



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

At Halsford Park Primary School, teachers will be teaching the RSE units of work three terms a year, during the second half of the Autumn, Spring and Summer terms.

## **The Importance of RSE**

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 Halsford Park and have developed a policy that reflects this.

**The RSE Policy at Halsford Park 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

The Christopher Winter Project

Teaching RSE  
with Confidence  
in Primary Schools

Reception to Year 6  
Lesson plans and resources

### Teaching RSE at Halsford Park 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

#### Our Lives

Lesson 1: Our Day

Lesson 2: Keeping Ourselves Clean

Lesson 3: Families

### Year 1

#### Growing and Caring for Ourselves

Lesson 1: Keeping Clean

Lesson 2: Growing and Changing

Lesson 3: Families and Care

### Year 2

#### Differences

Lesson 1: Boys and Girls

Lesson 2: Male and Female

Lesson 3: Naming the Body Parts

### Year 3

#### Valuing Difference and Keeping Safe

Lesson 1: Male and Female

Lesson 2: Personal Space

Lesson 3: Family Differences

### Year 4

#### Growing Up

Lesson 1: Growing and Changing

Lesson 2: What is Puberty?

Lesson 3: Puberty Changes and Reproduction



### Year 5

#### Puberty

Lesson 1: Talking about Puberty

Lesson 2: Male and Female Changes

Lesson 3: Puberty and Hygiene

### Year 6

#### Puberty, Relationships and Reproduction

Lesson 1: Puberty and Reproduction

Lesson 2: Conception and Pregnancy

Lesson 3: Communicating in Relationships

## Whole School Overview

Further information can be found in the RSE policy, which can be found on the school website under 'Curriculum'.

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

At Halsford Park, we welcome parent/carers communication. If you have further questions about the content of the RSE that your child will be receiving, in the first instance, 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 that this learning is an important part of safeguarding children, as knowledge empowers them. We teach them about how to stay safe and also understand the changes regarding puberty, whilst also understanding why their bodies 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 4. These lessons have been designed to build on the learning the children have done in previous year groups.

# RSE in Year 4 at Halsford Park Primary School.

These  
detail the  
statutory  
elements.

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

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

There are 3 lessons.  
These will cover the following:

Lesson 1:  
Growing and Changing

Lesson 2:  
What is Puberty?

Lesson 3:  
Puberty Changes and Reproduction



How has the toddler's body changed since it was a baby?

What can the toddler do now that it couldn't do when it was a baby?

How has the elder's body changed since it was an adult?

What can the elder do now that it couldn't do when it was an adult?

How has the teenager's body changed since it was a child?

What can the teenager do now that it couldn't do when it was a child?

How has the adult's body changed since it was a teenager?

What can the adult do now that it couldn't do when it was a teenager?

How has the child's body changed since it was a toddler?

What can the child do now that it couldn't do when it was a toddler?



Baby

Toddler

Child

Teenager

Adult

Elder

Lesson 1 uses a mixtures of pictures, labels, questions and quizzes.



# Body Parts Bingo Cards

Penis



Armpits



Womb



Fingers



Vagina



Nipples



Face



Testicles



Ears



During lesson 2, these resources will be used to talk about What is puberty?

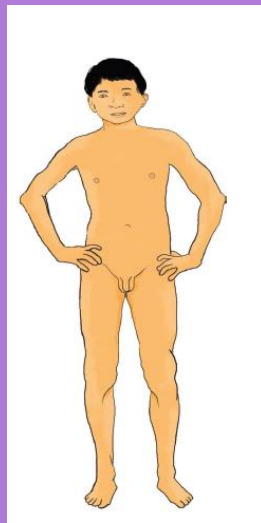
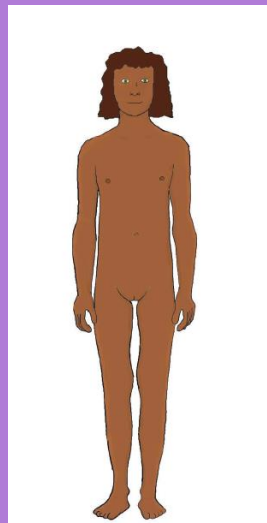
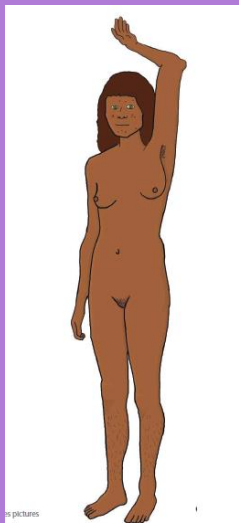
## Our Bodies

Name \_\_\_\_\_

Fill in the missing word from the word box

puberty vagina hair penis womb testicles pubic

1. As we grow up we get taller and grow more ..... on our bodies.
2. .... is the time when a child grows and changes to become an adult.
3. The hair around the private parts is called ..... hair.
4. Males have a ..... and females have a .....
5. Behind the penis a male has two ..... ..
6. The vagina leads up to the woman's ..... which is where the baby grows.



## Body Changes

Changes that happen in puberty...	Male	Female	Both
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			

During lesson 3, this resources that will be used to talk about body changes.