

Sex and Relationship Education

Avenue Junior School
Updated 2018

Curriculum overview

	Year Three	Year Four	Year Five	Year Six
Lesson 1	Gender and difference	Growing and Changing	Talking about puberty	Puberty and reproduction
Lesson 2	Differences: Male and Female	Body changes and reproduction	Puberty and hygiene	Conception and pregnancy
Lesson 3	Family differences	What is puberty?	Male and female changes during puberty	Understanding relationships
Lesson 4	Caring for babies and children	Exploring gender roles	Menstruation	Sexually transmitted infections
Lesson 5	Body Safety No means No Secrets & surprises	Body Safety Respecting body boundaries PANTS	Body Safety Your safety network PANTS	Body Safety Reviewing body safety PANTS
Lesson 6	Gender stereotypes and bullying <i>Using Stonewall's film FREE: Danni's story</i>	Gender stereotypes and friendship <i>Using Stonewall's film FREE: Jake's story</i>	Gender stereotypes in sport <i>Using Stonewall's film FREE: Linus' story</i>	Family diversity and LGBT discrimination <i>Using Stonewall's film FREE: Emma's story</i>

Body Safety

This curriculum was based upon recommendations from the Sex Education Forum and corresponds to the guidelines set out in the PHSE & Citizenship Framework.

SEX & RELATIONSHIP EDUCATION: YEAR 3

Learning Intentions and Outcomes	End of Key Stage Statements	Suggested Resources
<p>Lesson 1: Gender stereotypes</p> <p>Learning Intention</p> <p>To explore the concept of gender stereotypes</p> <p>Learning Outcomes</p> <p>To understand that some people have fixed ideas about boys and girls</p> <p>To describe the difference between male and female babies</p>	<p>PSHE & Citizenship Framework</p> <p>1a To talk and write about their opinions and explain their views</p> <p>4e To recognise and challenge stereotypes</p>	<p>Year 2, Lesson 1, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>
<p>Lesson 2: Differences; Males and Females</p> <p>Learning Intention</p> <p>To recognise the difference between males and females including body parts.</p> <p>Learning Outcomes</p> <p>Identify the differences between males and females</p> <p>Name male and female body parts using agreed words.</p>	<p>PSHE & Citizenship Framework</p> <p>3c, about how the body changes as they approach puberty.</p> <p>National Curriculum Science</p> <p>2a, to recognise and compare the main external parts of the bodies of humans and of other animals.</p>	<p>Watch and discuss: Channel 4 Learning; Living and Growing Unit 1, Differences, Chapters 2 and 3</p> <p>Then: Year 3, Lesson 2, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>
<p>Lesson 3: Family differences</p> <p>Learning Intention</p> <p>To recognise that families are different and to challenge stereotypes</p>	<p>PSHE & Citizenship Framework</p> <p>4c to be aware of different types of relationship, including marriage and those between friends and families.</p> <p>4e to recognise and challenge stereotypes,</p>	<p>Year 3, Lesson 3, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p> <p>Supplementary resources: The Family Book, Todd Parr</p>

<p>about families.</p> <p>Learning Outcomes</p> <p>To know that all families are different and have different family members.</p> <p>Understand that people sometimes have stereotypes (fixed ideas) about families.</p>		<p>Who's in a Family? Robert Skutch</p> <p>Nutmeg Gets a Little Sister, Judith Foxon</p> <p>Happy Families, Allan Ahlberg</p> <p>Spark Learns to Fly, Judith Foxon</p>
<p>Lesson 4: Caring for babies and children</p> <p>Learning Intention</p> <p>To begin to understand how having a new-born baby can affect people's lives and families</p> <p>Learning Outcomes</p> <p>To know what is involved in looking after a baby</p> <p>To describe the changes having a new baby in the family can bring</p>	<p>PSHE & Citizenship Framework</p> <p>5i Preparing for change</p> <p>National Curriculum Science 1a, that the life processes common to humans and other animals include nutrition, movement, growth and reproduction.</p> <p>2f, about the main stages of the human life cycle.</p>	<p>AJS lesson plan Y3, L4: Caring for babies and children</p>
<p>Lesson 5: Body Safety</p> <p>Learning Intention</p> <p>To know that you have autonomy over your own body</p> <p>Learning Outcomes</p> <p>To recognise appropriate and inappropriate physical contact</p> <p>To have strategies to assert autonomy over their bodies</p>	<p>PSHE & Citizenship Framework</p> <p>3e) to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable</p> <p>3f) that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p> <p>4a) that their actions affect themselves and others, to care about other people's feelings and to try to see things from their points of view</p>	<p>AJS lesson plan Supported by using the texts: <i>No means No, My body! What I say goes!</i></p>

