

# Teaching RSE (Relationships and Sex Education) at Blackwell Primary School.

At Blackwell Primary School, teachers will be teaching the RSE units of work in the Second half of the Summer term (June – July.)

The opening paragraph of the Department for Education guidance states: "Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way." We believe this is at the heart of the RSE teaching at Blackwell and have developed a policy that reflects this.

The RSE Policy at Blackwell states the following aims: (The policy can be found on the school website)

- Provide a framework, tailored to our community in which sensitive discussions can take place.
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

# What must primary schools teach in Relationships Education, Health Education and Sex Education?

From September 2020, Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings (DfE 2019):

## Relationships Education

- Families and people who care for me.
- Caring Friendships.
- Respectful relationships.
- Online Relationships.
- Being safe.

## Health Education

- Mental wellbeing
- Internet safety and harms
- Changing adolescent body

## Primary RSE



## Teaching RSE at Blackwell Primary School.

The school will be using the Christopher Winter Project – Teaching RSE with Confidence in Primary Schools.

This 5th edition of *Teaching RSE with Confidence in Primary Schools* reflects recent developments in PSHE and the Statutory Guidance for Relationships Education, RSE and Health Education.

**These resources are West Sussex approved.**

The Christopher Winter Project have devised new lessons which increase the focus on families, relationships, safeguarding and keeping children safe. This resource encourages children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

In Reception we focus on families and friendships. From Year 1 children will learn the names of the body parts, the differences between males and females and the ways in which they will develop and grow. Importantly, they will also learn to recognise unsafe and risky situations and to ask for help.

The curriculum continues to develop their knowledge and skills as they learn about the physical and emotional changes of puberty and about reproduction.

In Year 6 we have added an extra lesson on internet safety and communication in relationships.

The materials have been used to train thousands of teachers to teach RSE with confidence. Every unit has been taught in a variety of school settings and has been enthusiastically received by teachers and pupils.

# CWP Curriculum Overview

reception

year 1

year 2

year 3

year 4

year 5

year 6

Additional

## Reception Family and Friendship

Lesson 1: **Caring Friendships**  
Lesson 2: **Being Kind**  
Lesson 3: **Families**

## Year 1 Growing and Caring For Ourselves

Lesson 1: **Different Friends**  
Lesson 2: **Growing & Changing**  
Lesson 3: **Families & Care**

## Year 2 Differences

Lesson 1: **Differences**  
Lesson 2: **Male & Female Animals**  
Lesson 3: **Naming Body Parts**

## Year 3 Valuing Difference and Keeping Safe

Lesson 1: **Body Differences**  
Lesson 2: **Personal Space**  
Lesson 3: **Help and Support**

## Year 4 Growing Up

Lesson 1: **Changes**  
Lesson 2: **What is Puberty?**  
Lesson 3: **Healthy Relationships**

## Year 5 Puberty

Lesson 1: **Talking about Puberty**  
Lesson 2: **The Reproductive System**  
Lesson 3: **Help and Support**

## Year 6 Puberty, Relationships & Reproduction

Lesson 1: **Puberty & Reproduction**  
Lesson 2: **Communication in Relationships**  
Lesson 3: **Families, Conception & Pregnancy**  
Lesson 4: **Online Relationships**

## Additional Folder Year 5/6

Unit 1: **FGM**  
Unit 2: **Respect and Equality**

The school will not be using these additional resources at this time.

This is an overview for the whole school.

Further information is on the RSE Policy which can be found on the school Website.

## What do I do if I have questions about the RSE?

At Blackwell we welcome parent / carer feedback. If you have further questions about the content of the RSE that your child will be receiving, please speak to your child's teacher. All questions or concerns will be answered before the lessons are taught.

## Can I withdraw my child from the RSE lessons?

### 2. Statutory requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Blackwell Primary we teach RSE as set out in this policy.

### 8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

This form, and the discussion following, should be placed on CPOMS.  
Alternative work will be given to pupils who are withdrawn from sex education.

We believe this work is an important part of safeguarding children, as knowledge empowers them, helping them to stay safe and cope with puberty whilst also understanding why their bodies will change.

Often, when parents and carers find out what is in the curriculum, their fears are allayed as they can appreciate it is in the best interests of their child's lifelong learning and safeguarding.

The following pages outline the lesson content and resources Year 4. The lessons have been designed to build upon learning from previous years.

RSE in Year 4 at  
Blackwell Primary  
School.

