



# 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 2. These lessons have been designed to build on the learning the children have done in previous years.

# RSE in Year 2 at Halsford Park Primary School.

These  
detail the  
statutory  
elements.

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

## Scheme of Work

## Year 2 Differences Key Stage 1

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

### PSHE Programme of Study Core Theme 1: Health and Wellbeing

- 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

### Science Attainment Targets

- notice that animals, including humans, have offspring which grow into adults

### Learning Intentions and Learning Outcomes

#### Learning Intention

To introduce the concept of male and female and gender stereotypes  
To identify differences between males and females

#### Learning Outcomes

Understand that some people have fixed ideas about what boys and girls can do  
Describe the difference between male and female babies

#### Learning Intention

To explore some of the differences between males and females and to understand how this is part of the lifecycle

#### Learning Outcomes

Describe some differences between male and female animals  
Understand that making a new life needs a male and a female

#### Learning Intention

To focus on sexual difference and name body parts

#### Learning Outcomes

Describe the physical differences between males and females  
Name the male and female body parts

### Lesson Title

#### Lesson 1

Differences:  
Boys & Girls

### Resources

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

### Additional Activities

Recommended reading:

*Happy Families*, Allan Ahlberg,

*Princess Smartypants*, Babette Cole

*William's Doll*, Charlotte Zolotow

*Amazing Grace*, Mary Hoffman and Caroline Binch

#### Lesson 2

Differences:  
Male and  
Female

Talking object

Pictures of male and female animals

Cats and Kittens worksheet

Anatomically correct toy farm animals

www.toysnfun.co.uk

#### Lesson 3

Naming the  
Body Parts

2 large PE Hoops

Hoop labels

Body Parts picture cards

Female x-ray picture

Body Parts worksheet

### Additional Activities

Recommended reading:

*Cinderella's Bum*, Nicholas Allan

*Shapesville*, Andy Mills

*It's OK to be Different*, Todd Parr

There are 3  
lessons.  
These will cover  
the following:

Lesson 1:  
Differences: Boys  
and Girls

Lesson 2:  
Differences: Male  
and Female

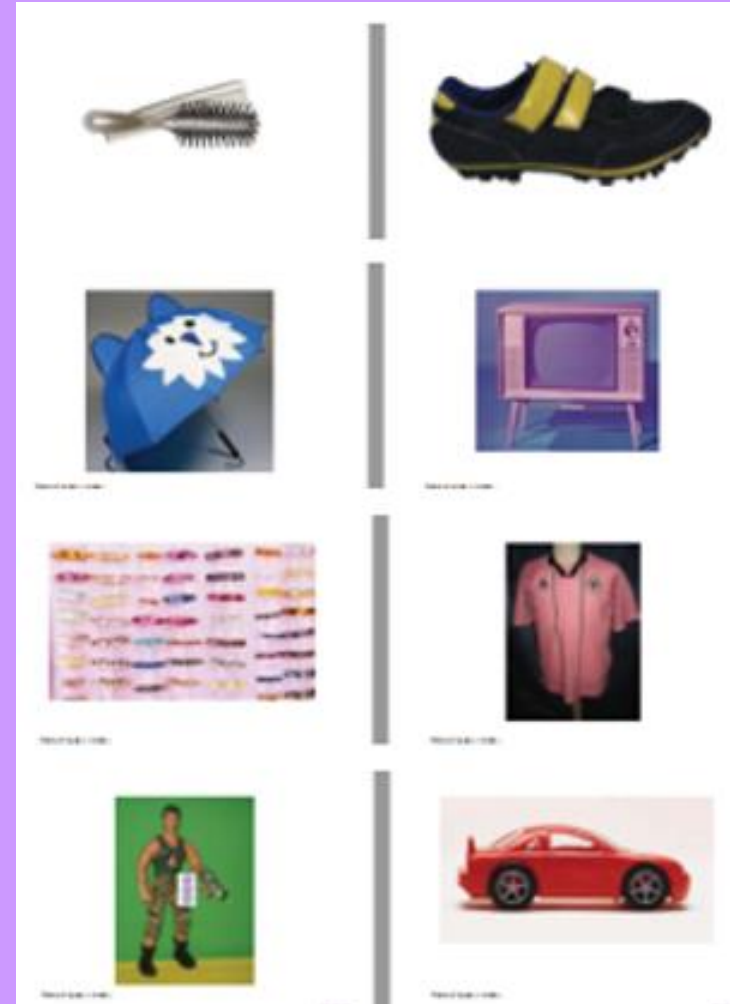
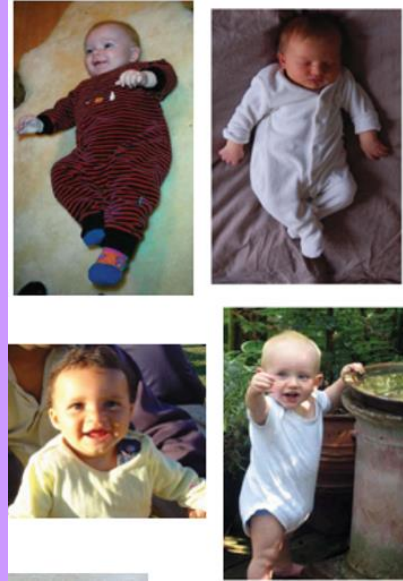
Lesson 3:  
Naming the Body  
Parts



# Girl Boy

# Both

Lesson 1 uses a mixtures of pictures and labels.







## Cats and Kittens

Can you draw a picture of Mogsy the cat feeding her kittens?  
Label your picture using the words 'females', 'kittens' and 'teats'.

Who else did Mogsy need so she could have her kittens?

During lesson 2, these resources will be used to discuss the differences between male and female.

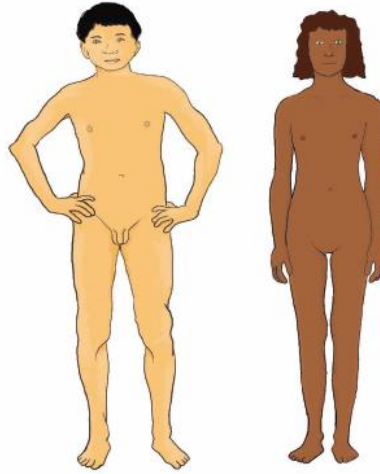
# Male



# Female



# Both



Eyes



Nose

## Body Parts sheet



Arms



Feet



Vagina



Nipples



Penis



Testicles



Hand



Eyes



Ear



Knees



Nose

During lesson 3, these are the resources that will be used to name body parts.