

Sex and Relationship Education Scheme of Work

Key Stage 1



Hawridge and Cholesbury C of E School

Scheme of Work for Sex and Relationship Education Year 1

Sex and Relationships Education in Year 1 will follow the Social and Emotional Aspects of Learning (SEAL) curriculum resource. The focus in Year 1 will be on understanding the importance of different relationships, discussing feelings associated with change and developing self-esteem.

Scheme of Work for Sex and Relationship Education Year 2

Focus	Learning outcomes	Resources
Living and non-living things	LI: to identify the difference between living and non-living things.	Living and Growing Unit 1 'Living and non-living things' (p.8.)
Gender	LI: to identify the difference between males and females.	Living and Growing Unit 1 'Male and female' (p.8.) 'Girls and boys' (p.9.)
My body	LI: to know the correct names for different parts of the body.	Laying the Foundations: My Body "Male and Female" (p58) "Growing and Changing" (p60)
Family	LI: to identify relationships within my family.	Living and Growing Unit 1 'Family tree'(p.33.) Laying the Foundations: Relationships "Caring" (p88)
Friendships	LI: to identify relationships beyond my family and say why they are important.	Living and Growing Unit 1 'My friend' (p.34.) Laying the Foundations: Relationships "Friends" p.90

Focus	Learning outcomes	Resources
		"Families of all kind" P.92
Feelings	LI: to recognise a range of feelings and link them to my own experiences.	Living and Growing Unit 1 'Best and worst days' (p.11.) Laying the Foundations: Feelings and Attitudes "Feelings" (p110) 2Managing our feelings" (p.112)
Where things come from	LI: to begin to understand where living things come from.	Living and Growing Unit 1 'Where do things come from?' (p.20.)
Baby animals	LI: to know that all living things reproduce and that the female gives birth.	Living and Growing Unit 1 'Baby animals' (p.33.)
Growing	LI: to recognise the changes that happen as we grow up.	Living and Growing Unit 1 'Growing up' (p.21.) 'What can we do?' (p.21.) Laying the Foundations: Life cycles "Caring for babies and children" (p.71)
Attitudes	L.I. To understand that they have responsibility for their body's actions and that their body belongs to them. L.I. To appreciate how amazing their body is. L.I. To appreciate the wonder of new life and development and appreciate each life as a gift.	Laying the Foundations: Keeping safe and looking after myself "Keeping safe" (p121) "Setting personal boundaries" (p123) "Keeping yourself clean and healthy" (p125)

Focus	Learning outcomes	Resources
People who can help me	<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>Laying the Foundations: People who can help me “Someone to talk to” (p136)</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.</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>	