SEX & RELATIONSHIP EDUCATION: YEAR 4

Learning Intentions and Outcomes	End of Key Stage Statements	Suggested Resources
<p>Lesson 1: Growing and Changing</p> <p>Learning Intention</p> <p>To understand the human life cycle and how the body changes.</p> <p>Learning Outcomes</p> <p>Describe the main stages of the human life cycle.</p> <p>Describe the body changes that happen when a child grows up.</p>	<p>PSHE & Citizenship Framework</p> <p>3c, learn about how the body changes as children approach puberty.</p> <p>National Curriculum Science</p> <p>1a, that the life processes common to humans and other animals include nutrition, movement, growth and reproduction.</p> <p>2f, about the main stages of the human life cycle.</p>	<p>Year 4, Lesson 1, Teaching SRE with Confidence , The Christopher Winter Project. www.tcwp.co.uk</p>
<p>Lesson 2: Body Changes and Reproduction</p> <p>Learning Intention</p> <p>To identify some basic facts about puberty, reproduction and pregnancy</p> <p>Learning Outcomes</p> <p>Know that during puberty the body changes from a child into a young adult.</p> <p>Understand why the body changes in puberty Identify some basic facts about pregnancy.</p>	<p>PSHE & Citizenship Framework</p> <p>3c, 1d, to recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way.</p> <p>National Curriculum Science</p> <p>2f,</p>	<p>Watch and discuss: Channel 4 Learning; Living and Growing Unit 1, Programme 2, How did I get here?</p> <p>Then: Year 4, Lesson 2, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p> <p>Supplementary resources: Tell Me Again About The Night I Was Born, Jamie Lee Curtis.</p> <p>Happy Families, Allan Ahlberg</p> <p>The Family Book, Todd Parr</p> <p>Who's in a Family, Robert Skutch</p>
<p>Lesson 3: What Is Puberty?</p> <p>Learning Intention</p> <p>To learn about the physical changes associated with</p>	<p>PSHE & Citizenship Framework</p> <p>3c, 1d,</p> <p>National Curriculum Science</p>	<p>Year 4, Lesson 3, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>

<p>puberty.</p> <p>Learning outcomes</p> <p>Know the physical changes that happen in puberty.</p> <p>Know that each person experiences puberty differently.</p>	<p>2f,</p>	<p>Supplementary resources: Hair in Funny Places, Babette Cole</p>
<p>Lesson 4: Gender roles and stereotyping</p> <p>Learning Intention</p> <p>To consider gender stereotyping and sexuality.</p> <p>Learning Outcomes</p> <p>Understand how our attitudes and values about gender and sexuality may be affected by factors such as age, religion and culture.</p> <p>Recognise and challenge gender stereotypes.</p> <p>Understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour.</p>	<p>PSHE & Citizenship Framework</p> <p>1a, To talk and write about their opinions, and explain their views on issues that affect themselves and society.</p> <p>2k, To explore how the media present information.</p> <p>4e, To recognise and challenge stereotypes.</p> <p>4f, That differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity gender and disability.</p>	<p>AJS lesson plan Y4, L4: Gender roles and stereotyping</p>
<p>Lesson 5: Body Safety</p> <p>Learning Intention</p> <p>To recognise body boundaries as well as appropriate and inappropriate touch</p> <p>Learning Outcomes</p> <p>To recognise appropriate and inappropriate physical contact</p> <p>To have strategies to assert autonomy over their bodies</p>	<p>PSHE & Citizenship Framework</p> <p>3e) to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable</p> <p>3f) that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p> <p>4a) that their actions affect themselves and others, to care about other people's feelings</p>	<p>AJS lesson plan Supported by using the texts: <i>Secrets should never be kept, My body! What I say goes!</i></p>

