

# Hadley Wood Primary School

## RSE Scheme of Work



### Our Vision

...that every child will leave our school **confident** in their own abilities and excited about the future, with the strategies and skills to tackle tasks and situations in a **capable** manner and **caring** about their planet and their fellow humans.

## Introduction

Our school considers Relationships and Sex Education (RSE) to be an integral part of the Personal, Social and Health Education (PSHE) and Citizenship curriculum with elements also contained in the science curriculum. We aim to offer pupils a carefully planned curriculum covering: human development, relationships, sexuality and family life all within a safe, comfortable atmosphere. The programme is set within a moral framework and matched to the pupils' level of maturity. This policy reflects the requirements outlined in the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance, published by the DfE in February 2019.

All lessons taught through this curriculum, including the supporting materials are in line with Keeping Children Safe in Education (KCSIE) 2018. Please see the Relationship and Sex Education policy for further information.

## Expectations for Teaching the RSE Curriculum

We deliver the main RSE teaching within our PSHE curriculum. We also teach RSE through other subject areas (e.g. Science, PE and R.E.), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing. Linked with R.E. children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

RSE is taught by class teachers in a safe and nurturing environment. This is most often delivered through discussion-based, circle time opportunities where pupils are encouraged to ask questions. In order to achieve this, ground rules for behaviour will be shared at the beginning of each RSE lesson. Some children may choose to voice concerns and ask questions and others may prefer not to. A question box is available in all classes throughout the unit of work in order to enable children to ask questions they may not feel confident to voice as part of a group or whole class.

## Delivery

Sex Education (RSE) is delivered in the Summer Term at Hadley Wood as we feel this is usually when the children have reached the appropriate level of maturity to discuss the sensitive content in this area of the curriculum. RSE is normally delivered by class teachers in mixed gender groups other than when it is deemed more appropriate for topics to be covered in single sex groups. A variety of learning methods which involve children's full participation are used, for example, flashcards, anonymous questions and answer sessions and games to re-enforce key vocabulary. Materials used reflect the

consultation with parents/carers and the school health advisor. Age and cultural backgrounds of the pupils are considered in relation to images used. The range of material used is available to parents/carers before it is shared with the children.

Occasionally, appropriate and suitably experienced and/or knowledgeable visitors from outside school may be invited to support and train staff in the delivery of RSE in school.

## Resources

Copies of the Channel 4 All About Us: Living and Growing DVD can be sought from the PSHE Subject Leader. The school uses elements of the Islington Primary Scheme of Work to support the delivery of the RSE lessons, these are available on the school's internal electronic database. Any queries regarding resources should be directed to the PSHE Subject Leader.

## Curriculum content

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Myself and others My community Family Friendships Choices	Differences, Boys & Girls Difference Male and Female Growing up Everybody Needs Caring For Families	Self Esteem Challenging Gender Stereotypes Family differences Decision Making Safety	Growing and Changing What Is Puberty? The importance of personal hygiene Your Questions Answered Assertiveness	Talking About Puberty Puberty and Hygiene Menstruation education for girls Becoming Men and Women Building Good Relationships	Puberty and Reproduction Relationships and Reproduction Conception and pregnancy Menstruation and wet dreams Different relationships

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### RSE Curriculum Overview: Year 1

	Learning Intention:	Learning Outcomes:
Lesson One: Myself and others	To know the importance of valuing oneself	Pupils: Describe and begin to value individuality and to recognise and celebrate their emotions, gifts and talents
Lesson Two: My community	To recognise that everyone is different	Pupils: Know and value the different groups to which they belong Recognise similarities and differences between themselves and their peers
Lesson Three: Family	To know that there are different types of family and all families have special roles in children's lives	Pupils: Are able to describe their family Understand why their families are special Identify different ways that families and individual members care for each other Have identified their special people and be able to describe what makes them special
Lesson Four: Friendships	To understand what friendship is	Pupils: Describe who a friend is and what a friend does. Demonstrate some skills needed to make and maintain friendships.
Lesson Five: Choices	To recognise most children can make choices	Pupils: Understand that they have choices Recognise that choices and responses will be affected by different factors Recognise that some choices will be wrong and other choices will be right Identify a simple way for decision making.

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### RSE Curriculum Overview: Year 2

	Learning Intention:	Learning Outcomes:
Lesson One: Differences, Boys & Girls	To understand and respect differences and similarities between boys and girls.	Pupils: Understand that some people have fixed ideas about what boys and girls can do
Lesson Two: Difference Male and Female	To explore some of the differences between males and females and to understand how this is part of the life cycle.	Pupils: Describe some differences between male and female animals Describe some differences between boys and girls Understand that making a new life needs a male and a female Name the biological differences between male and female body parts
Lesson Three: Growing up	To recognise that we grow from young to old and that we are continually growing and changing	Pupils: Can identify key stages in the human life cycle Understand some ways they have changed since they were babies Understand that all living things including humans start life as babies
Lesson Four: Everybody Needs Caring For	To appreciate that everyone needs to be cared for	Pupils: Understand that we all have different needs and require different types of care Identify ways we show care towards each other Understand the links between needs, caring and changes throughout the life cycle
Lesson Five: Families	To know different types of family and recognise how home-life is special	Pupils: Can describe different types of family Identify what is special and different about their home life Understand families care for each other in a variety of ways

