

Programmes of study

Primary PSHE curriculum strands of learning

Sex and relationship education

Drug, alcohol and tobacco education

Keeping safe and managing risk

Mental health and emotional wellbeing

Physical health and wellbeing

Careers, financial capability and economic wellbeing

Identity, society and equality

Sex and relationship education (SRE)					
<p>Y1</p> <p><i>No specific unit of work for this year group, although aspects of SRE are covered through other PSHE topics in this year group.</i></p>	<p>Y2</p> <p>Boys and girls, families</p>	<p>Y3</p> <p><i>An interim SRE unit of work is available for schools who would like to teach some SRE in Year 3.</i></p>	<p>Y4</p> <p>Growing up and changing</p>	<p>Y5</p> <p><i>Schools can decide to teach the entire or aspects of the Year 4 or Year 6 SRE unit of work in Year 5 if preferred.</i></p>	<p>Y6</p> <p>Healthy relationships</p> <p>How a baby is made</p>
	<p>1. Pupils learn to understand and respect the differences and similarities between people</p> <p>Pupils</p> <ul style="list-style-type: none"> • are able to define difference and similarity • understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that 		<p>1. Pupils learn about the way we grow and change throughout the human lifecycle</p> <p>Pupils</p> <ul style="list-style-type: none"> • can identify changes throughout the human life cycle • understand change is on-going • understand change is individual 		<p>1. Pupils learn about the changes that occur during puberty</p> <p>Pupils</p> <ul style="list-style-type: none"> • can identify the physical, emotional and behavioural changes that occur during puberty for both males and females • understand that puberty is individual and can occur any time between 8-17 • understand that body changes at puberty are a preparation for sexual maturity
	<p>2. Pupils learn about the biological differences between male and female animals and their role in the life cycle</p> <p>Pupils</p> <ul style="list-style-type: none"> • know that female mammals give birth and nurse their young • can describe the biological differences between male and female • understand that the creation of life requires a male and female 		<p>2. Pupils learn the physical changes associated with puberty</p> <p>Pupils</p> <ul style="list-style-type: none"> • are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults • identify physical changes associated with puberty • Understand that everyone's experience of puberty is different and that it begins and ends at different times 		<p>2. Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</p> <p>Pupils</p> <ul style="list-style-type: none"> • understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture • can recognise and challenge gender stereotypes • understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

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	<p>3. Pupils learn the biological differences between male and female children</p> <p>Pupils</p> <ul style="list-style-type: none"> • identify and name biological terms for male and female sex parts • can label the male and female sex parts with confidence • understand that the male and female sex parts are related to reproduction 		<p>3. Pupils learn about menstruation and wet dreams</p> <p>Pupils</p> <ul style="list-style-type: none"> • can describe menstruation and wet dreams • can explain effective methods for managing menstruation and wet dreams • understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams 		<p>3. Pupils learn what values are important to them in the importance of friendship in intimate relationships</p> <p>Pupils</p> <ul style="list-style-type: none"> • can identify positive qualities and expectations from a variety of relationships • can explain the similarities and differences between friendships and intimate relationships • can describe that there are different types of intimate relationships, including marriage • understand that sex or making love may be one part of an intimate relationship between adults
	<p>4. Pupils learn about growing from young to old and that they are growing and changing</p> <p>Pupils</p> <ul style="list-style-type: none"> • can identify key stages in the human life cycle • understand some ways they have changed since they were babies • understand that all living things including humans start life as babies 		<p>4. Pupils learn about the impact of puberty on physical hygiene and strategies for managing this</p> <p>Pupils</p> <ul style="list-style-type: none"> • can explain how changes at puberty affect body hygiene • can describe how to care for their bodies during puberty • can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming 		<p>4. Pupils learn about human reproduction in the context of the human lifecycle</p> <p>Pupils</p> <ul style="list-style-type: none"> • understand that sexuality is expressed in a variety of ways between consenting adults • know that sexual intercourse may be one part of a sexual relationship • can describe how babies are made and explain how sexual intercourse is related to conception • can name the male and female sex cells and reproductive organs

