



Sex and Relationship Education

Year 3 - 6



In PSHE...

We take turns to speak.

We listen to the speaker and listen carefully.

We use kind words.

We enjoy ourselves - but do not laugh at other people.

We concentrate and try our best.

We trust each other and express our feelings.

...helping us to Be the Best We Can Be



Sex and relationship education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care.

It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual orientation or sexual activity - this would be inappropriate teaching.



Moral and Values Framework

The school's Sex and Relationship Education Policy and framework complements and furthers the ethos of the school:

- respect for oneself
- respect for others
- responsibility for one's own actions
- responsibility for family, friends, school and wider community.
- an appreciation of and respect for the different cultural and religious values represented in society.

It will also have a strong foundation within the school's PSHE and Science Framework which is designed to help pupils develop the skills and understanding they need to live confident, healthy and independent lives.



Cheam Park Farm Primary Academy

SRE Year 3-6

Questions asked by children throughout London in SRE and PSHE lessons:

What is a condom? (year 4)	Do periods hurt? (year 5)
How does the baby get in its Mummy's tummy? (reception)	How do you get pregnant if you don't have sex? (year 5)
What causes a miscarriage? (year 4)	Why don't girls have a penis? Did somebody cut it off? (year 2)
Why do babies die sometimes? (reception)	Why do boys have a penis? (year 1)
How does the baby get out? (Year 1)	You have to have sex to have a baby don't you? (Year 2)

Cheam Park Farm Primary Academy

SRE Year 3-6



Cheam Park Farm Primary Academy's Sex Education Policy is in line with the 1988 Education Act. We ensure that SRE helps to promote the spiritual, moral, cultural, mental and physical development of pupils at the school and prepares the children for the opportunities, responsibilities and experiences of adult life.

Our lessons:

- Prepare pupils to cope with the physical and emotional challenges of growing up.
- Gives them an elementary understanding of human reproduction.
- It promotes children's self-esteem within a reassuring environment.
- Provide a factual and unbiased account of physical changes and human reproduction which will enable pupils to make informed judgements in the face of media or peer pressure and to develop decision making skills for later life.
- Use the correct vocabulary (scientifically accepted vocabulary) in all aspects of the course with a view to dispelling embarrassment and facilitating open discussion and questioning on sexual matters.

Summer Term 2

Year 3	Year 4	Year 5	Year 6
Male and female body parts.	The human lifecycle: changes.	Puberty: emotional and physical changes.	Puberty and reproduction.
Appropriate touching.	Puberty: changes.	Puberty: reproduction and emotions.	Relationships and touching.
Families and support networks.	Puberty: reproduction.	Puberty: hygiene and emotional support.	Conception and pregnancy.
			Relationships and online communication



Year 3

Lesson 1

Learning Intention:

- To explore the differences between males and females and to name the body parts.

Learning Outcomes:

- Know some differences and similarities between males and females.
- Name male and female body parts using agreed words.



Year 3

Lesson 1

Key Vocabulary:

- Female/Male
- Sex (as in gender)
- Private parts
- Penis
- Testicles
- Vagina
- Womb

Themes Covered:

- What is meant by 'private'.
- The 'science' names of the body parts.
- Matching game and discussions (in same gender groups).
- Why do we feel embarrassed and uncomfortable about naked bodies.
- Private parts are needed in adulthood if you choose to have a baby.
- Appropriate touching.



Year 3

Lesson 2

Learning Intention:

- To consider touch and to know that a person has the right to say what they like and dislike.

Learning Outcomes:

- Identify different types of touch that people like and do not like.
- Understand personal space.
- Talk about ways of dealing with unwanted touch.



Year 3

Lesson 2

Key Vocabulary:

- Touch
- Pleasant/unpleasant
- Personal space
- Comfortable/uncomfortable

Themes Covered:

- What are pleasant and unpleasant touches.
- What is personal space and how to feel comfortable with other people.
- Problem pages and discussing how to deal with things we find uncomfortable.



Year 3

Lesson 3

Learning Intention:

- To explore different types of families and who to go to for help and support.

Learning Outcomes:

- Understand that all families are different and have different family members.
- Identify who to go to for help and support.



Year 3

Lesson 3

Key Vocabulary:

- Families
- Relatives
- Stereotypes

Themes Covered:

- What makes a family? Including single parent families, extended families living together, families of different races and ethnicities, same-sex relationships.
- All family types are equal.
- Who we talk to when we need help.



Year 4

Lesson 1

Learning Intention:

- To explore the human lifecycle.