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### RSE Curriculum Overview: Year 3

	Learning Intention:	Learning Outcomes:
Lesson One: Self Esteem	To recognise their worth as individuals by identifying positive things about themselves and their achievements, and by beginning to identify an area that needs to be strengthened.	Pupils: See oneself as special, to recognise strengths, abilities and personal characteristics Have begun to build self-esteem and confidence by looking at their skills and achievements. Begin to identify personal areas that need improvement
Lesson Two: Challenging Gender Stereotypes	Learning Intention: To recognise and challenge gender stereotypes.	Pupils: Understand that males and females can do the same tasks and enjoy the same things Understand that there are different stereotypes (fixed ideas) about what males and females can do
Lesson Three: Family differences	To recognise that families are different and to challenge stereotypes about families	Pupils: Know that all families are different and have different family members Understand that people sometimes have stereotypes (fixed ideas) about families
Lesson Four: Decision Making	To be able to demonstrate simple decision making strategies To learn why it is important to keep clean	Pupils: Recognise that choices require decisions Are able to consider different possibilities Demonstrate effective decision making skills Explain why it is important to keep clean Describe and carry out basic hygiene Know what to take responsibility for and when to ask for help
Lesson Five: Safety	To be able to use basic techniques to resist pressure.	Pupils: Are able to identify potential dangers in different environments Recognise that pressure to behave in an acceptable or risky way can come from a variety of sources, including media and people they know To demonstrate basic techniques to resist pressure to know who they can go to for support and help

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### RSE Curriculum Overview: Year 4

	Learning Intention:	Learning Outcomes:
Lesson One: Growing and Changing	To understand the human life cycle and how the body changes.	Pupils: Describe the main stages of the human life cycle Describe the body changes that happen when a child grows up
Lesson Two: What Is Puberty?	To learn about the physical changes associated with puberty.	Pupils: Know the physical changes that happen in puberty Know that each person experiences puberty differently.
Lesson Three: The importance of personal hygiene	Pupils learn about the impact of puberty on physical hygiene and strategies for managing this	Pupils: Can explain how changes at puberty affect body hygiene Can describe how to care for their bodies during puberty Can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming
Lesson Four: Your Questions Answered	To answer questions with confidence and seek help when needed	Pupils: Can answer some questions about puberty and growing up Can use appropriate language to discuss puberty Identify sources of information and advice
Lesson Five: Assertiveness	To understand and be able to use assertiveness skills	Pupils: Have practised being assertive in different situations

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### RSE Curriculum Overview: Year 5

	Learning Intention:	Learning Outcomes:
Lesson One: Talking About Puberty	To explore the emotional and physical changes that occur during puberty	Pupils: Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence
Lesson Two: Puberty and Hygiene	To explore the impact of puberty on the body and the importance of physical hygiene  To explore ways to get support during puberty	Pupils: Explain how to stay clean during puberty Describe how emotions change during puberty Demonstrate how to seek help and support during puberty
Lesson Three: Menstruation education for girls	To explore in menstruation issues in detail with girl only groups	Pupils: Understand why girls and women have periods Know and discuss how to manage periods
Lesson Four: Becoming Men and Women	To consider gender stereotyping and sexuality	Pupils: Understand how our attitudes and values about gender and sexuality may be affected by factors such as age, religion and culture Recognise and challenge gender stereotypes Understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour
Lesson Five: Building Good Relationships Learning Outcomes:	To appreciate the importance of friendship in intimate relationships	Pupils: Explain the similarities and differences between friendships and intimate relationships Can describe different types of intimate relationship including marriage

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### RSE Curriculum Overview: Year 6

	Learning Intention:	Learning Outcomes:
Lesson One: Puberty and Reproduction	To explore the emotional and physical changes that occur during puberty	Pupils: Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence
Lesson Two: Relationships and Reproduction	To consider reproduction in the context of relationships	Pupils: Explain how babies are made Discuss different types of adult relationships with confidence
Lesson Three: Conception and pregnancy	To explore the process of conception and pregnancy	Pupils: Describe the decisions that have to be made before having a baby Know some basic facts about pregnancy and conception
Lesson Four: Menstruation and wet dreams	To understand that menstruation and wet dreams are a normal part of growing up.	Pupils: Explain and ask questions about menstruation and wet dreams Describe how to manage periods and wet dreams
Lesson Five: Relationships	To learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships	Pupils: Can identify positive qualities and expectations from a variety of relationships Can explain the similarities and differences between friendships and intimate relationships Can describe that there are different types of intimate relationships, including marriage Understand that sex or making love may be one part of an intimate relationship between adults
Lesson Six: Gender stereotyping	To learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact	Pupils: Understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture Can recognise and challenge gender stereotypes Understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

