Sudley
Primary School

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RSE

Parent Information Key Stage 2

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Introduction

Questions- *contact@sudleyprimary.com*
Sensitive subject matter
Statutory element of National Curriculum
Agreed by Governing Body

Mrs. Armstrong
PSHE and RSE Lead

Relationship and Sex Education

- It will be delivered to the whole class by the class teacher.
- All lessons are taught with sensitivity and are age appropriate.
- We will be using **Medway Resources** It is endorsed by the PSHE Association and is the resource SIL recommend using.
- The Medway Resource is cross-referenced with the current statutory guidance (published 2019), as well as the current PSHE Association Programme of Study so they do reflect the most recent guidance.
- The Medway PSHE Resource includes lessons on ALL aspects of compulsory Relationships and Health Education, designed in a sensitive, spiral, age-appropriate curriculum.
- The Medway scheme of work focuses on the important part of safeguarding children, as knowledge empowers them, helping them to stay safe.

So, what is covered in each year group?

Year Group	Lesson Objectives
Year 1	To know about special people in our lives and how we care for one another
Year 2	To understand how we change as we grow To be able to name different parts of the body, including genitalia
Year 3	To know about friendship, why it is important and what makes a good friend To maintain good friendships and be able to solve conflict
Year 4	To understand the physical changes that happen during puberty
Year 5	To understand about the biological changes that happen during puberty To understand the importance of personal hygiene during puberty To know that there are emotional changes that occur during puberty
Year 6	To explain the changes that happen during puberty (recap Y4-5) To manage change and become more independent To recognise positive, healthy relationships To understand how a baby is made

Year 3 Lesson 1

Learning objective	We are learning: ☑ about friendship, including why it is important and what makes a good friend
Learning outcomes	☑ I can recognise the different types of relationships, including friendships, that might be important to people (e.g. family, friends, groups to which they belong, neighbours) ☑ I can explain why friendship and having friends is valuable ☑ I can describe how friends show they care for and value each other ☑ I can evaluate what is most important in a friendship

Year 3 Lesson 2

Learning objective	We are learning: ☑ how to maintain good friendships ☑ about solving disagreements and conflicts with peers
Learning outcomes	☑ I can identify what helps maintain friendships ☑ I can describe feelings when disagreements and conflict occur ☑ I can identify what can help and not help if there are friendship problems ☑ I can demonstrate strategies for solving arguments with peers

Year 3 Key Vocabulary

friend, friendship, special, close, caring, valuable, different, qualities, important

friend, friendship, argument, falling out, making up, apologise, solution

Year 4

Learning objective	We are learning: ☑ about the physical changes that happen during puberty
Learning outcomes	☑ I can recognise what puberty is, including when and why it happens ☑ I can identify some physical changes that happen to bodies during puberty ☑ I can use scientific vocabulary for external male and female body parts, including genitalia

Year 4 Key Vocabulary

puberty, change, grow, mature, child, teenage, adult, hormones, genitals, vulva, vagina, penis, testicles, breasts, pubic hair, Adam's apple, larynx ('voice box')

Year 5 Lesson 1

Learning objective	We are learning: ☑ about the biological changes that happen during puberty
Learning outcomes	☑ I can use scientific vocabulary to describe body parts, including genitalia ☑ I can explain what happens during menstruation (periods) ☑ I can explain what is meant by a wet dream

Year 5 Lesson 2

Learning objective	We are learning: ☑ about the importance of personal hygiene during puberty
Learning outcomes	☑ I can identify body parts or areas to keep clean during puberty ☑ I can explain how to keep clean during puberty ☑ I can describe ways to manage physical changes during puberty, including the use of products

Year 5 Lesson 3

Learning objective	We are learning: ☑ about emotional changes during puberty
Learning outcomes	☑ I can identify some of the feelings experienced during puberty ☑ I can describe how and why emotions can change during puberty ☑ I can explain where to get help and support for managing puberty

Year 5 Key Vocabulary

internal, external, reproductive organs, uterus, fallopian tubes, ovary/ovaries, cervix, vulva, vagina, clitoris, labia, menstruation, menstrual cycle, period, blood, pads, tampons, re-useable, Adam's apple, penis, testicles, scrotum, foreskin, epididymis, bladder, anus, sperm, semen, erection, ejaculation, wet dream/nocturnal emission, pubic hair

hygiene, clean, cleanliness, self-esteem, self-confidence, sweat, body odour, spots, periods, period products, tampon, pad, re-useable

emotions, rollercoaster, up and down, frustrated, angry, moody, attraction, adolescent, advice, support

Year 6 Lesson 1

Learning objective	We are learning: ☑ about the changes that happen during puberty (recap from year 4-5)
Learning outcomes	☑ I can describe the physical and emotional changes that occur during puberty and suggest ways to manage them ☑ I can identify what is important for young people to know about puberty ☑ I can explain where to get help and support for puberty issues or worries

Year 6 Lesson 2

Learning objective	We are learning: ☑ about managing change and becoming more independent
Learning outcomes	☑ I can describe some of the changes that happen as someone grows up ☑ I can identify the range of feelings associated with change, transition to secondary school, and becoming more independent ☑ I can describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities

Year 6 Lesson 3

Learning objective	We are learning: ☑ about positive, healthy relationships
Learning outcomes	☑ I can identify different kinds of loving relationships ☑ I can describe the qualities that enable these relationships to flourish ☑ I can explain the importance of mutual respect in close relationships ☑ I can recognise how relationships may change or end and what can help to manage this

Year 6 Lesson 4

Learning objective	We are learning: ☑ about how a baby is made
Learning outcomes	☑ I can describe some of the features of loving relationships ☑ I can explain what is meant by consent in a relationship ☑ I can describe how a baby is made ☑ I can explain what pregnancy means, how long it lasts, and where it occurs

Year 6 Key Vocabulary

puberty, person, child, teenager, adult, changing, growing, physical, emotions, feelings

change, life cycle, baby, toddler, child, adolescent, teenager, adult, middle-age, older person, growing up, feelings, emotions, independence

relationship, friendship, family, couple, love, positive, qualities, values, permission, respect, boundaries

Love, respect, consent, commitment, female, male, human, reproduction, sex, sexual intercourse, fertilised, sperm, ovum, penis, vulva, vagina, fallopian tubes, pregnancy, baby, foetus, uterus, womb, conception, contraception

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Thank You!

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