



Sex and Relationships Education

Long Term Curriculum Map

Whole School Scheme of Learning

Intent: Why our Relationships and Sex Education curriculum looks like this?

At Barley Fields Primary School, Relationships and Sex Education (RSE) lies within our PSHE curriculum and is taught by class teachers as direct teaching and is supported by teaching objectives from the Science curriculum. We feel it is an important part of children's education to help them to understand how they are developing emotionally and physically as well as have a good understanding of healthy relationships with others.

All teaching in the RSE curriculum is appropriate for our children based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and/or disabilities

Implementation: How will we achieve this?

Our RSE Curriculum has been designed using the CWP scheme as a basis and follows a sequence of teaching blocks that progressively build upon one another and link to themes in the PSHE curriculum as children move through school. We have written our curriculum not only within the Government guidelines, but also considering the needs, maturity and experiences of our pupils.

Across the school the children follow a planned programme of key curriculum themes:

- **Families and people who care for me**
- **Caring friendships**
- **Respectful relationships**
- **Online relationships**
- **Being safe - Healthy Relationships**
- **Sex Education – puberty and knowledge of the human lifecycle**










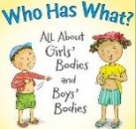



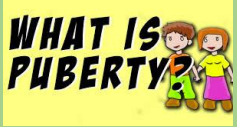

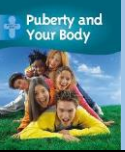

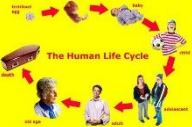

Children will explore these key themes in practical and engaging lessons and will be encouraged to question, share their understandings and talk about concerns and worries within a safe and supportive environment. Lessons will be led by class teachers and will be taught in discrete blocks when appropriate.

Impact: How will we know that our children are achieving?

Pupil voice is used in forming our curriculum, and we are currently looking at enhancing the children's awareness of diversity. Many aspects of RSE are intrinsically linked to PSHE and to the school ethos and aims with our Rights Respecting schools, growth mind-set and Global Goals agenda's.

Our key priority is to ensure children have the knowledge, understanding and skills to help them make informed and safe judgements about themselves and their relationships with others.

School Overview of RSE teaching

Year	Autumn	Spring	Summer
Reception	 <p>Caring Friendships</p>	<p>Being Kind</p> 	<p>Families</p> 
1	<p>Different Friends</p> 	 <p>Growing and Changing</p>	<p>Families and Care</p> 
2	<p>Are there differences between boys and girls?</p> 	 <p>Male and Female Animals</p>	 <p>Naming Body Parts</p>
3	<p>Body Differences</p> 	<p>Personal Space</p> 	 <p>Families – who gives me help and support?</p>
4	 <p>The changing adolescent body and the human lifecycle</p>	<p>What is puberty?</p> 	<p>Healthy Relationships</p> 
5	 <p>Talking about Puberty The Reproduction System Menstruation</p>	<p>Puberty – Help and Support</p> 	
6	 <p>Puberty and Human Reproduction</p>		 <p>Communication in Relationships Online Relationships</p>

Vocabulary Progression

Year Group	Vocabulary that may arise:	New Vocabulary that will be taught continuing from the previous year groups:
Year 1	pregnancy, birth	love, relationships, family, marriage, support, roles, community, male, female, feelings, emotions, change, care
Year 2	pregnancy, scrotum, womb, gay, lesbian	vagina, vulva, penis, testicles, birth, life-cycle, nipples, breasts, breastfeed, baby, stereotype
Year 3 + Year 4	vagina, vulva, penis, testicles, transgender, gay, lesbian, homosexual, sperm, egg, ovary, womb, pubic hair	private, consent, cells, puberty, pregnancy, foreskin, scrotum, erection, reproduction, gender, hormones, voice 'breaks', period, bra, spots/acne, hygiene
Year 5	transgender, gay, lesbian, homosexual, homophobic, circumcised, womb, uterus	sexuality, menstruation, genitals, pubic hair, sanitary wear, sanitary towels/pads, tampons, wet dream, ejaculate/ejaculation, semen, sperm, egg, ovum, ovary, fallopian tube
Year 6	transgender, transsexual, gay, lesbian, homosexual, homophobic, heterosexual, transphobic, bisexual,	reproductive organs, sex cells, anus, cervix, womb, uterus, conception, fertilisation, pregnant, pregnancy, embryo, foetus, umbilical cord, amniotic fluid, placenta, amniotic sac, contractions, labour, immune system, female genital mutilation (FGM)

Autumn Term					
Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
Year 1 objectives	Year 2 objectives	Year 3 objectives	Year 4 objectives	Year 5 objectives	Year 6 objectives
Respectful Relationships RSE lesson 1 Different Friends <ul style="list-style-type: none"> Understand that we are all different but can still be friends Know that we can be friends with people who are different to us 	Respectful Relationships RSE lesson 1 Are there differences between boys and girls? <ul style="list-style-type: none"> Introduce the concept of gender stereotypes Identify differences between males and females Understand that some people have fixed ideas about what boys and girls can do Describe differences between male and female babies 	Respectful Relationships RSE lesson 1 Who has what? Body Differences <ul style="list-style-type: none"> Identify that people are unique and to respect those differences Explore the difference between male and female bodies Identify and respect body differences between ourselves and others Name male and female body parts using agreed words 	Growing and Changing The changing adolescent body and the human lifecycle RSE lesson 1 <ul style="list-style-type: none"> Explore the human lifecycle Identify some basic facts about puberty Understand that puberty is an important stage in the human lifecycle Know some changes that happen during puberty 	Growing and Changing Puberty RSE lesson 1 Talking about Puberty <ul style="list-style-type: none"> Understand the key facts about puberty Explore the emotional and physical changes that occur during puberty. Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence 	Growing and Changing RSE Lesson 1 Puberty and Human Reproduction <ul style="list-style-type: none"> Describe how the body changes during puberty Describe why the body changes during puberty in preparation for reproduction What are the main stages of human reproduction?

