

# 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 for Year 5. The lessons have been designed to build upon previous learning the children have done.

RSE in Year 5 at  
Blackwell Primary  
School.

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

## Scheme of Work

# Puberty

Key Stage 2

**Word Box:** Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

### Statutory Guidance

Health Education  
Mental wellbeing  
(6c, 6d, 6f)  
Changing adolescent body  
(8a, 8b)  
Menstruation (9a)

### Learning Intentions and Learning Outcomes

**Learning Intention**  
To explore the emotional and physical changes occurring in puberty  
**Learning Outcomes**  
Explain the main physical and emotional changes that happen during puberty  
Ask questions about puberty with confidence

### Lesson Title

Lesson 1  
[Talking About Puberty](#)

### Resources

[Puberty Changes Teacher Guide](#)  
[Puberty Changes worksheet](#)  
[Reproductive System slides](#)  
[Pupil Questions template](#)

Health Education  
Changing adolescent body  
(8a, 8b)  
Menstruation (9a)

**Learning Intention**  
To understand male and female puberty changes in more detail  
**Learning Outcomes**  
Understand how puberty affects the reproductive organs  
Describe what happens during menstruation and sperm production

Lesson 2  
[The Reproduction System](#)

[Reproductive System slides](#)  
[Puberty Changes Teacher Guide](#)  
Menstrual cycle animation  
[Male Changes Powerpoint](#)  
[Puberty Card Game](#)  
[Puberty Card Game answer sheet](#)  
[Puberty Card Game whiteboard summary](#)  
Model materials: spaghetti (fallopian tubes) and poppy seeds (eggs)  
Selection of menstrual product (tampons, pads, liners, re-usables)  
Pupil questions from Lesson 1  
Additional Activities  
[What is the Menstrual Cycle? cards](#)  
[What is the Menstrual Cycle? whiteboard summary](#)  
[Menstruation Card Game](#)  
[Menstruation Card Game whiteboard summary](#)

Health Education  
Mental wellbeing  
(6a, 6b, 6c, 6d, 6e, 6f)  
Changing adolescent body  
(8a, 8b)  
Menstruation (9a)

**Learning Intention**  
To explore the impact of puberty on the body and the importance of physical hygiene  
To explore ways to get support during puberty  
**Learning Outcomes**  
Explain how to keep clean during puberty  
Explain how emotions/relationships change during puberty  
Know how to get help and support during puberty

Lesson 3  
[Puberty Help and Support](#)

Kim's Game items and a cloth to cover them (see lesson plan)  
[Kim's Game Teacher Guide](#)  
[Year 5 Puberty Problem Page](#)  
[Year 5 Puberty Problem Page cut-outs](#)  
[Year 5 Problem Page Teacher Guide](#)  
Pupil questions from Lesson 1  
Additional Activities  
[Puberty Bingo cards](#)

These detail  
the statutory  
elements.

There are 3 lessons. These will cover the following:

Lesson 1: Talking about puberty.

Lesson 2: The Reproduction System.

Lesson 3: Puberty Help and Support

## Puberty Changes worksheet

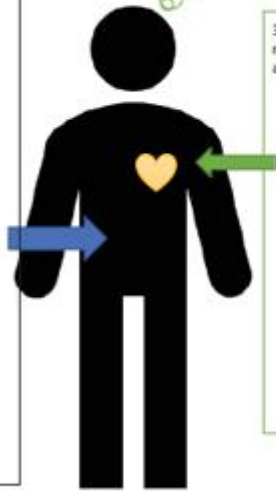
People of all genders and biological sex go through puberty. Some changes happen to everyone and some depend on what body parts a person has.

What are the changes?

1. What are the physical changes that happen to a person's body?

2. How might puberty affect someone's feelings?

3. How could puberty affect relationships with family and friends?



Year 5 Lesson 1 Resources:  
Talking about Puberty

### Ovaries

There are two ovaries – they are connected to the uterus by the fallopian tubes. The ovaries contain the female sex cells which are called eggs or ova.



### Uterus

The uterus is sometimes called the womb. If a female chooses to have a baby the uterus is where the baby develops.

### Vagina

The vagina is the passageway that connects the uterus to the outside of the body.

### Penis

The penis usually is soft and hangs down. Sometimes the penis becomes hard and stands out from the body. This is called an erection.



