

Sex and Relationships Education

SCHEME OF WORK: Foundation Stage

Unit Title: Knowing my body

| <u>Lesson Title</u> | <u>Learning Outcome</u> | <u>Resources/Ideas</u> |
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| Male and Female | <ul style="list-style-type: none">• To be able to name the main external parts of the body• Understand the difference between male and female (using terms “boy private parts” and “girl private parts”)• Understand that all babies, human and animals, have mothers and fathers. | <ul style="list-style-type: none">• Dolls• Roleplay• Healthy Schools Leicestershire pack |
| Growing and changing | <ul style="list-style-type: none">• Understand how they have grown and changed since they were a baby and that they will go on growing and changing as they become adults | <ul style="list-style-type: none">• Healthy Schools Leicestershire pack• Baby photos |
| Friends | <ul style="list-style-type: none">• Be able to make a friend, talk with them and share feelings.• Understand how their feelings and actions have an impact on other people <p style="text-align: center;">***Friendship Rainbow***</p> | <ul style="list-style-type: none">• SEAL – getting on and falling out• “Good friend wanted” poster |
| Gender Stereotypes | <ul style="list-style-type: none">• Recall the physical differences between boys and girls.• Be able to think about other differences between boys and girls. | <ul style="list-style-type: none">• Dolls• Roleplays• SEAL – New Beginnings |
| Families of all Kinds | <ul style="list-style-type: none">• Know and understand why families are special for caring and sharing.• Understanding how feelings and actions have an impact on other people | <ul style="list-style-type: none">• PCP – Relationships• SEAL – Relationships/Changes |

Sex and Relationships Education

SCHEME OF WORK: Key Stage 2

Unit Title: Knowing me and my family

Year 1

| <u>Lesson Title</u> | <u>Learning Outcomes</u> | <u>Resources</u> |
|-----------------------|--|---|
| Growing and Changing | <ul style="list-style-type: none">• Understand how we change when we grow up• Using terms “boy private parts” and “girl private parts”• | <ul style="list-style-type: none">• Healthy Schools Leicestershire pack |
| Friends | <ul style="list-style-type: none">• Understand different types of friendship (Strong reference to “Online Friends”- link to e-Safety)• Discuss the qualities of a good friend | |
| Families of all Kinds | <ul style="list-style-type: none">• Understand how special people show that they care and love us• How do we show that we care about our special people <p style="text-align: center;">***Friendship Rainbow***</p> | |
| Feelings | <ul style="list-style-type: none">• Develop understanding of own and other people’s feelings and sharing these feelings with friends | |

Sex and Relationships Education

SCHEME OF WORK: Key Stage 2

Unit Title: Knowing me and my family

Year 2

| <u>Lesson Title</u> | <u>Learning Outcomes</u> | <u>Resources</u> |
|-----------------------------|---|---|
| Growing and Changing | <ul style="list-style-type: none">• Understand how we change when we grow up• Discussing a timeline | <ul style="list-style-type: none">• Healthy Schools Leicestershire pack |
| Families of all Kinds | <ul style="list-style-type: none">• Describe a member of the family and explain why they are important to them <p style="text-align: center;">***Friendship Rainbow***</p> <p>The most important people in my family are...</p> | |
| Good and bad touches | <ul style="list-style-type: none">• Hugs and kisses from people you know and trust• “Good touches” and “bad touches” <p style="text-align: center;">***Friendship Rainbow***</p> | |
| Feelings | <ul style="list-style-type: none">• Continue to explore and understand own and other people’s feelings and sharing these feelings with friends | |
| Relationships/Types of love | <ul style="list-style-type: none">• Who or what do we love?• The definition of love | |

Sex and Relationships Education

SCHEME OF WORK: Key Stage 2

Unit Title: Knowing me and my family

Year 3

| <u>Lesson Title</u> | <u>Learning Outcomes</u> | <u>Resources</u> |
|----------------------|--|-------------------------------------|
| Growing and Changing | <ul style="list-style-type: none">• Expand on how we change• What do older people look like?• Comparisons between year groups/classes in school. | Healthy Schools Leicestershire pack |
| Male and Female | <ul style="list-style-type: none">• Discuss and explain differences between boys and girls. Draw pictures of each other. | |
| Feelings | <ul style="list-style-type: none">• Explore emotions and when we would feel them – if this happened how would you feel? | |
| Relationships | <ul style="list-style-type: none">• How do we show that we love or like someone? | |
| Friendship Issues | <ul style="list-style-type: none">• Revisit types of friends particularly eSafety around friendships | |