Learning Outcomes:

- Describe the main stages of the human lifecycle.
- Describe the body changes that happen when a child grows up.

Year 4

Lesson 1

Key Vocabulary:

- Change
- Reproduction
- Independence
- Baby, toddler, child, teenager, adult, elder.

Themes Covered:

- How babies grow into children and how children grow into adults.
- The lifecycle is; i.e. the stages of life, including reproduction, that a living thing goes through.
- What stage in the lifecycle humans reproduce, growing and changing at different rates.
- 'Teenager' stage with lots of change.



Year 4

Lesson 2

Learning Intention:

- To identify some basic facts about puberty.

Learning Outcomes:

- Discuss male and female body parts using the agreed words.
- Know some of the changes which happen to the body during puberty.



Year 4

Lesson 2

Key Vocabulary:

- Puberty
- Development
- Testicles
- Breasts
- Penis
- Vagina
- Nipples
- Womb
- Pubic

Themes Covered:

- Body parts of males and females including private parts.
- Which body parts change as you grow older.
- Physical changes.



Year 4

Lesson 3

Learning Intention:

- To explore how puberty is linked to reproduction

Learning Outcomes:

- Know about the physical and emotional changes that happen in puberty.
- Understand that children change into adults so they are able to reproduce.



Year 4

Lesson 3

Key Vocabulary:

- Physical
- Emotional
- Reproduce
- Hormones
- Sperm
- Ovum
- Periods



Year 4

Lesson 3

Themes Covered:

- The changes that happen inside our bodies to enable humans to reproduce.
- How we feel when changes happen.
- Concerns we may have when the body develops and the rate it develops.
- Hormones are activated at different times for different people.
- Males produce a seed called sperm and females produce an egg, an ovum.
- Emotional changes such as being attracted to other people.
- A 'drop of blood' means the girl is able to produce eggs.
- 'Sticky stu' means the boy is able to produce sperm.
- The egg and the sperm join together inside the woman's body to help make a baby. (How the sperm gets from the man's body into the woman's body to join with the egg is not covered until Year 6)
- Puberty can be an exciting time and that there is a lot to look forward to.



Year 5

Lesson 1

Learning Intention:

- To explore the emotional and physical changes occurring in puberty.

Learning Outcomes:

- Explain the main physical and emotional changes that happen during puberty.
- Ask questions about puberty with confidence.



Year 5

Lesson 1

Key Vocabulary:

- Physical
- Emotional
- Puberty
- Sex hormones
- body shape, pubic hair, breasts, chest hair, penis, testicles, womb/uterus, ovaries, vagina, scrotum

Themes Covered:

- The physical and emotional changes between babies and children.
- Puberty, the time when children change into young adults; teenagers and the physical and emotional changes.
- Puberty happens at different times and rates in different people and male and females have different changes.
- Spotting when bodies go through puberty by looking at physical changes.
- The reproductive organs and how they change in puberty, i.e. that the female starts to produce eggs in the ovaries and the male starts to produce sperm in the testicles.



Year 5

Lesson 2

Learning Intention:

- To understand male and female puberty changes in more detail.

Learning Outcomes:

- Understand how puberty affects the reproductive organs.
- Describe how to manage physical and emotional changes.



Year 5

Lesson 2

Key Vocabulary:

- Menstruation/periods
- Physical
- Emotional
- Puberty
- Sex hormones
- body shape, pubic hair, breasts, chest hair, penis, testicles, womb/uterus, ovaries, vagina, scrotum

Themes Covered:

- Discussing the menstrual cycle, what it is and how it impacts on a woman's feelings and explain that just before, and during a period women can feel physical pain and discomfort and also feel tense or moody. Possible discussion: different types of sanitary wear (tampons and pads) and explain how they work.
- Discussing some of the key changes that happen to boys during puberty, such as sperm production, testicles 'dropping', erections and wet dreams. Discussing how these changes might impact on a boy's feelings and moods.
- True or false statements and discussions in small, same sex groups and as a whole class.



Year 5

Lesson 3

Learning Intention

- To explore the impact of puberty on the body and the importance of physical hygiene
- To explore ways to get support during puberty

Learning Outcomes

- Explain how to stay clean during puberty
- Describe how emotions change during puberty
- Know how to get help and support during puberty



Year 5

Lesson 3

Key Vocabulary:

- Puberty
- Physical
- Emotional

Themes Covered:

- Importance of cleanliness during puberty.
- Looking after bodies and feelings during puberty.
- Stereotypes and social pressures to look or be a certain way.
- Making informed, healthy choices.
- Discussing problems and coming up with solutions.