### Testicles

There are two testicles behind the penis – they are held in a sac of skin called the scrotum. During puberty the testicles start to produce the male sex cells which are called sperm.

### Your Questions



After the lesson I wanted to know...

A large, empty, rounded rectangular box for writing questions.

Lesson1 uses these resources.



What changes happen to the Male reproductive system during puberty?

## Year 5 Lesson 2: The Reproductive System

### Sperm

The sperm are the male sex cells. During puberty the testicles start to produce sperm every day.



### Semen

Is a white sticky liquid. Sperm mixes with this liquid before it comes out of the end of the penis. This is called ejaculation. Each ejaculation of semen contains millions of tiny sperm.

### Penis

During puberty the penis gradually grows larger.

### Foreskin

This is the loose skin that covers the end of the penis. Some males have this removed by a doctor when they are babies, often for religious or cultural reasons.



### Testicles

During puberty the testicles grow bigger and hang a bit lower. The testicles are covered by a sac of skin called the scrotum. The testicles produce sperm.

### Erection

This is where the penis becomes hard and sticks out. Erections can happen quite often. Erections are a normal part of growing up.

### Ejaculation

One or two teaspoons of semen come out of the end of the penis. Ejaculation doesn't happen every time a boy has an erection. Some males are asleep when they first ejaculate. This is called a wet dream.



Lesson 2 uses these resources.

## PUBERTY CARD GAME SUMMARY

|                                                                                      |       |
|--------------------------------------------------------------------------------------|-------|
| 1. A girl gets her first period when she starts secondary school                     | False |
| 2. A period normally lasts 2 - 7 days                                                | True  |
| 3. All boys have wet dreams                                                          | False |
| 4. Girls can go swimming when they have their periods                                | True  |
| 5. Most boys' voices break during puberty                                            | True  |
| 6. The blood from a period and the semen from a wet dream are dirty                  | False |
| 7. A boy starts to produce sperm at age 12                                           | False |
| 8. Girls who start their periods unexpectedly should go home from school immediately | False |

Year 5 Lesson 2:

The Reproductive System

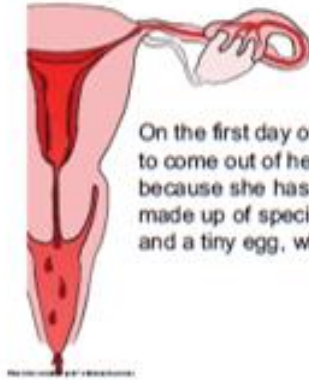
## MENSTRUATION CARD GAME SUMMARY

|                                                                                      |         |
|--------------------------------------------------------------------------------------|---------|
| 1. It is embarrassing to buy menstrual products                                      | Depends |
| 2. A period normally lasts 2 - 7 days                                                | True    |
| 3. A girl gets her first period at age 12                                            | False   |
| 4. Girls can go swimming when they have their periods                                | True    |
| 5. The best way to get rid of used pads and tampons is to flush them down the toilet | False   |
| 6. All girls and women should use tampons                                            | False   |
| 7. It is OK to take a bath or wash your hair when you are menstruating               | True    |
| 8. All women get period pains and are moody when they expect their periods           | False   |
| 9. Girls who start their periods unexpectedly should go home immediately             | False   |

Lesson 2 continued – uses these resources.

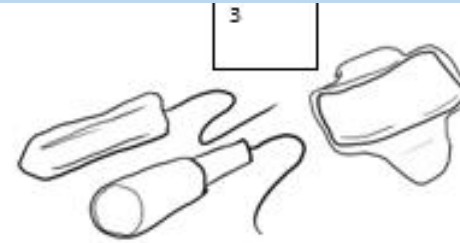


The menstrual cycle starts on the first day of a girl's period.



2

On the first day of a girl's period blood starts to come out of her vagina. This is not because she has been hurt. The blood is made up of special tissue that lines the womb and a tiny egg, which has dissolved.

