

Sex and Relationship Education Scheme of Work

Key Stage 2



Hawridge and Cholesbury C of E School

Scheme of Work for Sex and Relationship Education Year 3

Focus	Learning outcomes	Resources
Our bodies	LI: to know the correct names for different parts of the body.	Living and Growing Unit 1 'Naming body parts' (p.9.) Laying the Foundations: My body "Male and female" p.62
Differences	LI: to discuss the differences between males and females.	Living and Growing Unit 1 'The same but different' (p.10.)
Differences	LI: to celebrate what makes us unique and special.	Living and Growing Unit 1 'Class survey' (p.10.)
Birth	LI: to understand the meaning of the word 'birth'. LI: to investigate my own birth.	Living and Growing Unit 1 'Birth fact file' (p.20.)
Family	LI: to think of the ways in which I am like other members of my family.	Living and Growing Unit 1 'Who are we like?' (p.22.)
Family	LI: to explore relationships within different families.	Living and Growing Unit 1 'Family tree' (p.33.)
Babies	LI: to understand that a baby grows gradually inside the mother's womb.	Living and Growing Unit 1 'Nine months' (p.23.)
Babies	LI: to decide what a baby can/cannot do in the womb.	Living and Growing Unit 1 'In the womb' (p.23.)

Focus	Learning outcomes	Resources
Changes	Ll: to begin to identify the changes which take place as we grow older.	Living and Growing Unit 1 'What can I do?' (p.32.)
Changes	Ll: to begin to understand animal and plant life cycles.	Living and Growing Unit 1 'Life cycles' (p.11.)
Attitudes	<p>L.I. To value their own body and recognise its uniqueness.</p> <p>L.I. To consider the responsibilities that parents and carers have for babies and children.</p> <p>L.I. To investigate perceptions of being 'grown up'.</p> <p>L.I. To appreciate the wonder of new life and development and appreciate each life as a gift.</p>	Laying the Foundations: Keeping safe and looking after myself "Keeping safe" (p127)
People who can help me	<p>L.I. To consider who is responsible for their personal hygiene now, and how this will change the future.</p> <p>L.I. To be able to recognise unwanted physical contact and ways of stopping it and getting help.</p> <p>L.I.To identify adults they can trust and who to ask for help.</p>	Laying the Foundations: People who can help me "Someone to talk to" (p138)
Vocabulary	<p>happy, pleased, calm, sad, grumpy, cross, run, jump, hop, swim, growing up, baby, child, skills, responsibility, love, belonging, trust, please, thank you, sharing, help, laughter, tears, sorry, kindness, brother, sister, parent, hurt, honesty, touch, see, hear, smell and taste change, discover, size, shape, hands, head, hair, body, teeth.</p> <p>Informal terms for private parts to be acknowledged and the terms penis and vagina will be introduced. (Y1)</p> <p>male, female, girl, boy, man, woman, baby, child, teenager, adult, birth, death, same, similar, different, unique, special, stomach, chest, penis, testicles, vagina, bottom, breast, love, patience, sharing, trust, security, friendship, relations, husband, wife, siblings, cousins, partner etc. (Y2)</p> <p>hygiene, toiletries, bacteria, germs, infection, breast, nipple, anus, womb, uterus, scrotum, testes, ovary, love, responsibility, dependent (Y3/4)</p>	

Scheme of Work for Sex and Relationship Education Year 4

Focus	Learning outcomes	Resources
Change	LI: to identify some of the changes which occur as we grow older.	Laying the Foundations: My body "Growing and Changing" (p64)
Choice	LI: to understand there are some changes we have control over.	Living and Growing Unit 2 'Make your choice. (p.8.)
Feelings	LI: to consider the contexts in which positive and negative feelings are generated.	Living and Growing Unit 2 'Find a feeling'.(p.9.) Laying the Foundations: Feelings and Attitudes Identifying and expressing feelings (p.114)
Our bodies	LI: to identify the main internal and external human organs (including reproductive organs).	Living and Growing Unit 2 'Inside our bodies'. (p.10.)
Change	LI: to identify some the changes that may happen in the future	Living and Growing Unit 2 'Past, present and future'. (p.11.)
Reproduction	LI: to learn the biology of animal and plant reproduction.	Living and Growing Unit 2 'Life cycles' (p.20.)
Babies	LI: to discuss the impact a new baby has on a family.	Living and Growing Unit 2 'Building for a baby' (p.22.) Laying the Foundations: Life Cycles Caring for babies and children (p.73)

