



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/carer 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 6. These lessons have been designed to build on the learning the children have done in previous year groups.

RSE in Year 6 at Halsford Park Primary School.

These
detail the
statutory
elements.

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

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 <ul style="list-style-type: none"> • how their body will, and emotions may, change as they approach and move through puberty • about human reproduction • the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others Core theme 2: Relationships <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 recognise what constitutes positive healthy relationships and develop the skills to form them 	Learning Intentions and Learning Outcomes Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence	Lesson Title Lesson 1 Puberty and Reproduction	Resources Puberty Changes Teacher Guide Puberty Body Part cards Reproduction question sheet Reproduction answer cards Reproduction whiteboard summary Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide
	Learning Intention Consider physical & emotional behaviour in relationships Learning Outcomes Discuss different types of adult relationships with confidence Know what form of touching is appropriate	Lesson 2 Understanding Relationships	Relationship pictures Squares of paper/sticky notes Anonymous Questions template Additional Activities How Babies are Made DVD programme: All About Us: Living and Growing Alternative, Unit 3 Programme 7: http://www.channel4learning.com/
	Learning Intention To explore the process of conception and pregnancy Learning Outcomes Describe the decisions that have to be made before having a baby Know some basic facts about pregnancy and conception	Lesson 3 Conception and Pregnancy	How Does A Baby Start? cards How Does A Baby Start? whiteboard summary Anonymous Questions from previous lesson 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)
	Learning Intention To explore positive and negative ways of communicating in a relationship 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	Lesson 4 Communicating in Relationships	Relationship Question cards Communication Scenario Cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from www.thinkuknow.co.uk

There are 4 lessons.
These will cover the following:

Lesson 1:
Puberty and Reproduction

Lesson 2:
Understanding Relationships

Lesson 3:
Conception and Pregnancy

Lesson 4:
Communicating in Relationships



Lesson 1 uses a mixtures of pictures and questions.

1. Why do our bodies change during puberty?

2. What is an egg?

3. What is menstruation?

4. What happens during a girl's monthly period?

5. What is sperm?

6. Where are sperm made?

7. How are babies made?

8. How does sperm get out of a man's body?

9. What is a wet dream?

10. How many sperm does it take to make a baby?

Our bodies change during puberty so that when we become adults we are able to make babies.

An egg comes from the woman; it is needed to make a baby.

Menstruation is the word for a girl's monthly period.

A small amount of bleeding occurs as the egg and the lining of the womb pass out through the vagina.

Sperm comes from the male; it is needed to make a baby. Each sperm is so tiny you would need a microscope to see that they are shaped like tadpoles.

Sperm are made in the testicles.

Babies are made when one sperm joins with one egg in the woman's body.

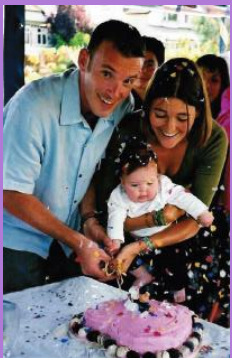
Sperm leaves the man's body through his penis.

This is when sperm leaves the boy's penis while he is asleep.

It only takes one sperm to make a baby, although an ejaculation produces about one teaspoonful of semen containing around 300 million sperm.



During lesson 2, these resources will be used.




Your Questions




After the lesson I wanted to know...

A large, empty rectangular box with rounded corners, intended for writing questions or answers.


1.


When an adult couple are in a relationship they may make love. This is when they take pleasure in touching each other in sexual ways.

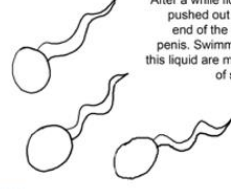
3.


Now the woman's vagina can take the man's penis inside it. This is called sexual intercourse. It should feel nice.

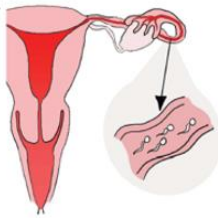
Year 6 Lesson 3:
Families, conception and pregnancy.

2.


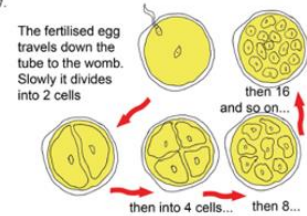
Sometimes when a man and a woman are making love the man's penis gets stiff and the woman's vagina gets slippery.

4.


After a while liquid is pushed out of the end of the man's penis. Swimming in this liquid are millions of sperm.

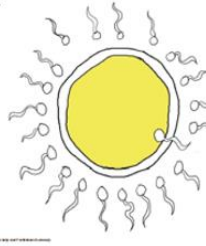
5.