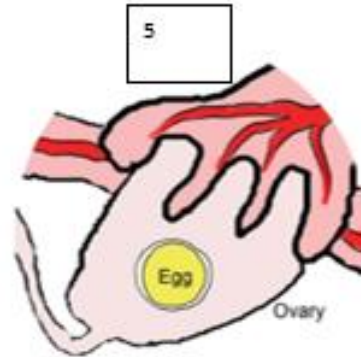


3

The bleeding can last from 2 to 7 days. Sometimes the blood comes out a bit at a time and sometimes there is quite a lot. Girls use sanitary protection to soak up the blood during their period

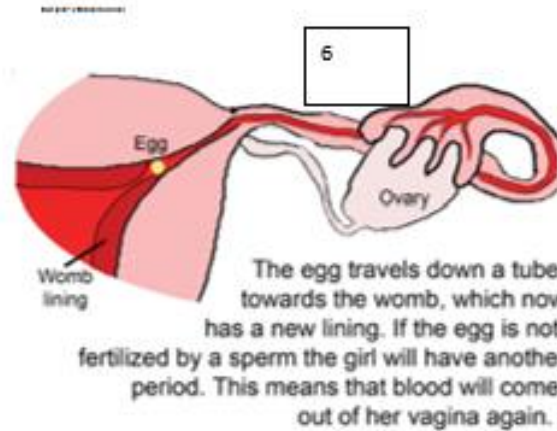
4

When the bleeding stops the period is over. Now the girl's body starts getting ready for a new egg. The womb makes a new lining and another egg develops in the ovary.



5

When the new egg is fully grown, it is released from the ovary.



6

The egg travels down a tube towards the womb, which now has a new lining. If the egg is not fertilized by a sperm the girl will have another period. This means that blood will come out of her vagina again.



7

The menstrual cycle is now back at the beginning and everything is repeated. It usually takes about 28 days.

Year 5 Lesson 2:  
The Reproductive System

Lesson 2 continued – uses these resources.

## YEAR 5 Puberty Problem Page

### A problem shared...

#### Hold The Phone

Dear Problem Page,  
I don't have a phone yet and the only computer in the home is in the living room. I want to chat with my friends on-line when I get back from school but I feel like my mum is always looking over my shoulder. I don't understand why I can't have a phone when everyone else has. R, age 11

#### A spot of bother

Dear Problem Page,

I started to get spots on my face and back when I was about 13. It makes me feel ugly and so I started watching videos on my phone that gave advice. The problem is they all say really different things and I don't know which advice to follow. How do I work out which I should try? P, age 13

#### Bed Bug

Dear Problem Page,

Sometimes when I wake up in the morning there is a wet patch in my bed, but it isn't wee. It makes a stain so I've tried washing the sheets in the sink but there is nowhere to dry them without my dad seeing. Why is this happening and what should I do? S, age 14

#### Sleepover Stress

Dear Problem Page,

I started my periods last summer. I told my carer and she helped me to deal with it and it was ok. Now I've been invited to a sleep-over. I really want to go but I'm worried I'll have my period when I'm there. I don't know if my friends have started yet and I'm too embarrassed to talk to them about it. What can I do? P, age 11

#### Puberty Worries

Dear Problem Page

I learnt about puberty in primary school but now I'm 12 and I feel really confused about things and have lots of questions. I haven't got my period but I get this white stuff in my knickers. I don't wear a bra but my nipples hurt. I don't know if these things are normal. I'm really worried. What should I do? C, age 12

#### YOUTUBERS

Dear Problem Page,

My friends are always talking about the youtubers we like and some of them have started to wear clothes and make-up to look more like them. I think I look really ordinary and could never look that good. None of the youtubers look like me, they all look amazing. It's making me upset. What should I do? K, age 13

#### Chat Group Bullies

Dear Problem Page,

I am in a chat group with others in my class and we message each other after school. Some people have started to make nasty jokes about one of the group members even though she can read it. They would never say those things at school. I don't like it but worry they would do the same to me if I speak up. A, age 12

#### Mood Swings

Dear Problem Page,

I used to be a really happy person. Now I'm 13 and I sometimes feel really miserable. I go up and down and people are beginning to notice. At home they keep calling me moody and tell me to snap out of it. Is this normal and how can I stop it happening? L, age 13

## Puberty Bingo Cards

Shaving  
Foam

Soap

Spot  
Cream

Bra

Tampon

Deodorant

Shaving  
Foam

Soap

Spot  
Cream

Bra

Tampon

Deodorant

Year 5 lesson 3 – Puberty help and support

Lesson 3 continued – uses these resources.