Focus	Learning outcomes	Resources
Foetal Development	Ll: to begin to understand how a foetus develops.	Living and Growing Unit 2 'What a big baby' (p.34.) Laying the Foundations: Life cycles Life cycles and reproduction (p76)
Foetal Development	Ll: to understand that the health of an unborn baby is linked to the health of the mother.	Living and Growing Unit 2 'Healthy mum and healthy baby. (p.33.)
Family	Ll: to think about the importance of relationships in my family.	Living and Growing Unit 2 'My family' (p.23.)
Friendship	Ll: to recognise the qualities I look for in a friend.	Living and Growing Unit 2 'Recipe for a good friend' (p.23.) Laying the Foundations: Relationships What is a friend (p.102)
Feelings	Ll: to recognise the ways in which we can make others feel good.	Living and Growing Unit 2 'Feeling good'. (p.32.)
Stereotypes	Ll: to identify different roles within the family. Ll: to challenge gender stereotypes.	Living and Growing Unit 2 'Who does what?. (p.33.) Laying the Foundations: Relationships Gender roles and stereotypes (p97)
Attitudes	L.I. To value their own body and recognise its uniqueness. L.I. To consider the responsibilities that parents and carers have for babies and children. L.I. To investigate perceptions of being 'grown up'. L.I. To appreciate the wonder of new life and development	Laying the Foundations: Keeping safe and looking after myself "Keeping safe" (p127)

Focus	Learning outcomes	Resources
	and appreciate each life as a gift.	
People who can help me	<p>L.I. To consider who is responsible for their personal hygiene now, and how this will change the future.</p> <p>L.I. To be able to recognise unwanted physical contact and ways of stopping it and getting help.</p> <p>L.I.To identify adults they can trust and who to ask for help.</p>	Laying the Foundations: People who can help me “Someone to talk to” (p138)
Vocabulary		<p>happy, pleased, calm, sad, grumpy, cross, run, jump, hop, swim, growing up, baby, child, skills, responsibility, love, belonging, trust, please, thank you, sharing, help, laughter, tears, sorry, kindness, brother, sister, parent, hurt, honesty, touch, see, hear, smell and taste change, discover, size, shape, hands, head, hair, body, teeth.</p> <p>Informal terms for private parts to be acknowledged and the terms penis and vagina will be introduced. (Y1)</p> <p>male, female, girl, boy, man, woman, baby, child, teenager, adult, birth, death, same, similar, different, unique, special, stomach, chest, penis, testicles, vagina, bottom, breast, love, patience, sharing, trust, security, friendship, relations, husband, wife, siblings, cousins, partner etc. (Y2)</p> <p>hygiene, toiletries, bacteria, germs, infection, breast, nipple, anus, womb, uterus, scrotum, testes, ovary, love, responsibility, dependent (Y3/4)</p>

