

RSE

Relationships and Sex Education at Denham Village School



Our RSE Curriculum

Relationships Education is delivered through the PSHE curriculum. These aspects of the Relationships Education as defined by the DfE will be taught at an age appropriate level.

High quality Relationships Education will enable our pupils to:

- Enjoy healthy and positive relationships with others
- Understand how their behaviour affects others and visa versa
- Value and understand the importance of maintaining good relationships
- Make positive choices about how they cultivate and nurture friendships and relationships
- Be aware of and respect different types of relationships in accordance with the Equalities Act
- Become actively engaged young citizens who make positive contributions to their families, the school and the communities to which they belong
- Recognise unhealthy relationships and have strategies to challenge negative behaviours
- Know what to do if there are problems within relationships both on and off line, how to keep safe and where to go to seek help

Our RSE Curriculum

At Denham Village School, Sex Education is taught as part of the PSHE curriculum in the context of Relationships Education in the summer term. Parents will be offered the opportunity to view the materials we use, discuss the content and withdraw their child from this aspect of the curriculum. Information will be sent directly to the parents of year 6 children. Please see the Sex Education Policy for further details.

Reception – Family and Friendship

Session 1

Learning Intention

To recognise the importance of friendship

Learning Outcomes

Know that friendships can make us feel happy

Know some ways that we can make new friends feel welcome

Session 2

Learning Intention:

To recognise the importance of saying sorry and forgiveness

Learning Outcomes

Know that arguing with friends and then making up can make friendships stronger

That resorting to violence is never right

Vocabulary:

Friendship

Kindness

Happy

Sad

Shy

Feelings

Lonely

Sorry

Angry

Family

Mum

Dad

Brother

Sister

Grandma

Grandad

Stepmum

Stepdad

Foster mum

Foster dad

Reception – Family and Friendship

Session 3

Learning Intention

To recognise that all families are different

Learning Outcomes

Identify different members of the family

Understand how members of a family can help each other

Vocabulary:

friendship
kindness
happy
sad
shy
feelings
lonely
sorry
angry
family
mum
dad
brother
sister
grandma
grandad
stepmum
stepdad
foster mum
foster dad

Year 1 and 2 - Safety and the Changing Body

Session 1 - Appropriate Contact

Learning Intention:

To begin to understand the difference between acceptable and unacceptable physical contact.

Learning Outcomes

I understand that some types of physical contact are never appropriate (Y1).

I understand that some types of physical contact are appropriate (Y1).

I understand that my relationship with a person is relevant to what physical contact I may feel is appropriate (Y2).

Session 2 - My Private Parts Are Private

Learning Intention:

To begin to understand the concept of privacy and the correct vocabulary for body parts.

Learning Outcomes

I understand what 'private' means (Y1).

I can name parts of the body including private parts (Y1).

I can name someone I can talk to if I am worried about something (Y2).

Vocabulary:

physical

like

kind

hurt

contact

dislike

unkind

penis

vulva

arm

leg

hand

wrist

neck

head

knee

foot

ankle

elbow

Year 1 and 2 – Safety and the Changing Body

Session 3 - Respecting Personal Boundaries

Learning Intention:

To know my body is important and belongs to me.

Learning Outcomes

I can choose what happens to my body.

I know I can give permission and take it away when I choose.

I know who to talk to if I feel uncomfortable.

Vocabulary:

friends
feelings
hug
cuddle
permission
respect
trust
boundary
safe
uncomfortable

Year 3 and 4 - Safety and the Changing Body

Session 1 - Introducing Puberty (Year 4 only)

Learning Intention

To recognise the physical differences between children and adults

Learning Outcomes

I understand that my body will change as I become an adult.

I understand that different changes happen to males and females.

I can identify some physical differences between child and adult bodies.

I can explain ways to look after my personal hygiene.

Session 2 - Growing Up (Year 4 only)

Learning Intention

To recognise that change is part of growing up

Learning Outcomes

I understand I have changed physically and developed skills in my life so far.