Year 5

Lesson 3

Objects for discussion:

- Soap/spot cream
- Deodorant
- Hair brush
- Hair gel
- Bra
- Diary/teen magazine
- Mobile phone
- Shaving foam



Year 6

Lesson 1

Learning Intention:

- To consider puberty and reproduction

Learning Outcomes:

- Describe how and why the body changes during puberty in preparation for reproduction.
- Talk about puberty and reproduction with confidence.



Year 6

Lesson 1

Key Vocabulary:

- Reproduction
- Puberty
- Navel
- Pubic hair
- Nipples, breasts
- Penis, scrotum, testicles
- Vagina, ovaries, uterus, clitoris, vulva

Themes Covered:

- The changes that happen during puberty.
- Discussing male and female body parts.
- What reproduction is and what body parts are important to reproduce.



Year 6

Lesson 2

Learning Intention:

- To consider physical and emotional behaviour in relationships.

Learning Outcomes

- Discuss different types of adult relationships with confidence.
- Know what form of touching is appropriate in relationships.



Year 6

Lesson 2

Key Vocabulary:

- Relationships
- Touching
- Sexual
- Body parts.

Themes Covered:

- Different relationships including friendship, families, mixed raced relationships and same sex relationships.
- What is important in relationships, eg friendship
- How adult relationships are different from children ie can be a sexual relationship.
- What sexual touching is; Kiss on the lips, Touching private parts.
- What parts of our bodies are considered 'private' ie, bottom, breasts, lips.



Year 6

Lesson 3

Learning Intention:

- To explore the process of conception and pregnancy

Learning Outcomes:

- Describe the decisions that have to be made before having a baby.
- Know some basic facts about conception and pregnancy.



Year 6

Lesson 3

Key Vocabulary:

- Conception
- Pregnancy
- Intercourse
- Consent

Themes Covered:

- Relationships develop over time.
- Stages in a relationship that could lead to having a baby and starting a family.
- Acknowledging diversity and difference in adult relationships by accepting a range of ideas; consider that some people might have a baby on their own.
- The conception process, using illustrations to understand the process.
- 'Touching each other in sexual ways', the meaning of a consensual relationship and that intercourse should be a nice experience.
- The pregnancy process and other ways of starting a family ie, IVF, sperm donors, fostering and adoption.



Year 6

Lesson 4

Learning Intention:

- To explore positive and negative ways of communicating in a relationship.

Learning Outcomes:

- To have considered when it is appropriate to share personal/private information in a relationship.
- To know how and where to get support if an online relationship goes wrong.



Year 6

Lesson 4

Key Vocabulary:

- Personal/private.
- Relationships.
- Communication

Themes Covered:

- What the terms personal/ private information means.
- How to define relationships.
- When it is appropriate to share personal information with others.
- Different ways of communicating with and meeting people.
- Online communication.
- The SMART rules for keeping safe online from <http://kidsmart.org.uk/beingsmart/>



Dealing with questions:

Some children will quite innocently ask difficult or awkward questions during the course of a lesson. These questions do not have to be answered directly unless the teacher wishes to do so and the child might receive an individual answer privately at a later stage.

Teachers will use their skill and discretion on these occasions.



Your role is crucial:

Parents are the key people in:

- teaching their children about sex and relationships;*
- maintaining the culture and ethos of the family;*
- helping their children cope with the emotional and physical aspects of growing up; and preparing them for the challenges and responsibilities that sexual maturity brings.*

We are here to help you and your child.



In the news:

All schools will teach SRE from as early as September 2019.

In an interview with the BBC, Ms Greening said: "At the moment, many schools teach sex and relationships education.

"But it's not mandatory, and, therefore, for many children, they are not coming out of our schools really being equipped to deal with the modern world or indeed be safe and protected from some of the very modern challenges that young people face on cyberbullying and sexting.

"What we're introducing today is mandatory relationships and sex education in all secondary schools, but also mandatory relationships education in primary schools as well.

"And, of course, all of this, it's important, is age-appropriate and, of course, it's also important to retain, for sex education, a parent's right to withdraw their child."

<http://www.bbc.co.uk/news/education-39116783>



Parents have the right to withdraw their children from sex education but NOT from those parts of the subject which form compulsory elements of science in the National Curriculum.

Any request for withdrawal should be put in writing to the
Mrs Day.