Scheme of Work for Sex and Relationship Education Year 5

Focus	Learning outcomes	Resources
Puberty	LI: to understand how and why boys' and girls' bodies change during puberty.	Living and Growing Unit 2 'How do we change?' (p.8.) 'Sort the changes' (p.9.) Laying the Foundations: My body "Puberty" p66
Other changes	LI: to recognise the difference between actual and symbolic change	Living and Growing Unit 2 'As time goes by' (p. 22.)
Feelings	LI: to consider the changes that take place as we grow up LI: to identify the feelings that may arise. L.I. To be able to recognise their changing emotions with friends and family and be able to express their feelings and concerns positively.	Living and Growing Unit 2 'Bring me sunshine' (p.8.) Laying the Foundations: Feelings and attitudes Identifying and expressing feelings (p114)
Keeping clean	LI: to recognise the importance of good hygiene L.I.How can I keep my growing and changing body clean?	Living and Growing Unit 3 'Clean up" (p.10.) Laying the Foundations: Keeping safe and looking after myself Keeping clean and healthy during puberty (p131)
Love and Partnership	LI: to reflect on different types of love. LI: to explore the concept of partnership and its importance for family life.	Living and Growing Unit 2 'Love is...' (p.32.) 'Love and marriage' (p.34.)
Our bodies	LI: to recognise the purpose of the main internal and external organs (including reproductive organs).	Living and Growing Unit 2 'Inside our bodies' (p.10.) 'Big words, little words' (p.10.)

Focus	Learning outcomes	Resources
Menstruation	Ll: to understand the physical and practical implications of menstruation.	Living and Growing Unit 2 'Periods – what do you know' (p.10.)
Reproduction	Ll: to consider how pregnancy occurs.	Living and Growing Unit 2 'How does a baby start?' (p.21.) Laying the Foundations: Life cycles Reproduction and birth (p78)
Gestation	Ll: to understand that an unborn baby relies on the health of its mother.	Living and Growing Unit 2 'Life support systems' (p.34.)
Birth	Ll: to understand how babies are born.	Living and Growing Unit 2 'How is a baby born?' (p.35.) Laying the Foundations: Life cycles Reproduction and birth (p78)
People who can help me	L.I. What should adults think about before they have a baby? L.I.To have a basic awareness of responsible parenting choices. L.I To be able to recognise unwanted physical contact and ways of stopping it and getting help. L.I To identify adults they can trust and who to ask for help.	Living and Growing Unit 2 'Who does what?. (p.33.) Laying the Foundations: Keeping safe and looking after myself "Keeping safe" (p127)
Attitudes	L.I. To understand how the media, families and friends can influence attitudes to their bodies. L.I.To consider how they have some responsibility for the feelings and well-being of others. L.I. To consider the need for trust and love in marriage and established relationships. L.I. To understand and respect a wide range of family arrangements e.g. second marriages, fostering, same sex partners, extended families.	Laying the Foundations: Relationships Gender roles and stereotypes (p97)

Focus	Learning outcomes	Resources
	L.I. To appreciate the wonder of new life and development and appreciate each life as a gift.	
Vocabulary	<p>happy, pleased, calm, sad, grumpy, cross, run, jump, hop, swim, growing up, baby, child, skills, responsibility, love, belonging, trust, please, thank you, sharing, help, laughter, tears, sorry, kindness, brother, sister, parent, hurt, honesty, touch, see, hear, smell and taste change, discover, size, shape, hands, head, hair, body, teeth.</p> <p>Informal terms for private parts to be acknowledged and the terms penis and vagina will be introduced. (Y1)</p> <p>male, female, girl, boy, man, woman, baby, child, teenager, adult, birth, death, same, similar, different, unique, special, stomach, chest, penis, testicles, vagina, bottom, breast, love, patience, sharing, trust, security, friendship, relations, husband, wife, siblings, cousins, partner etc. (Y2)</p> <p>hygiene, toiletries, bacteria, germs, infection, breast, nipple, anus, womb, uterus, scrotum, testes, ovary, love, responsibility, dependent (Y3/4)</p> <p>puberty, development, periods, menstruation, sanitary towel, tampon, cervix, fallopian tube, clitoris, ovary, ovulation, sperm duct, urethra, pubic hair, voice breaking, love, commitment, marriage, arousal, erection, sexual intercourse, sex, ejaculate, conception, pregnancy, body odour, deodorant (Y5/6)</p>	

Scheme of Work for Sex and Relationship Education Year 6

Focus	Learning outcomes	Resources
Puberty	LI: to reflect on the changes that will happen to the female body.	Living and Growing Unit 3 'Check out the changes girls!' (p.8.)
Puberty	LI: to reflect on the changes that will happen to the male body.	Living and Growing Unit 3 'Check out the changes boys!' (p.20.)
Feelings	LI: to explore the feelings associated with puberty.	Living and Growing Unit 3 'The problem with girls' (p.9.)
Feelings	LI: to explore the feelings associated with puberty.	Living and Growing Unit 3 'The problem with boys' (p.21.)
Stereotypes	LI: dispel stereotypical attitudes to boys and girls.	Living and Growing Unit 3 'Boys do cry' (p.22.) 'Boys v girls' (p.23.)
Friendship	LI: to understand the importance of having good relationships with others.	Living and Growing Unit 3 'A friend indeed'(p.21.) 'Show you care' (p.22.)
Conception	LI: to dispel common myths about conception.	Living and Growing Unit 3 'Conception myths' (p.10.)
Contraception	LI: to understand that pregnancy can be prevented.	Living and Growing Unit 3 'Contraception crisis' (p. 35.)

Focus	Learning outcomes	Resources
STIs	Ll: to know what an STI is and how they can be prevented.	
Decision Making	Ll: to understand the term 'peer pressure' and develop strategies how to deal with it.	
Media	Ll: consider the portrayal of personal and family relationships in the media.	Living and Growing Unit 3 'Soaps' (p.32.) 'Product power' (p.34.)
Puberty	Ll: to consolidate my knowledge about puberty.	Living and Growing Unit 3 'Puberty pyramid' (p.35.)
People who can help me	<p>L.I. What should adults think about before they have a baby?</p> <p>L.I.To have a basic awareness of responsible parenting choices.</p> <p>L.I To be able to recognise unwanted physical contact and ways of stopping it and getting help.</p> <p>L.I To identify adults they can trust and who to ask for help.</p>	<p>Living and Growing Unit 2 'Who does what?. (p.33.)</p> <p>Laying the Foundations: Keeping safe and looking after myself "Someone to talk to" (p.138) "Asserting personal boundaries (p.129)</p>
Attitudes	<p>L.I. To understand how the media, families and friends can influence attitudes to their bodies.</p> <p>L.I.To consider how they have some responsibility for the feelings and well-being of others.</p> <p>L.I. To consider the need for trust and love in marriage and established relationships.</p> <p>L.I. To understand and respect a wide range of family arrangements e.g. second marriages, fostering, same sex</p>	Laying the Foundations: Relationships Gender roles and stereotypes (p97)

Focus	Learning outcomes	Resources
	<p>partners, extended families. L.I. To appreciate the wonder of new life and development and appreciate each life as a gift.</p>	
Vocabulary	<p>happy, pleased, calm, sad, grumpy, cross, run, jump, hop, swim, growing up, baby, child, skills, responsibility, love, belonging, trust, please, thank you, sharing, help, laughter, tears, sorry, kindness, brother, sister, parent, hurt, honesty, touch, see, hear, smell and taste change, discover, size, shape, hands, head, hair, body, teeth. Informal terms for private parts to be acknowledged and the terms penis and vagina will be introduced. (Y1) male, female, girl, boy, man, woman, baby, child, teenager, adult, birth, death, same, similar, different, unique, special, stomach, chest, penis, testicles, vagina, bottom, breast, love, patience, sharing, trust, security, friendship, relations, husband, wife, siblings, cousins, partner etc. (Y2) hygiene, toiletries, bacteria, germs, infection, breast, nipple, anus, womb, uterus, scrotum, testes, ovary, love, responsibility, dependent (Y3/4) puberty, development, periods, menstruation, sanitary towel, tampon, cervix, fallopian tube, clitoris, ovary, ovulation, sperm duct, urethra, pubic hair, voice breaking, love, commitment, marriage, arousal, erection, sexual intercourse, sex, ejaculate, conception, pregnancy, body odour, deodorant (Y5/6)</p>	