

Department For Education Requirements

The Department for Education is introducing compulsory Relationship Education for primary pupils and Relationship Sex Education (RSE) for secondary pupils from September 2020 for the following reasons:

All children (should) grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated –these changes bring the content into the 21st century, so that it is relevant for your child.

Department For Education Requirements

Schools have the flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils. It is therefore compulsory for primary schools to teach Relationships Education and Health Education.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching '**relationships and health education**' on GOV.UK.

Department For Education Requirements

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching '**relationships and health education**' on GOV.UK.

How the RSE Curriculum will look at Oyster Park Primary Academy

Intent

At Oyster Park Primary Academy, good relationships are fundamental to our ethos. Relationships and Sex Education (RSE) is lifelong learning about relationships, emotions, looking after ourselves, different families, sex, sexuality and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. RSE has a key part to play in the personal, social, moral and spiritual development of young people.

How the RSE Curriculum will look at Oyster Park Primary Academy

Intent

We intend to:

- Provide a framework in which sensitive discussions can take place
- Teach children the correct vocabulary to describe themselves and their bodies
- Develop confidence in talking about feelings and relationships
- Help children develop feelings of self-respect, confidence and empathy
- Have the confidence and self-esteem to value themselves and others
- Prepare children for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Create a positive culture around issues of relationships and sexuality
- Understand about the diverse range of different relationships, and families, and their importance for the care and support of children
- Behave responsibly within relationships
- Be able to recognise unsafe situations and be able to protect themselves and ask for help and support
- Understand the role of the media in forming attitudes
- Understand that offence can be caused by the use of sexual terms as an insult

How the RSE Curriculum will look at Oyster Park Primary Academy

Implementation- What is in place already?

- Oyster Park Primary Academy, many relationship aspects are covered through our bespoke social skills programme which helps to equip them with knowledge, understanding and practical skills, appropriate to their age and maturity, in order to live healthy, safe, fulfilled and responsible lives.
- Relationships and Sex Education may be taught discretely in Years 5 and 6. However, some biological aspects covered in Science and PSHE also enables children and young people to reflect on and clarify their own values and attitudes, and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.
- In addition, linked with R.E, children reflect on family relationships, different family groups and friendships. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

How the RSE Curriculum will look at Oyster Park Primary Academy

Implementation- Coverage

Implementation -Coverage

We have chosen to follow the CWP schemes of work, which has been quality assured by the PSHE training association. It is a comprehensive scheme of work which has lesson plans and resources from Reception to Year 6. Within the resource there is an increased focus on safeguarding/keeping children safe. The resource also encourages children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

The resources in this scheme are age and developmentally appropriate. ***PSHE Association Training and Development Lead Jenny Barksfield says:***

“We awarded the Christopher Winter Project’s ‘Teaching SRE with confidence in Primary Schools’ our quality mark as it achieves exactly what it says on the tin: it provides everything a Primary practitioner would need to be confident that the SRE they’re providing is comprehensive, balanced, developmental and in line with best practice in PSHE teaching and learning. The lessons incorporate a wide variety of learning activities and a range of assessment opportunities. The teacher’s guide is thorough and supportive.”

How the RSE Curriculum will look at Oyster Park Primary Academy

Implementation - Coverage

<p>Reception Family and Friendship</p> <p>Lesson 1: Caring Friendships Lesson 2: Being Kind Lesson 3: Families</p>	<p>Year 1 Growing and Caring For Ourselves</p> <p>Lesson 1: Different Friends Lesson 2: Growing & Changing Lesson 3: Families & Care</p>	<p>Year 2 Differences</p> <p>Lesson 1: Differences Lesson 2: Male & Female Animals Lesson 3: Naming Body Parts</p>
<p>Year 3 Valuing Difference and Keeping Safe</p> <p>Lesson 1: Body Differences Lesson 2: Personal Space Lesson 3: Help and Support</p>	<p>Year 4 Growing Up</p> <p>Lesson 1: Changes Lesson 2: What is Puberty? Lesson 3: Healthy Relationships</p>	<p>Year 5 Puberty</p> <p>Lesson 1: Talking about Puberty Lesson 2: The Reproductive System Lesson 3: Help and Support</p>
<p>Year 6 Puberty, Relationships & Reproduction</p> <p>Lesson 1: Puberty & Reproduction Lesson 2: Communication in Relationships Lesson 3: Families, Conception & Pregnancy Lesson 4: Online Relationships</p>		

How the RSE Curriculum will look at Oyster Park Primary Academy

Reception
Our Lives EYF5

Scheme of Work

Word Bank: Clean, unclean, clean, messy, flannel, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb, safety, wash, dry, antibacterial, washing, garded, research, needed.

