

RSE PROGRAMME OF STUDY

**Year 4 and 5**

PUBERTY: TIME TO CHANGE:

Focuses on some of the external changes that happen to the body. During the lesson, children will be revisiting the vocabulary for male and female body parts, including genitalia. Whilst we may highlight that children and adults sometimes use lots of different words for genitals, in our lessons we will use anatomic (scientifically correct) words.

PUBERTY: MENSTRUATION :

Focuses in more detail on some of the external and internal changes that happen to the female body including learning to name female genitals correctly and about the menstrual cycle.

PUBERTY: WET DREAMS

Focuses in more detail on some of the external and internal changes that happen to the male body including learning to name male genitals correctly, erections and wet dreams.

PUBERTY: PERSONAL HYGIENE:

Helps children to recognise the importance of personal hygiene during puberty, and to consider some of the questions young people may have about the physical changes at puberty.

PUBERTY: EMOTIONS AND FEELINGS:

Focuses in more detail on some of the emotional changes that may take place during puberty and outlines some of the changes that may occur in friendships and other relationships. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

**Year 6**

RELATIONSHIPS –

Identify the links between love, committed relationships and conception• including LGBT

SEXUAL INTERCOURSE ,

and how it can be one part of an intimate relationship between consenting adults •

HOW TO MAKE A BABY –

i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb• that pregnancy can be prevented with contraception •

RESPONSIBILITIES –

About the responsibilities of being a parent or carer and how having a baby changes as well as Healthy relationships, including friendships; families;

GROWING AND CHANGING –

including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence.