

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 | 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 "Someone to talk to" (p.138) "Asserting personal boundaries (p.129) |
| 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 | 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> | |
| <p>Vocabulary</p> | <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> | |