The sperm swim into the woman's womb and then into the fallopian tubes.


7.


The fertilised egg travels down the tube to the womb. Slowly it divides into 2 cells then 4 cells... then 8... then 16 and so on...

Year 6 Lesson 3:
Families, conception and pregnancy.

6.


If there is an egg in one of the tubes it may join up with one of the sperm. The egg is now fertilised.

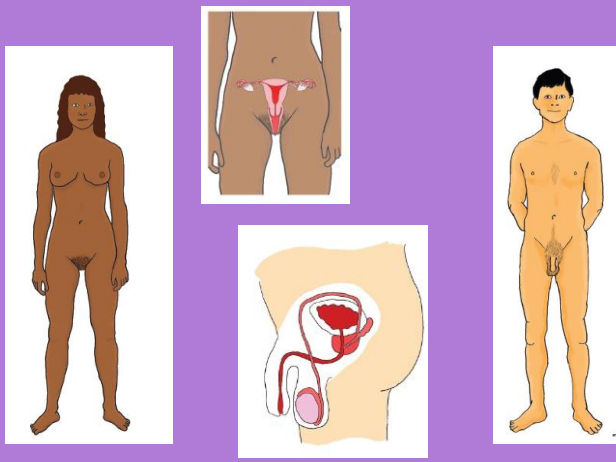
8.


When the cells reach the womb they must attach themselves to the side so that they can continue to grow. It usually takes about nine months for these cells to become a fully grown baby that is ready to be born. This is called pregnancy.

During lesson 3, these are the resources that will be used.

Conception and Pregnancy Quiz

	True	False	Unsure
1. A woman has to have sexual intercourse with a man in order to have a baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When a woman is pregnant her periods stop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Identical twins occur when one egg is fertilised by two sperm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Most babies are born after being inside their mothers for nine months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The umbilical cord provides the foetus with oxygen and nutrition in the mother's womb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. A girl can become pregnant just before she has her first period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. A woman can become pregnant the first time she has sexual intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. A woman can buy a pregnancy testing kit from the chemists to find out if she is pregnant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Pregnancy begins when a woman's egg meets a man's sperm in the woman's vagina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. All pregnant women feel sick in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Conception and Pregnancy Statements

A woman has to have sexual intercourse with a man in order to have a baby

When a woman is pregnant her periods stop

Identical twins occur when one egg is fertilised by two sperm

Most babies are born after being inside their mothers for nine months

The umbilical cord provides the foetus with oxygen and nutrition in the mother's womb

Relationship Question Cards

What do we mean when we say someone is *'going out'* with someone else?

What is the difference between having a *'boyfriend'* and a *'friend who is a boy'*?

What do we mean when we say someone has a partner?

What do we mean when we say someone has an online relationship with someone else?

What do we mean when we say someone is in a long term relationship with someone else?

What is the difference between having a *'girlfriend'* and a *'friend who is a girl'*?

During lesson 4, these are the resources that will be used.

Communication Scenario Cards

1. On Sam's twelfth birthday his mum texts him a happy birthday message with a picture of Sam in the bath aged two. His mum shouldn't have done this because he isn't wearing any clothes in the photo and now everyone will be able to see it.

2. Sophie has an online friend who lives in Germany and has sent her some pictures of her house and her pets; she asks Sophie to send her some photos of what her house looks like. It is OK for Sophie to do this because her online friend lives in a different country.

3. Maria fell out with her best friend a few weeks ago. Recently she's started getting horrible texts from an unknown number. She knows that the best thing to do is send a reply telling them to leave her alone and then block the number and tell her parents.

4. Ayman's friend has told him that this girl at school really fancies him. Ayman is too shy to speak to her. His friend says it would be safe for Ayman to send her his mobile number in a private message on Facebook.

5. Leroy's older brother lets him use his games console when he's out. He said it is safe for Leroy to use it on his own because all his 16-rated games are password protected.

6. While Jade is away on summer holiday her boyfriend asks her to send him a picture of her on the beach. She is uncomfortable with doing this because once you send a picture from your phone, there is no way of getting it back or deleting it.

7. Amy has sent her best friend Denise a really funny picture of a boy at school, which he sent her as a private message. Denise tells Amy she shouldn't have shared it with her because it's wrong to share private messages or pictures, even with your best friend.

8. One of Ali's Instant Messenger buddies has asked him to meet up with him in the local park. Ali replies to say he can't go without an adult's permission. Ali should give his mum's phone number so the buddy can call her and check it's OK.