should be sought</p> <p>Know that your body belongs to you</p>
<p><b>Outcome</b></p> <p>Body Differences</p> <p>Sort boys and girls body parts/pictures</p> <p>Read Cinderella's Bum</p>	<p><b>Outcome</b></p> <p>Have a bag textured objects and children describe how they touch.</p> <p>PANTS cards and unwanted touch scenarios</p>	<p><b>Outcome</b></p> <p>Look at the family pictures-what do they tell us about the relationships</p> <p>Who do we turn to- child line</p> <p>Read stranger danger</p>	<p><b>Outcome</b></p> <p>Role play scenarios- NSPCC</p> <p>Practice catch phrases-</p>

Year 4

Summer 2

RSE

Growing Up



Vocabulary: puberty, lifecycle, reproduction, physical. Emotional, breasts, sperm, egg, pubic hair, feelings

Lesson one To explore the human life cycle	Lesson Two To identify some basic facts about puberty	Lesson Three To explore how puberty is linked to reproduction	Lesson Four To explore respect in a range of relationships
<p><b>Key Knowledge</b></p> <p>Know and describe the main stages of the human life cycle Describe the body changes when a child grows up Know what male and female body parts are using the agreed words</p>	<p><b>Key Knowledge</b></p> <p>Know of some of the changes that which happen to a body during puberty Understand that puberty is an important part of the human life cycle</p>	<p><b>Key Knowledge</b></p> <p>Know about the physical and emotional challenges that happen in puberty Know that children change into adults via puberty Know that this happens to allow us to reproduce</p>	<p><b>Key Knowledge</b></p> <p>Know what a healthy relationship is including online ones Explain how friendship can make people feel unhappy or uncomfortable</p>
<p><b>Learning Outcomes</b></p> <p>Changes Recap on what the life cycle are Children sort words for males and females- agree body part names Children place on body where they might happen or are found</p>	<p><b>Learning Outcomes</b></p> <p>Children look at pictures of children and adults and observe changes Look at the changes that take place in puberty Answer life cycle quiz</p>	<p><b>Learning Outcomes</b></p> <p>What is puberty? Recap on what we learnt Play game matching cards to pictures Explain what reproduction is Do the body changes worksheet One good thing about puberty is...</p>	<p><b>Learning Outcomes</b></p> <p>Look at what makes a good friendship Play healthy friendship game Look at pictures of people in different relationships- discuss what they think they might know about them Look at how we are respectful online</p>

Summer 1

Year 5

# RSE Puberty



Vocabulary: puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, underarm hair, semen



6 FEBRUARY  
International Day of  
**ZERO TOLERANCE**  
for  
**FEMALE GENITAL MUTILATION**

**#EndFGM**

<p><b>Lesson One</b></p> <p>Explore the main physical and emotional changes that happen</p>	<p><b>Lesson Two</b></p> <p>Understand the females and male puberty changes in more detail</p>	<p><b>Lesson Three</b></p> <p>To explore the impact of puberty on the body and the importance of physical hygiene</p>	<p><b>Lesson Four</b></p> <p>To know that we all have the right to be safe</p>
<p><b>Key Knowledge</b></p> <p>Know what main physical changes could happen</p> <p>Describe how this can emotionally effect teenagers</p> <p>Ask questions about puberty with confidence</p>	<p><b>Key Knowledge</b></p> <p>Know how the reproductive organs change in puberty</p> <p>Describe what during mensuration and sperm production</p>	<p><b>Key Knowledge</b></p> <p>Know how to keep clean during puberty</p> <p>Explain how emotional relationship changes</p> <p>Explain how to get help and support</p>	<p><b>Key Knowledge</b></p> <p>Know how someone can be safe and in control of their body</p> <p>To know what FGM stands for</p>
<p><b>Learning Outcomes</b></p> <p>Talking about Puberty</p> <ul style="list-style-type: none"> <li>-Discuss the emotional and physical changes</li> <li>Ch sort words for males and females</li> <li>Ch place on body where they might happen</li> <li>Complete body changes worksheet</li> </ul>	<p><b>Learning Outcomes</b></p> <p>Male and Female Changes</p> <ul style="list-style-type: none"> <li>Go through slides about menstruation and then for Sperm production</li> <li>Play the Puberty card game- go through misconceptions</li> </ul>	<p><b>Learning Outcomes</b></p> <p>Puberty and Hygiene</p> <ul style="list-style-type: none"> <li>Play the memory game and look at why we might need the different aids e.g. deodorant, spot cream</li> <li>Go through puberty problems- and how best to deal with them</li> </ul>	<p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>Explain that today's lesson is about keeping their bodies safe- link to prior learning on consent</li> <li>Discuss what are private parts are</li> <li>Look at the PANTS cards- get them in groups to discuss what t means</li> <li>Look at FGM and what the anagram means- and how they can reach out to a safe adult and child line</li> </ul>

Summer 1

Year 6

SRE

# Puberty, Relationships and Reproduction



Vocabulary: womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal, private information, internet safety

<p><b>Lesson One</b> To consider puberty and reproduction</p>	<p><b>Lesson Two</b> To explore the importance of communication and respect in relationships</p>	<p><b>Lesson Three</b> To consider the different ways that people may start a family</p>	<p><b>Lesson Four</b> To explore positive and negative ways I of communicating in a relationship</p>
<p><b>Key Knowledge</b> Describe how and why the body changes during puberty for reproduction Talk about puberty and reproduction with confidence</p>	<p><b>Key Knowledge</b> Know what healthy and unhealthy relationships look like Know that communication, permission and consent are important in a relationship Know what form of touching is appropriate</p>	<p><b>Key Knowledge</b> Know the decision made around having a baby Know some basic facts about conceptions and pregnancy</p>	<p><b>Key Knowledge</b> Know when it is appropriate to share information and to whom Know the dangers of sharing information online To know where to get support from if a relationship goes wrong</p>
<p><b>Learning Outcomes</b> Recap on puberty and reasons for it. Ch sort words for males and females Ch place on body where they might happen or be found Discuss any misconceptions</p>	<p><b>Learning Outcomes</b> Recap on respect and what makes a healthy relationship- watch video. Look at the behaviours we find in a bad relationship- who can we turn to help? Look at the communication and touch card- discuss whether it is positive or negative</p>	<p><b>Learning Outcomes</b> Look at the couple's pictures –then create timeline Watch film – what is sex? Look at where babies come from- sort the statements and conduct quiz Play one thing I know...</p>	<p><b>Learning Outcomes</b> Look at what personal information is- then how do we define ourselves in context to a relationship. Look at scenarios- about when we should share information. Play online game for when/how we should /could share information</p>



Any questions?

Parents and Carers,

As a part of your child's education , we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

On the week commencing the 10<sup>th</sup> of July Year's 1-5 (Year 6 will happen the week before as they are on residential) will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Please look at the overview below which shows what each Year group will be covering: healthy relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence.

Pupils will also have opportunities to ask questions. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: (insert link to curriculum information here) for more detail about our PSHE curriculum. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

If you have any questions, see the resources we use or would like to learn more. Please come to the RSE workshop on Thursday 6<sup>th</sup> July at 9am in the bottom hall.