Spring Term

Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
Year 1 objectives	Year 2 objectives	Year 3 objectives	Year 4 objectives	Year 5 objectives	Year 6 objectives
<p>Growing and Changing KS1 Science objective SRE lesson 2</p> <p>Growing and Changing</p> <ul style="list-style-type: none"> • Discuss how children grow and change • Understand that babies need care and support • Know that older children can do more by themselves 	<p>Respectful relationships RSE Lesson 2</p> <p>Male and Female animals</p> <ul style="list-style-type: none"> • To explore some of the differences between males and females and to understand how this is part of the lifecycle • Describe some differences between male and female animals • Understand that making a new life needs a male and a female 	<p>Being Safe – Healthy Relationships RSE lesson 2</p> <p>Personal Space</p> <ul style="list-style-type: none"> • Consider appropriate and inappropriate physical contact and consent • Understand that each person’s body belongs to them • Understand personal space and unwanted touch 	<p>Growing and Changing RSE lesson 2</p> <p>What is Puberty?</p> <ul style="list-style-type: none"> • To explore how puberty is linked to reproduction • Know about some of the physical and emotional changes that happen in puberty • Understand that children change into adults to be able to reproduce if they choose to 	<p>Puberty – Help and Support RSE Lesson 3</p> <p>Help and Support</p> <ul style="list-style-type: none"> • To explore the impact of puberty on the body and the importance of physical hygiene • To explore ways to get support during puberty • Explain how to keep clean during puberty 	
				<p>RSE Lesson 2 The Reproductive System</p> <ul style="list-style-type: none"> • To understand male and female puberty changes in more detail • Understand how puberty affects the reproductive organs • Describe what happens during menstruation and sperm production 	

Summer Term					
Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
Year 1 objectives	Year 2 objectives	Year 3 objectives	Year 4 objectives	Year 5 objectives	Year 6 objectives
<p>Families and People who care for me SRE LESSON 3</p> <p>Families and Care</p> <ul style="list-style-type: none"> • Explore different types of families • To consider how sometimes we worry about our family members • Discuss how do our families care for us • Discuss how they can ask their family for help • Identify who can help when families make us feel unhappy or unsafe 	<p>Growing and Changing KS1 Science Objective RSE lessons 3</p> <p>Naming body parts</p> <ul style="list-style-type: none"> • Describe the physical differences between males and females • Name the different body parts 	<p>Families and People who care for me RSE lesson 3</p> <p>Help and Support</p> <ul style="list-style-type: none"> • Explore different types of families and who to go to for help and support • Understand that all families are different and have different family members • Identify who to go to for help and support 	<p>Caring Friendships RSE lesson 3</p> <p>Healthy Relationships</p> <ul style="list-style-type: none"> • Explore respect in a range of relationships • Discuss the characteristics of healthy relationships • Know that respect is important in all relationships including online • Explain how friendships can make people feel unhappy or uncomfortable 		<p>Respectful Relationships RSE lesson 2 Communication in Relationships</p> <ul style="list-style-type: none"> • Explore the importance of communication and respect in relationships • Explain differences between healthy and unhealthy relationships • Know that communication and permission seeking are important <p>Online relationships RSE Lesson 3 Managing Safe Online relationships</p> <ul style="list-style-type: none"> • Explore positive and negative ways of communicating in a relationship • Consider when it is appropriate to share personal / private information in a relationship • Know how and where to get support if an online relationship goes wrong

Relationships and Sex Education - Statutory Teaching Objectives

<p>Families and people who care for me</p>	<ul style="list-style-type: none"> • that families are important for children growing up because they can give love, security and stability. • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
<p>Caring friendships</p>	<ul style="list-style-type: none"> • how important friendships are in making us feel happy and secure, and how people choose and make friends. • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
<p>Respectful relationships</p>	<ul style="list-style-type: none"> • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • practical steps they can take in a range of different contexts to improve or support respectful relationships. • the conventions of courtesy and manners. • the importance of self-respect and how this links to their own happiness. • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
<p>Online relationships</p>	<ul style="list-style-type: none"> • that people sometimes behave differently online, including by pretending to be someone they are not. • that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous. • the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • how information and data is shared and used online.
<p>Being safe Healthy Relationships</p>	<ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other source

My changing adolescent body and Sex Education Y4 5 6	<ul style="list-style-type: none">• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.• about menstrual wellbeing including the key facts about the menstrual cycle.• Knowledge of the human lifecycle – reproduction and pregnancy
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