	and to try to see things from their points of view	
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SEX & RELATIONSHIP EDUCATION: YEAR 5

Learning Intentions and Outcomes	End of Key Stage Statements	Suggested Resources
<p>Lesson One: Talking About Puberty</p> <p>Learning Intention</p> <p>To explore the emotional and physical changes that occur during puberty.</p> <p>Learning Outcomes</p> <p>Explain the main physical and emotional changes that happen during puberty.</p> <p>Ask questions about puberty with confidence.</p>	<p>PSHE & Citizenship Framework</p> <p>1d, to recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way.</p> <p>3c, learn about how the body changes as children approach puberty.</p> <p>National Curriculum Science 1a, that the life processes common to humans and other animals include nutrition, movement, growth and reproduction.</p> <p>2f, about the main stages of the human life cycle.</p>	<p>Year 5, Lesson 1, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p> <p>Then watch and discuss: Living and Growing, Unit 2, Programme 4, Changes DVD from Channel 4 Learning.</p>
<p>Lesson Two: Puberty and Hygiene</p> <p>Learning Intention</p> <p>To explore the impact of puberty on the body and the importance of physical hygiene.</p> <p>To explore ways to get support during puberty.</p> <p>Learning Outcomes</p> <p>Explain how to stay clean during puberty.</p> <p>Describe how emotions change during puberty.</p> <p>Demonstrate how to seek help and support during puberty.</p>	<p>PSHE & Citizenship Framework</p> <p>3c learn about how the body changes as children approach puberty.</p> <p>National Curriculum Science</p> <p>2f, about the main stages of the human life cycle.</p>	<p>Year 5, Lesson 2, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>
<p>Lesson Three: Male and female changes during</p>	<p>PSHE & Citizenship Framework</p>	<p>Year 5, Lesson 3, part 1, Teaching SRE with Confidence,</p>

<p>puberty</p> <p>Learning Intention</p> <p>To understand in more detail the changes that happen to people's bodies during puberty.</p> <p>Learning Outcomes</p> <p>Explain and ask questions about menstruation and wet dreams.</p> <p>Describe how to manage periods and wet dreams.</p>	<p>3c learn about how the body changes as children approach puberty.</p> <p>National Curriculum Science</p> <p>2f, about the main stages of the human life cycle.</p>	<p>The Christopher Winter Project. www.tcwp.co.uk</p>
<p><i>For lesson four the year group to be split into two groups – boys and girls. However children to be given an opportunity to discretely let their teacher know if they would like to be with a group different to their gender assigned at birth.</i></p>		
<p>Lesson Four: Additional menstruation education</p> <p>Learning Intention</p> <p>To explore in menstruation issues in detail</p> <p>Learning Outcomes</p> <p>Understand why girls and women have periods.</p> <p>Know and discuss how to manage periods</p>	<p>PSHE & Citizenship Framework</p> <p>3c, learn about how the body changes as children approach puberty.</p> <p>National Curriculum Science</p> <p>2f, about the main stages of the human life cycle.</p>	<p>Year 5, Lesson 3, Additional activities, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>
<p>Lesson 5: Body Safety</p> <p>Learning Intention</p> <p>To know where to go for advice, questions or help with issues relating to body safety</p> <p>Learning Outcomes</p> <p>To identify different people and organisations who can offer help,</p>	<p>PSHE & Citizenship Framework</p> <p>3e) to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable</p> <p>3f) that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p>	<p>AJS lesson plan Supported by using the texts: <i>Secrets should never be kept, No means No, My body! What I say goes!</i></p>

information and advice	<p>3g) school rules about health and safety, basic emergency aid procedures and where to get help.</p> <p>4g) where individuals, families and groups can get help and support.</p>	
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SEX & RELATIONSHIP EDUCATION: YEAR 6