I can identify some physical changes I will go through before I become an adult.

I can identify things I will be able to do when I am an adult that I can not do now.

Vocabulary:

change

exciting

worries

physical

height

breasts

genitals

penis

testicles

hips

waist

shoulders

chest hair

puberty

hygiene

child

adult

grow

develop

physical changes

Year 3 and 4– Safety and the Changing Body

Session 3 - Privacy and Secrecy

Learning Intention

To develop understanding of privacy and the difference between secrets and surprises.

Learning Outcomes

I can explain the difference between a secret and a surprise.

I understand the difference between private and public.

I know who I can talk to if I am worried or uncomfortable about something and adult does.

Vocabulary:

private
public
surprise
secret
uncomfortable
worried

Session 4 - Menstruation (Year 4 girls only)

Learning Intention

To understand the menstrual cycle.

Learning Outcomes

I understand the process of the menstrual cycle.

I can explain some changes I will go through during puberty.

I know who I can go to for help if I need to.

Vocabulary:

menstruation	period	egg
ova	ovaries	uterus
fallopian tube	womb	bleeding
lining	sanitary products	towels
tampons	period pants	cups

Year 5 – Safety and the Changing Body

Session 1 - Puberty

Learning Intention

To understand the physical changes during puberty.

Learning Outcomes

I understand how the body changes as a child becomes an adult.

I can accurately label sexual external parts of the body.

I can accurately label internal reproductive organs.

Vocabulary:

puberty

ovary

vagina

urethra

penis

sperm

breasts

change

fallopian tube

vulva

vaginal opening

bladder

duct

menstruation

cervix

uterus

clitoris

labia

testicle

scrotum

nipples

Session 2 - Menstruation

Learning Intention

To understand the menstrual cycle.

Learning Outcomes

I understand the process of the menstrual cycle.

I can explain some changes I will go through during puberty.

I know who I can go to for help if I need to.

Vocabulary:

menstruation

ova

fallopian tube

lining

tampons

period

ovaries

womb

sanitary products

period pants

egg

uterus

bleeding

towels

cups

Year 5 – Safety and the Changing Body

Session 3 - Emotional Changes in Puberty

Learning Intention

To understand emotional changes during puberty.

Learning Outcomes

I understand that puberty may change my feelings as well as my body.

I understand that everyone is different and these differences are normal.

I know who I can talk to if I am worried about anything.

Vocabulary:

puberty
attraction
change
feelings

Year 6 – Safety and the Changing Body.

Session 1 - Physical and emotional changes of puberty

Learning Intention

To understand the changes that happen during puberty.

Learning Outcomes

I understand changes that happen during puberty for boys, girls and both.

I can name parts of the body.

I can use my knowledge to answer other people's problems.

Session 2 - Conception (Parents have the right to withdraw their children from this lesson).

Learning Intention

To understand the biology of conception.

Learning Outcomes

I understand the menstrual cycle.

I understand how a baby is conceived.

Vocabulary:

puberty	change	cervix
ovary	fallopian tube	
uterus	vagina	vulva
clitoris	vaginal opening	
labia	penis	bladder
testicle	scrotum	
breasts	nipples	

Vocabulary:

sperm	egg
erection	fertilise
conception	
sexual intercourse	
relationship	pregnancy
development	commitment
baby	love
	care

Year 6 – Safety and the Changing Body

Session 3 - Pregnancy and Birth (Parents have the right to withdraw their children from this lesson).

Learning Intention

To understand the development of the baby during pregnancy.

Learning Outcomes

I understand how a baby develops in the womb during pregnancy.

I can identify some of the things a baby needs.

Vocabulary:

womb
sperm
egg
conception
fertilisation
pregnancy
sexual intercourse
twins
fostering
adoption
relationship
friendship
love
consent
intimacy
communication
personal/private
information
internet safety