

## Sex and relationship education (SRE)

<b>Y1</b> <i>No specific unit of work for this year group, although aspects of SRE are covered through other PSHE topics in this year group.</i>	<b>Y2</b> <b>Boys and girls, families</b>	<b>Y3</b> <i>An interim SRE unit of work is available for schools who would like to teach some SRE in Year 3.</i>	<b>Y4</b> <b>Growing up and changing</b>	<b>Y5</b> <i>Schools can decide to teach the entire, or aspects, of the Year 4 or Year 6 SRE unit of work in Year 5 if preferred.</i>	<b>Y6</b> <b>Healthy relationships</b> <b>How a baby is made</b>
	<p><b>1. Pupils learn to understand and respect the differences and similarities between people</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>are able to define difference and similarity</li> <li>understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that</li> </ul>	<p><b>3. Pupils learn about growing from young to old and that they are growing and changing</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can identify key stages in the human life cycle</li> <li>understand some ways they have changed since they were babies</li> </ul> <p>understand that all living things including humans start life as babies</p>	<p><b>1. Pupils learn about the way we grow and change throughout the human lifecycle</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can identify changes throughout the human life cycle</li> <li>understand change is on-going</li> <li>understand change is individual</li> </ul>	<p><b>3. Pupils learn about menstruation and wet dreams</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can describe menstruation and wet dreams</li> <li>can explain effective methods for managing menstruation and wet dreams</li> </ul> <p>understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams</p>	<p><b>1. Pupils learn about the changes that occur during puberty</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>can identify the physical, emotional &amp; behavioural changes that occur during puberty for both males and females</li> <li>understand that puberty is individual and can occur any time between 8-17</li> <li>understand that body changes at puberty are a preparation for sexual maturity</li> </ul>
	<p><b>2. Pupils learn about the biological differences between male and female animals and their role in the life cycle</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know that female mammals give birth and nurse their young</li> <li>can describe the biological differences between male and female</li> <li>understand that the creation of life requires a male and female</li> </ul>	<p><b>4. Pupils learn that everybody needs to be cared for and ways in which they care for others</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>understand that we all have different needs and require different types of care</li> <li>identify ways we show care towards each other</li> </ul> <p>understand the links between needs, caring and changes throughout the life cycle</p>	<p><b>2. Pupils learn the physical changes associated with puberty</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults</li> <li>identify physical changes associated with puberty</li> <li>Understand that everyone's experience of puberty is different and that it begins and ends at different times</li> </ul>	<p><b>5. Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>are able to describe how feelings and behaviour change during puberty</li> <li>can devise strategies for managing these changes</li> </ul> <p>understand how changes during puberty can affect relationships with other people</p>	<p><b>2. Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture</li> <li>can recognise and challenge gender stereotypes</li> <li>understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour</li> </ul>

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	<p><b>3. Pupils learn the biological differences between male and female children</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• identify and name biological terms for male and female sex parts</li> <li>• can label the male and female sex parts with confidence</li> <li>• understand that the male and female sex parts are related to reproduction</li> </ul>	<p><b>5. Pupils learn about different types of family and how their home-life is special</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can describe different types of family</li> <li>• identify what is special and different about their home life</li> <li>• understand families care for each other in a variety of ways</li> </ul>	<p><b>4. Pupils learn about the impact of puberty on physical hygiene and strategies for managing this</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can explain how changes at puberty affect body hygiene</li> <li>• can describe how to care for their bodies during puberty</li> <li>• can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming</li> </ul>	<p><b>6. Pupils learn strategies to deal with feelings in the context of relationships</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• are able to identify feelings and understand how they affect behaviour</li> <li>• can practise strategies for managing relationships and changes during puberty</li> <li>• can empathise with other people's feelings in relationships, including parents and carers</li> </ul>	<p><b>4. Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can identify positive qualities and expectations from a variety of relationships</li> <li>• can explain the similarities and differences between friendships and intimate relationships</li> <li>• can describe that there are different types of intimate relationships, including marriage</li> <li>• understand that sex or making love may be one part of an intimate relationship between adults</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> </ul>	<p><b>7. Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can identify sources of information, support and advice for children and young people</li> <li>• can use appropriate language to discuss puberty and growing up with confidence</li> </ul> <p>can answer their own questions about puberty and growing up</p>	<p><b>5. Pupils learn about human reproduction in the context of the human lifecycle</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• understand that sexuality is expressed in a variety of ways between consenting adults</li> <li>• know that sexual intercourse may be one part of a sexual relationship</li> <li>• can describe how babies are made and explain how sexual intercourse is related to conception</li> <li>• can name the male and female sex cells and reproductive organs</li> </ul>

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	•		•		<b>6. Pupils learn how a baby is made and grows (conception and pregnancy)</b>  <b>Pupils</b> <ul style="list-style-type: none"> <li>• know the male and female body parts associated with conception and pregnancy</li> <li>• can define conception and understand the importance of implantation in the womb</li> <li>• know what pregnancy is, where it occurs and how long it takes</li> </ul>
	•		•		<b>6. Pupils learn about roles and responsibilities of carers and parents</b>  <b>Pupils</b> <ul style="list-style-type: none"> <li>• can identify some of skills and qualities needed to be parent and carer</li> <li>• understand the variety of ways in which parents and carers meet the needs to be a parent and carers meet the needs of babies and children</li> <li>• can recognise that both men and women can take on these roles and responsibilities</li> </ul>
			•		<b>7. Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it</b>  <b>Pupils</b> <ul style="list-style-type: none"> <li>• can answer their own questions about sex and relationships</li> <li>• can use appropriate language to discuss sex and relationships and growing up with confidence</li> <li>• can identify sources of information, support and advice for children and young people</li> </ul>
					<b>Additional lessons:</b> schools will want to consider including these lessons as part of their SRE policy development

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					<p><b>8. Pupils learn some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>know that HIV can affect anyone, not a specific group or type of person</li> <li>can identify how HIV can and cannot be passed on</li> </ul>
					<p><b>9. Pupils learn about how the risk of HIV can be reduced</b></p> <p><b>Pupils:</b></p> <ul style="list-style-type: none"> <li>know that the risk of HIV being passed on can be reduced if a condom is used</li> <li>can describe how a condom protects against HIV and other sexually transmitted infections</li> </ul>
					<p><b>10. Pupils learn that contraception can be used to stop a baby from being conceived</b></p> <p><b>Pupils:</b></p> <ul style="list-style-type: none"> <li>know that a condom stops sperm from meeting an egg and therefore stops fertilisation</li> <li>know that women can take a pill to stop an egg being released, preventing conception</li> <li>understand contraception is both partners' responsibility</li> </ul>

<b>National Curriculum link:</b>	<b>Science - animals, including humans (statutory requirements)</b>
<b>Pupils:</b>	<b>Pupils should be taught to:</b>
Year 1	4.1 identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
Year 2	4.2 notice that animals, including humans, have offspring which grow into adults
Year 5	4.3 describe the changes as humans develop to old age

This scheme of work suggests that sex and relationship education is taught in Years 2, 4 and 6.

Some schools will prefer to teach sex and relationship education in each year group or may want to teach a particular topic across consecutive year groups as identified on the grid above.

PSHE subject leaders can adapt this PSHE curriculum area of learning to best suit the school's individual approach.