



“Learning, growing and achieving excellence together.”

## **Scheme of Work for RSE**

### **Main themes and coverage in each year group**

#### **Rationale**

Sexuality is an integral part of who we are and what we are. As we grow and develop, young people have to come to terms with their own sexual growth and development, as well as the sexual nature of others. They are also subject to a wide range of cultural messages about sex and sexuality and are exposed to a variety of sexual images, both hidden and overt, some of which can be very powerful.

To make sense of the changes that take place in puberty and the strong emotions that accompany them, young people need to develop knowledge and understanding of their own sexuality and the sexuality of others, explore what they think, feel and believe about the issues surrounding sexuality and acquire the skills to look after themselves and promote their personal sexual health.

Friends and the media are often the principle sources of information about sexuality for young people. Both sexes generally find it easier to talk to friends rather than adults. However, young people are exposed to a potentially bewildering range of messages from the media and other sources and friends are not often a reliable or knowledgeable source of information. It is therefore very important to create opportunities for young people to learn about sexuality and relationships and develop the relevant skills to cope with changes during puberty.

Many surveys show that young people expect schools to be a source of information about sex. They also show that some pupils have no formal instruction about sex. They also show that some pupils have no formal instruction from parents or carers, leaving them potentially vulnerable. Young people need to understand the changes they will face as they go through puberty. They also need to acquire the skills to look after themselves. Given the educational nature of this process, schools clearly have an important role to play in partnership with parents, careers and others. We expect young people to be curious about many other areas of life; it would be strange if they weren't curious about something as fundamental and important as their own development and sexuality.

## **Foundation Stage**

Children learn about the concept of male and female and about young animals. In ongoing PSHE work, they develop skills to form friendships and think about relationships with others.

### **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: Differences: Boys and Girls

Lesson 2: Differences: Male and Female

Lesson 3: Naming the Body Parts

### **Year 3**

Valuing Difference and Keeping Safe

Lesson 1: Differenced: Male and Female

Lesson 2: Personal Space

Lesson 3: Family Differences

### **Year 4**

Growing Up

Lesson 1: Growing and Changing

Lesson 2: Body Changes and Reproduction

Lesson 3: What is puberty?

### **Year 5**

Puberty

Lesson 1: Talking about Puberty

Lesson 2: Male and Female Changes

Lesson 3: Puberty and Hygiene

### **Year 6**

Puberty and Reproduction

Lesson 1: Puberty and Reproduction

Lesson 2: Relationships and Reproduction

Lesson 3: Conception and Pregnancy