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SCHEME OF WORK: Key Stage 2

Unit Title: Knowing me and my family

Year 4

| <u>Lesson Title</u> | <u>Learning Outcomes</u> | <u>Resources</u> |
|----------------------|---|-------------------------------------|
| Growing and Changing | <ul style="list-style-type: none">• Expand on changes as we grow up• Use agreed names (penis and vagina) for genitalia | Healthy Schools Leicestershire pack |
| Male and Female | <ul style="list-style-type: none">• Review changes in our bodies as we grow older• Data Handling within class/year group – eye colour, height, hair colour etc. | |
| Feelings | <ul style="list-style-type: none">• Continue to explore and understand own feelings while developing range of feelings e.g. not just sad – angry, confused, etc | |
| Relationships | <ul style="list-style-type: none">• Loving and caring relationships – what do they look like? | |
| Friendship Issues | <ul style="list-style-type: none">• Discuss what makes a good friend• Discuss some reasons why friends can argue• Discuss healthy ways of resolving arguments | |

Sex and Relationships Education

SCHEME OF WORK: Key Stage 3

Unit Title: Changes, Public and Private and Choice

Year 1

| <u>Lesson Title</u> | <u>Learning Outcomes</u> | <u>Resources</u> |
|------------------------------|---|---|
| Feelings and emotions | <ul style="list-style-type: none">• Explain what effects self esteem• Be aware of behaviours related to self esteem• Be more self aware of their emotional reactions to situations | <ul style="list-style-type: none">• Healthy Schools Leicestershire pack |
| Friendship qualities | <ul style="list-style-type: none">• Name a minimum of 3 important qualities needed in a good friendships• Consider ways of dealing with peer pressure• Understanding difficulties with friendships ***Relationship Rainbow*** | |
| Making relationships work | <ul style="list-style-type: none">• Will have a clear idea how to behave within a relationship and what's not acceptable• Will recognise some of the qualities to look for in a relationship. ***Relationship Rainbow*** | |
| Changes | <ul style="list-style-type: none">• Understand how the male and female bodies changes both physically and emotionally during puberty | |
| Personal Identity and choice | <ul style="list-style-type: none">• Discuss how there are many different people in the world• What makes us different? – colour, religion, likes/dislikes | |

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| | <ul style="list-style-type: none"> • Discuss heterosexuality and homosexuality. • Discuss how some people identify themselves as transgender. | |
| Hygiene and Menstruation | <ul style="list-style-type: none"> • Understand the importance of hygiene routines at this stage of life. • Preparation for menstruation (girls to be taught separately and given more advice/knowledge) | |
| Private and Public | <ul style="list-style-type: none"> • Will be able to know and name main external body parts • Know where it is appropriate to touch yourself when in public. • Will show some awareness that some things are done in public and in private • Know why certain things are acceptable or unacceptable to do in public and private places. | |
| Getting on with Parents and Carers | <ul style="list-style-type: none"> • Will develop an understanding of how their actions may affect their parents/carers and ways in which they can resolve issues causing worry and conflict <p>***Relationship Rainbow***</p> | |

Sex and Relationships Education

SCHEME OF WORK: 14 – 19 Pathway

Unit Title: Keeping myself safe and consent

| <u>Lesson Title</u> | <u>Learning Outcomes</u> | <u>Resources</u> |
|---|---|---|
| Growing and Changing | <ul style="list-style-type: none">• Consolidate prior learning on how the body changes we grow up | <ul style="list-style-type: none">• Healthy Schools Leicestershire pack |
| Private and Public | <ul style="list-style-type: none">• Will be able to know and name main external body parts• Know where it is appropriate to touch yourself when in public.• Will show some awareness that some things are done in public and in private• Know why certain things are acceptable or unacceptable to do in public and private places. | |
| Making responsible and informed choices | <ul style="list-style-type: none">• Will understand that legal age of consent is 16.• Will understand the implications of having sex underage• Will know how to protect themselves and their partner from unwanted pregnancy and STIs• Will be equipped to say “no” to unwanted sexual advances• Will understand that not all sexual activity is consensual.• Will understand what touch is appropriate and how to speak out if a touch feels inappropriate. | |

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| | <p style="text-align: center;">***Relationship Rainbow***</p> <ul style="list-style-type: none"> • Will have discussed and considered information about abortion. | |
| Feelings | <ul style="list-style-type: none"> • Explore and develop own feelings • Understand the thoughts and feelings of someone considering having sex | |
| Relationships | <ul style="list-style-type: none"> • Loving and caring relationships – how to resolve conflict <p style="text-align: center;">***Relationship Rainbow***</p> | |
| Contraception | <ul style="list-style-type: none"> • Gain a knowledge and understanding about different types of contraception • explore a range of views and opinions about safer sex | |
| Sexually Transmitted Diseases | <ul style="list-style-type: none"> • Will understand the importance of effective condom use to prevent STI's and unintended pregnancy. • Will understand that they can access sexual health advice and support in confidence. | |
| The impact of peer pressure, alcohol and drug misuse on sexual relationships | <ul style="list-style-type: none"> • Consider and discuss how peer pressure can make you feel • Understand how pressure can sometimes lead you to do things that make you uncomfortable • Will have identified and considered the impact of alcohol and drugs on their behaviour | |