



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 resources that will be taught to the Year 1 children.

The curriculum has been designed to build on children's previous learning. Some of the resources are the same as the ones children used in their previous year.

RSE in Year 1 at Halsford Park Primary School.

These
detail the
statutory
elements.

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

Year 1			
Growing & Caring For Ourselves Key Stage 1			
Scheme of Work			
Word Box: Clean, similar, different, family, boy, girl, male, female, private parts, penis, vagina			
PSHE Programme of Study Core Theme 1: Health and Wellbeing <ul style="list-style-type: none">the importance of and how to maintain personal hygieneabout the process of growing from young to old and how people's needs changethe names for the main parts of the body (including external genitalia) the similarities and differences between boys and girlsabout people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them	Learning Intentions and Learning Outcomes Learning Intention To understand some basic hygiene principles Learning Outcomes Know how to keep clean and look after oneself	Lesson Title Lesson 1 Keeping Clean	Resources Talking object Story bag containing sponge, toothbrush and soap (and a school jumper or shirt if available) Keeping Clean pictures
	Learning Intention To introduce the concept of growing and changing Learning Outcomes Understand that babies become children and then adults Know the differences between boy and girl babies	Lesson 2 Growing and Changing	Talking object Story bag containing Pictures of newborn babies Lifecycle picture cards Lifecycle word cards Lifecycle whiteboard summary
	Learning Intention To explore different types of families and who to ask for help Learning Outcomes Know there are different types of families Know which people we can ask for help	Lesson 3 Families and Care	Talking object Story bag - containing plaster and skipping rope Families pictures The Family Book, Todd Parr Additional Activities Suggested reading: Happy Families, Allan Ahlberg Who's in a Family? Robert Skutch

There are 3 lessons.
These will cover the following:

Lesson 1:
Keeping Clean

Lesson 2:
Growing and Changing

Lesson 3:
Families and Care



Lesson 1 uses pictures to support how we keep clean. As well as this, it uses a story bag and feeling faces.



Lesson 2 uses these resources.



Baby	Toddler
Child	Teenager
Adult	Elder





Resources for Lesson 3 – families.

During lesson 3, these resources will be used to discuss families and care.