Early Learning Goals: Progress	Learning Intention and Learning Outcomes	Title	Resources
<p>Identify developmental needs and self-care</p>	<p>Learning Intention: To consider the causes and patterns of a typical day</p> <p>Learning Outcomes: Understand some signs to which they respond and look after themselves e.g. cleaning and washing</p>	<p>Lesson 1 Our Day</p>	<p>Class paper Our Day book</p>
<p>Identify developmental needs and self-care</p>	<p>Learning Intention: To understand why hygiene is important</p> <p>Learning Outcomes: Explain why it is important to keep clean. Understand how some body hygiene is done.</p>	<p>Lesson 2 Washing, Cleaning, Clean</p>	<p>Class paper Items related to hygiene, e.g. flannel, sponge, towel, toothbrush, hairbrush, comb, comb, brush</p> <p>Supportive class picture: The Clean Book, Bathroom Care</p> <p>Additional resources: Developmentally correct skills Supporting reading: The Big Who Washed Their Faces, Salma Hudaib</p>
<p>Personal, Academic, Spiritual, Moral and Social Development Building Resilience</p>	<p>Learning Intention: To recognise that all families are different</p> <p>Learning Outcomes: Identify different ways some of the family members of a family can help each other</p>	<p>Lesson 3 Family</p>	<p>The Family Book, Book from Family and Me Paper for drawing pictures</p> <p>Additional resources: Supporting reading: All kinds of Families, Mary Ann Huberman It takes you a little time, Nigel Gray</p>

How the RSE Curriculum will look at Oyster Park Primary Academy

Year 1

Growing & Caring For Ourselves

Word Bank: Team, work, effort, hard, fast, get, make, formal, proud, work, proud, help

Scheme of Work

Unit: Progression of Study Core Theme 1: Health and Wellbeing	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>• the importance of nutrition to maintain personal hygiene</p> <p>• about the process of growing from young to old and how government health advice</p> <p>• the roles for the main parts of the body including selected genetics the similarities and differences between boys and girls</p> <p>• about gender role both after birth, how family members, who we go to if they are unwell and how to access this information, ways that people can help those people in need after that.</p>	<p>Learning Intentions To understand ourselves, hygiene practices</p> <p>Learning Outcomes Know how to keep their personal information</p>	<p>Lesson 1 Growing Clean</p>	<p>Learning object Story bag - handwriting practice, health with and care and a school program on care of ourselves</p> <p>Growing Clean poster</p>
	<p>Learning Intentions To introduce the concept of growing and changing</p> <p>Learning Outcomes Understand that babies become children and then adults Know the differences between boys and girls</p>	<p>Lesson 2 Growing and Changing</p>	<p>Learning object Story bag - handwriting practice, health with and care and a school program on care of ourselves</p> <p>Growing and Changing poster</p> <p>Growth chart</p> <p>Growth chart poster</p>
	<p>Learning Intentions To explore different types of families and who to ask for help</p> <p>Learning Outcomes Know about different types of families Know who to ask for help</p>	<p>Lesson 3 Grown and Care</p>	<p>Learning object Story bag - handwriting practice and drawing paper</p> <p>Grown and Care poster</p> <p>The Family Book, Book Four</p> <p>4 different children's suggested writing Finger families, After Allergy What is a Family? Robert Scalet</p>

How the RSE Curriculum will look at Oyster Park Primary Academy

Year 2

Differences Key Stage 1

Scheme of Work

Word Box: Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vagina

<p>PSHE Programme of Study Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> • about the process of growing from young to old and how people's needs change • the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls <p>Science Attainment Targets</p> <ul style="list-style-type: none"> • notice that animals, including humans, have offspring which grow into adults 	<p>Learning Intentions and Learning Outcomes</p> <p><i>Learning Intention</i> To introduce the concept of male and female and gender stereotypes To identify differences between males and females</p> <p><i>Learning Outcomes</i> Understand that some people have fixed ideas about what boys and girls can do Describe the difference between male and female babies</p> <hr/> <p><i>Learning Intention</i> To explore some of the differences between males and females and to understand how this is part of the lifecycle</p> <p><i>Learning Outcomes</i> Describe some differences between male and female animals Understand that making a new life needs a male and a female</p> <hr/> <p><i>Learning Intention</i> To focus on sexual difference and name body parts</p> <p><i>Learning Outcomes</i> Describe the physical differences between males and females Name the male and female body parts.</p>	<p>Lesson Title</p> <p>Lesson 1 Differences: Boys & Girls</p> <hr/> <p>Lesson 2 Differences: Male and Female</p> <hr/> <p>Lesson 3 Naming the Body Parts</p>	<p>Resources</p> <p>2 large PE hoops Boy/Girl/Both labels Bag of objects and clothing to explore male and female or Pictures of objects and clothing Clothed Babies picture cards Clothed Babies whiteboard summary Pictures of newborn babies</p> <p><i>Additional Activities</i> Recommended reading: <i>Happy Families</i>, Allan Ahlberg, <i>Princess Smartypants</i>, Babette Cole <i>William's Doll</i>, Charlotte Zolotow <i>Amazing Grace</i>, Mary Hoffman and Caroline Binch</p> <hr/> <p>Talking object Pictures of male and female animals Cats and Kittens worksheet Anatomically correct toy farm animals www.toysnfun.co.uk</p> <hr/> <p>2 large PE Hoops Hoop labels Body Parts picture cards Female x-ray picture Body Parts worksheet</p> <p><i>Additional Activities</i> Recommended reading: <i>Cinderella's Bum</i>, Nicholas Allan <i>Shapesville</i>, Andy Mills <i>It's OK to be Different</i>, Todd Parr</p>
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How the RSE Curriculum will look at Oyster Park Primary Academy