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	<p>5. Pupils learn that everybody needs to be cared for and ways in which they care for others</p> <p>Pupils</p> <ul style="list-style-type: none"> understand that we all have different needs and require different types of care Identify ways we show care towards each other understand the links between needs, caring and changes throughout the life cycle 		<p>5. Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty</p> <p>Pupils</p> <ul style="list-style-type: none"> are able to describe how feelings and behaviour change during puberty can devise strategies for managing these changes understand how changes during puberty can affect relationships with other people 		<p>5. Pupils learn how a baby is made and grows (conception and pregnancy)</p> <p>Pupils</p> <ul style="list-style-type: none"> know the male and female body parts associated with conception and pregnancy can define conception and understand the importance of implantation in the womb know what pregnancy is, where it occurs and how long it takes
	<p>6. Pupils learn about different types of family and how their home-life is special</p> <p>Pupils</p> <ul style="list-style-type: none"> can describe different types of family Identify what is special and different about their home life understand families care for each other in a variety of ways 		<p>6. Pupils learn strategies to deal with feelings in the context of relationships</p> <p>Pupils</p> <ul style="list-style-type: none"> are able to identify feelings and understand how they affect behaviour can practise strategies for managing relationships and changes during puberty can empathise with other people's feelings in relationships, including parents and carers 		<p>6. Pupils learn about roles and responsibilities of carers and parents</p> <p>Pupils</p> <ul style="list-style-type: none"> can identify some of skills and qualities needed to be parent and carer understand the variety of ways in which parents and carers meet the needs to be a parent and carers meet the needs of babies and children can recognise that both men and women can take on these roles and responsibilities
			<p>7. Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it</p> <p>Pupils</p> <ul style="list-style-type: none"> can identify sources of information, support and advice for children and young people can use appropriate language to discuss puberty and growing up with confidence can answer their own questions about puberty and growing up 		<p>7. Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it</p> <p>Pupils</p> <ul style="list-style-type: none"> can answer their own questions about sex and relationships can use appropriate language to discuss sex and relationships and growing up with confidence can identify sources of information, support and advice for children and young people

Sex and relationship education (SRE)					
Y1	Y2	Y3	Y4	Y5	Y6
No specific unit of work for this year group, although aspects of SRE are covered through other PSHE topics in this year group.	Boys and girls, families	An interim SRE unit of work is available for schools who would like to teach some SRE in Year 3.	Growing up and changing	Schools can decide to teach the entire or aspects of the Year 4 or Year 6 SRE unit of work in Year 5 if preferred.	Healthy relationships How a baby is made
					Additional lessons: schools will want to consider including these lessons, as part of SRE policy development
					<p>8. Pupils learn some myths and misconceptions about HIV, who it affects and how it can and cannot be transmitted</p> <p>Pupils</p> <ul style="list-style-type: none"> know that HIV can affect anyone, not a specific group or type of person can identify how HIV can and cannot be passed on
					<p>9. Pupils learn about how the risk of HIV can be reduced</p> <p>Pupils:</p> <ul style="list-style-type: none"> know that the risk of HIV being passed on can be reduced if a condom is used can describe how a condom protects against HIV and other sexually transmitted infections
					<p>10. Pupils learn that contraception can be used to stop a baby from being conceived</p> <p>Pupils:</p> <ul style="list-style-type: none"> know that a condom stops sperm from meeting an egg and therefore stops fertilisation know that women can take a pill to stop an egg being released, preventing conception understand contraception is both partners' responsibility

National Curriculum link:	Science - animals, including humans (statutory requirements)
Pupils:	Pupils should be taught to:
Year 1	4.1 identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
Year 2	4.2 notice that animals, including humans, have offspring which grow into adults
Year 5	4.3 describe the changes as humans develop to old age

This scheme of work suggests that sex and relationship education is taught in Years 2, 4 and 6.

Some schools will prefer to teach sex and relationship education in each year group or may want to teach a particular topic across consecutive year groups as identified on the grid above.

PSHE subject leaders can adapt this PSHE curriculum area of learning to best suit the school's individual approach.