Learning Intentions and Outcomes	End of Key Stage Statements	Suggested Resources
<p>Lesson 1: Puberty & reproduction</p> <p>Learning Intention</p> <p>To consider puberty and reproduction</p> <p>Learning Outcomes</p> <p>To describe how and why the body changes during puberty in preparation for reproduction</p> <p>To talk about puberty and reproduction with confidence</p>	<p>PSHE & Citizenship Framework</p> <p>1d, to recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way.</p> <p>3c, learn about how the body changes as children approach puberty.</p> <p>5i prepare for change.</p> <p>National Curriculum Science</p> <p>1a, that the life processes common to humans and other animals include nutrition, movement, growth and reproduction.</p> <p>2f, about the main stages of the human life cycle.</p>	<p>Year 6, Lesson 1, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>
<p>Lesson 2: Conception & pregnancy</p> <p>Learning Intention</p> <p>To explore the process of conception and pregnancy.</p> <p>Learning Outcomes</p> <p>To describe the decisions that have to be made before having a bay</p> <p>To know some basic facts about conception and</p>	<p>PSHE & Citizenship Framework</p> <p>3c learn about how the body changes as children approach puberty.</p> <p>National Curriculum Science</p> <p>2f about the main stages of the human life cycle.</p>	<p>Year 6, Lesson 3, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>

pregnancy		
<p>Lesson 3: Understanding relationships</p> <p>Learning Intention</p> <p>To consider physical and emotional behaviour in relationships</p> <p>Learning Outcomes</p> <p>To discuss different types of adult relationships with confidence</p> <p>To know what form of touching is appropriate in relationships</p>	<p>PSHE & Citizenship Framework</p> <p>3c learn about how the body changes as children approach puberty.</p> <p>National Curriculum Science</p> <p>2f about the main stages of the human life cycle.</p>	<p>Year 6, Lesson 2, Teaching SRE with Confidence, The Christopher Winter Project. www.tcwp.co.uk</p>
<p>Lesson 4: Sexually transmitted infections</p> <p>Learning Intention</p> <p>To be aware of some sexually transmitted infections</p> <p>Learning Outcomes</p> <p>To know that there are some infections that can pass from one person to another when they have sex.</p> <p>To consider some of the issues surrounding STIs</p>	<p>PSHE & Citizenship Framework</p> <p>3b that bacteria and viruses can affect health</p> <p>3e to recognise the different risks in different situations and then decide how to behave responsibly</p> <p>3f that pressure to behave in an unacceptable or risky way can come from a variety of sources</p> <p>4g where individuals, families and groups can get help and support.</p>	<p>Sex & Relationships Education for Key Stage 2 Norfolk Healthy Schools <i>Sexually Transmitted Infections</i> Pages 175-177</p>
<p>Lesson 5: Body Safety</p> <p>Learning Intention</p> <p>To review how to be body safe</p> <p>Learning Outcomes</p>	<p>PSHE & Citizenship Framework</p> <p>3e) to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable</p> <p>3f) that pressure to behave in an unacceptable or risky way can come from a</p>	<p>AJS lesson plan Supported by using the texts: <i>Secrets should never be kept, No means No, My body! What I say goes!</i></p>

<p>To know the 5 body safety rules</p> <p>To have strategies to assert autonomy over your own body, to recognise risk and to seek advice, help or information</p>	<p>variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p> <p>3g) school rules about health and safety, basic emergency aid procedures and where to get help.</p> <p>4g) where individuals, families and groups can get help and support.</p>	
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