Year 3

Valuing Difference and Keeping Safe Key Stage 2

Scheme of Work

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship

PSHE Programme of Study	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong <p>Core Theme 2: Relationships</p> <ul style="list-style-type: none"> to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage to judge what kind of physical contact is acceptable or unacceptable and how to respond 	<p>Learning Intention To explore the differences between males and females and to name the body parts</p> <p>Learning Outcomes Know some differences and similarities between males and females Name male and female body parts using agreed words</p>	<p>Lesson 1 Differences: Male and Female</p>	<p>Clothed Babies picture cards Pictures of male and female bodies Male and female matching cards</p> <p><i>Additional Activities</i> <i>Cinderella's Bum</i>, Nicholas Allan <i>Shapesville</i>, Andy Mills <i>Let's Grow with Nisha and Joe</i>, fpa www.fpa.org.uk/Shop</p>
	<p>Learning Intention To consider touch and to know that a person has the right to say what they like and dislike</p> <p>Learning Outcomes Identify different types of touch that people like and do not like Understand personal space Talk about ways of dealing with unwanted touch</p>	<p>Lesson 2 Personal Space</p>	<p>A bag of textured objects to touch, for example sandpaper, cotton wool, play dough, silky material, a pebble etc.</p> <p>Year 3 Problem Pages</p>
	<p>Learning Intention To explore different types of families and who to go to for help and support</p> <p>Learning Outcomes Understand that all families are different and have different family members Identify who to go to for help and support</p>	<p>Lesson 3 Family Differences</p>	<p>Families pictures Who can I talk to? worksheet <i>The Family Book</i>, Todd Parr</p> <p><i>Additional Activities</i> <i>Tell Me Again About The Night I Was Born</i>, Jamie Lee Curtis <i>Who's In a Family?</i> Robert Skutch <i>Happy Families</i>, Allan Ahlberg <i>Spark Learns to Fly</i>, Judith Faxon <i>Stranger Danger</i>, Anne Fine</p>

How the RSE Curriculum will look at Oyster Park Primary Academy

Year 4 Growing Up <small>Key Stage 2</small>			
Scheme of Work			
Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings			
<p>PSHE Programme of Study Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> how their body will, and emotions may, change as they approach and move through puberty to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them about human reproduction <p>Science Attainment Targets</p> <ul style="list-style-type: none"> describe the changes as humans develop to old age 	<p>Learning Intentions and Learning Outcomes</p> <p>Learning Intention To explore the human lifecycle</p> <p>Learning Outcomes Describe the main stages of the human lifecycle Describe the body changes that happen when a child grows up</p>	<p>Lesson Title</p> <p>Lesson 1 Growing and Changing</p>	<p>Resources</p> <p>Lifecycle pictures Lifecycle word cards What has changed? worksheet Lifecycle Quiz slides Lifecycle Quiz answers</p> <p>Additional Activities Babies and Children worksheet</p>
	<p>Learning Intention To identify some basic facts about puberty</p> <p>Learning Outcomes Discuss male and female body parts using agreed words Know some of the changes which happen to the body during puberty</p>	<p>Lesson 2 What is Puberty?</p>	<p>Body Part Bingo cards Ringo Flash cards Body Changes pictures Our Bodies worksheet</p>
	<p>Learning Intention To explore how puberty is linked to reproduction</p> <p>Learning Outcomes Know about the physical and emotional changes that happen in puberty Understand that children change into adults so that they are able to reproduce.</p>	<p>Lesson 3 Puberty, Changes and Reproduction</p>	<p>Story bag items (see lesson plan) Book: <i>Hair in Funny Places</i>, Babette Cole Body Changes worksheet</p> <p>Additional Activities Suggested reading: <i>Where Willy Went</i>, Nicholas Allan <i>Amazing You!</i> Gail Saltz http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/</p>