This is the vocabulary that will be used  
in this unit of work.

# Scheme of Work

## Growing Up Key Stage 2

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

| Statutory Guidance                                                                                                                                                                                                                                                                         | Learning Intentions and Learning Outcomes                                                                                                                                                                                                                                                              | Lesson Title                                      | Resources                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Health Education<br>Changing adolescent body (8a)<br>Key Stage 2 Science<br>- describe the life process of reproduction in some plants and animals                                                                                                                                         | Learning Intention<br>To explore the human lifecycle<br>To identify some basic facts about puberty<br>Learning Outcomes<br>Understand that puberty is an important stage in the human lifecycle<br>Know some changes that happen during puberty                                                        | Lesson 1<br><a href="#">Changes</a>               | <a href="#">Lifecycle whiteboard summary</a><br><a href="#">Body Parts Bingo cards</a><br><a href="#">Bingo Flash cards</a><br><a href="#">Body Changes pictures</a><br><a href="#">Lifecycle Quiz slides</a><br><a href="#">Lifecycle Quiz answers</a><br>Additional Activities<br><a href="#">Babies and Children worksheet</a>                                                                         |
| Health Education<br>Mental wellbeing (6a,6b,6c,6d,6f)<br>Health Education<br>Changing adolescent body (8a, 8b)<br>Menstruation (9a)<br>Key Stage 2 Science<br>- describe the life process of reproduction in some plants and animals<br>-describe the changes as humans develop to old age | Learning Intention<br>To explore how puberty is linked to reproduction<br>Learning Outcomes<br>Know about the physical and emotional changes that happen in puberty<br>Understand that children change into adults to be able to reproduce if they choose to                                           | Lesson 2<br><a href="#">What is Puberty?</a>      | Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart<br><a href="#">Puberty Card Sort</a><br><a href="#">Puberty Card Sort whiteboard summary</a><br><a href="#">Body Changes worksheet</a><br><a href="#">Puberty Changes Teacher Guide</a><br><br><b>Suggested Reading</b><br><i>Where Willy Went</i> , Nicholas Allan<br><i>Hair in Funny Places</i> , Babette Cole |
| Relationships Education<br>Caring friendships (2b,2c,2d,2e)<br>Respectful relationships (3a,3b,3d,3e,3f,3h)<br>Online relationships (4b,4d)                                                                                                                                                | Learning Intention<br>To explore respect in a range of relationships<br>To discuss the characteristics of healthy relationships<br>Learning Outcomes<br>Know that respect is important in all relationships including online<br>Explain how friendships can make people feel unhappy or uncomfortable. | Lesson 3<br><a href="#">Healthy Relationships</a> | <a href="#">Healthy Friendships cards</a><br><a href="#">Relationship pictures</a><br>Online Respect and Self-Respect video<br><a href="https://www.youtube.com/watch?v=mZtXwLzllpk">https://www.youtube.com/watch?v=mZtXwLzllpk</a>                                                                                                                                                                      |

These detail  
the statutory  
elements.

There are 3 lessons.  
These will cover the following:

Lesson 1:  
Changes

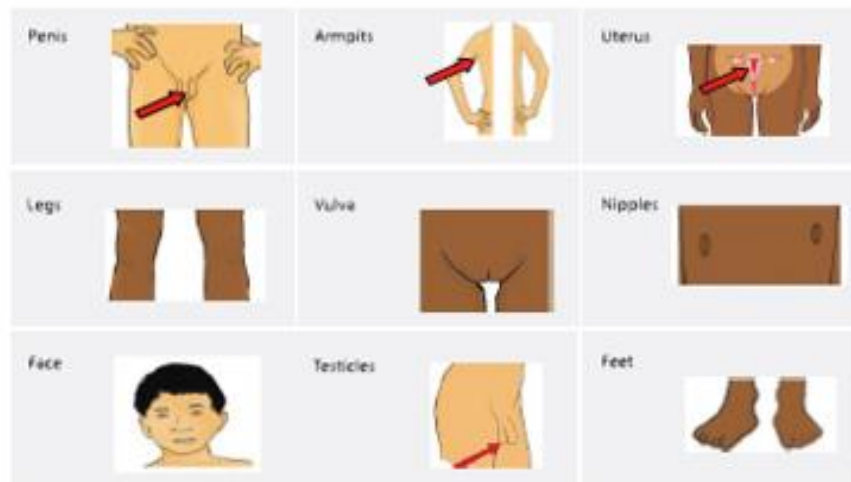
Lesson 2: What is puberty?