How the RSE Curriculum will look at Oyster Park Primary Academy

Scheme of Work		Year 5 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			
<p>PSHE Programme of Study</p> <p>Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> how their body will, and emotions may, change as they approach and move through puberty to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them <p>Core Theme 2: Relationships</p> <ul style="list-style-type: none"> to feel confident to raise their own concerns, to recognise and care about other people's feelings <p>Science Attainment Targets</p> <ul style="list-style-type: none"> describe the changes as humans develop to old age 	<p>Learning Intentions and Learning Outcomes</p> <p>Learning Intention To explore the emotional and physical changes occurring in puberty</p> <p>Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence</p>	<p>Lesson Title</p> <p>Lesson 1 Talking About Puberty</p>	<p>Resources</p> <p>Puberty Changes Teacher Guide Pictures of male and female reproductive organs Anonymous questions template Additional Activities Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, http://www.channelflearning.com/ Sheets of flipchart paper for body outlines</p>
	<p>Learning Intention To understand male and female puberty changes in more detail</p> <p>Learning Outcomes Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes</p>	<p>Lesson Title</p> <p>Lesson 2 Male and Female Changes</p>	<p>Pictures of male and female reproductive organs Puberty Changes Teacher Guide Menstrual cycle animation Male pictures Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of sanitary wear (tampons, sanitary towels, panty liners) Anonymous questions from Lesson 1 Additional Activities www.bbc.co.uk/science/humanbody What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary The Menstruation Card Game for Girls and Answers Menstruation Card Game whiteboard summary</p>
	<p>Learning Intention To explore the impact of puberty on the body & the importance of hygiene</p> <p>To explore ways to get support during puberty</p> <p>Learning Outcomes Explain how to keep clean during puberty Explain how emotions change during puberty Know how to get support and help during puberty</p>	<p>Lesson Title</p> <p>Lesson 3 Puberty and Hygiene</p>	<p>Kim's Game items and a cloth to cover them (see lesson plan)</p> <p>Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Problem Page Teacher Guide Anonymous questions from Lesson 1 Additional Activities Puberty Rings</p>

How the RSE Curriculum will look at Oyster Park Primary Academy

Year 6

Puberty, Relationships and Reproduction Key Stage 2

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety.

PSHE Programme of Study Core Theme 1: Health and Wellbeing	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>• how their body will, and emotions may, change as they approach and move through puberty</p> <p>• about human reproduction</p> <p>• the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others</p> <p>Core theme 2: Relationships</p> <p>• to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage</p> <p>• to recognise what constitutes positive healthy relationships and develop the skills to form them.</p>	<p>Learning Intention To consider puberty and reproduction</p> <p>Learning Outcomes Describe how and why the body changes during puberty; in preparation for reproduction Talk about puberty and reproduction with confidence</p>	<p>Lesson 1 Puberty and Reproduction</p>	<p>Puberty Changes Teacher Guide Puberty Body Part cards Reproduction question sheet Reproduction answer cards Reproduction whiteboard summary</p> <p>Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide</p>
	<p>Learning Intention Consider physical & emotional behaviour in relationships</p> <p>Learning Outcomes Discuss different types of adult relationships with confidence Know what form of touching is appropriate</p>	<p>Lesson 2 Understanding Relationships</p>	<p>Relationship pictures Squares of paper/sticky notes Anonymous Questions template</p> <p>Additional Activities How Babies are Made DVD programme: All About Us: Living and Growing Alternative, Unit 3 Programme 7: http://www.channel4learning.com/</p>
	<p>Learning Intention To explore the process of conception and pregnancy</p> <p>Learning Outcomes Describe the decisions that have to be made before having a baby Know some basic facts about pregnancy and conception</p>	<p>Lesson 3 Conception and Pregnancy</p>	<p>How Does A Baby Start? cards How Does A Baby Start? whiteboard summary Anonymous Questions from previous lesson</p> <p>Additional Activities Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Pictures of male and female reproductive organs Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)</p>
	<p>Learning Intention To explore positive and negative ways of communicating in a relationship</p> <p>Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong</p>	<p>Lesson 4 Communicating in Relationships</p>	<p>Relationship Question cards Communication Scenario Cards Communication Scenarios answers Communication Scenarios whiteboard summary</p> <p>Additional Activities Film clip from www.thinkuknow.co.uk</p>

How the RSE Curriculum will look at Oyster Park Primary Academy

Impact

Through our RSE curriculum, we believe we can enhance children's education and help them to become confident individuals who have positive body awareness, an in-depth knowledge of how to keep themselves safe and healthy and who will, through respect, tolerance and understanding, forge and maintain positive relationships with a diverse range of family and friendship groups.

RSE Policy at Oyster Park



Any Questions?