Lesson 3:  
Healthy relationships



Year 4 Lesson 1:  
Changes

## Body Parts Bingo Cards



Lesson 1 uses these resources.



picture



15



Year 4 Lesson 1:  
Changes

Lesson 1 continued. It uses  
these resources.

# Lifecycle Quiz Answers

1. Most babies are born after spending about nine months inside their mother's womb

**TRUE** The womb is the part of the female body where the baby grows before being born. Some babies are born a little bit before nine months while others are born a little later.

2. All babies learn to walk before their first birthday

**FALSE** Babies learn to walk at different ages, usually between nine months and one and a half years.

3. All children's bodies start to change at the age of 13

**FALSE** Some children's bodies start to change as early as 8 years old, others not until they are 15 or 16. This is simply because everyone is different. The changes that happen during this time are called puberty. We will be learning more about puberty in the next lesson.

4. Some teenagers often get spots on their faces

**TRUE** As teenagers grow and change into young adults their skin can become greasy and many teenagers get spots. It is a normal part of growing up but can make teenagers worry about how they look. Washing the face regularly with soap or a special face wash can help.

5. Teenagers' voices get deeper

**TRUE** As children's bodies change into young adult bodies their voices change too. This is usually much more noticeable in boys.

6. Adults have more hair on their bodies than children

**TRUE** As children grow and change into young adults they will gradually get more hair on their bodies. This includes leg hair, facial hair, armpit hair and pubic hair.

7. Adults can grow new teeth to replace broken ones

**FALSE** Children start to lose their baby teeth at around the age of five or six. They replace these teeth with adult teeth and this change is usually completed by the age of twelve or thirteen. Adult teeth do not grow back if they are damaged so it is important to keep looking after them.

8. After the age of seventy elders shrink five centimetres each year

**FALSE** If people shrank five centimetres every year they would disappear completely. As people age the soft discs between their bones gradually get smaller which means that they will get a little shorter. It would take several years for someone to shrink by even one centimetre.

Year 4 Lesson 1:  
Changes

Lesson 1 continued. It uses these resources.

1. Between the ages of 8 and 16 the human body changes a lot both inside and out. This is called puberty.

**8 - 16**

2. Chemicals called hormones make the changes happen. We all change at different times and in different ways because we are all unique.

**Hormones**

3. People get more hair on their bodies including facial hair, armpit hair and hair around the private parts.



4. Armpits start to smell, and people might choose to use a deodorant.



5. The skin becomes oilier and teenagers may get spots.



6. Teenagers' moods can go up and down. They can get strong feelings for others and may get a boyfriend or girlfriend.



7. Females develop breasts. They start to have their period, a tiny egg is released each month and there is a small amount of bleeding.



8. Males might have a wet dream. When they wake up they might have a sticky patch on their pyjamas. It is a sign that they have started to produce sperm.



Lesson 2 Uses these resources.

Year 4 Lesson 2:  
What is Puberty?

## Body Changes

| Changes that happen in puberty...               | Male | Female | Everyone |
|-------------------------------------------------|------|--------|----------|
| Grows taller                                    |      |        |          |
| Has hair under the arms                         |      |        |          |
| Develops pubic hair                             |      |        |          |
| Grows hair on the face                          |      |        |          |
| Private parts grow bigger                       |      |        |          |
| Breasts grow                                    |      |        |          |
| Hair on legs                                    |      |        |          |
| Periods start                                   |      |        |          |
| Voice gets deeper                               |      |        |          |
| Has mood swings                                 |      |        |          |
| Might think about having a boyfriend/girlfriend |      |        |          |

Year 4 Lesson 2:  
What is Puberty?

Lesson 2 Continued. It  
uses these resources.

## Healthy Friendships Cards

1. Likes to talk and listens to my ideas.
2. We are both happy spending time together and have lots of fun.
3. Tells me who I can and can't be friends with.
4. Gets moody and sometimes hits me if I don't do what they want.
5. Asks me what I would like to do when we spend time together
6. Always telling me what I should and shouldn't do.
7. They get jealous when I talk to other friends
8. Sometimes we argue.
9. Sends embarrassing pictures of me to our other friends to make them laugh.

Resources using in Year 4 lesson 3:  
Healthy Relationships.



Lesson 3 uses these resources.