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### Relationships in Sex Education – Scheme of Work

The lesson plans have been developed after considerable discussion and consultation with experienced Sex Education co-ordinators, PSHE co-ordinators, head teachers and Ofsted inspectors. It takes into account **PSHE and Citizenship Guidance for Curriculum 2000** and **Sex and Relationship Education Guidance** (July 2000). It also reflects the latest concepts and thinking in delivering sex education

The **Spellbinder lesson plans** draw primarily on the skills of the teacher, by using active teaching strategies throughout. Each lesson has one or more **learning objectives** and **key questions**. It also includes **activities** that the children can undertake. All lessons are concluded with a **plenary session**, enabling teachers to draw together the strands of the children's learning.

The lessons are not worksheet led, or book dependent. It is the children's discussions, supported and **facilitated** by the teacher, which allow the children we teach to develop their attitudes, feelings and thoughts about relationships with content that is appropriate to both their age and stage of development.

These lesson plans address the issues of relationships in sex education, and they complement the biological elements often taught through Science. The lessons include learning objectives, key questions, activities and resource sheets. A summary of the content for your child's year group can be seen below.

Based upon active learning, they link to the **Key Skills of communication, working with others, and problem solving**. They give young people the opportunity to learn through questions and discussion, developing their attitudes and feelings, reflecting upon themselves and others in a range of realistic situations.

Lesson Title	<ul style="list-style-type: none"> <li>Brief Summary of Content / Lesson Objective</li> </ul>	<ul style="list-style-type: none"> <li>Key Questions</li> </ul>
Year 1 Lesson 1 If I were .....	<ul style="list-style-type: none"> <li>To develop self-awareness</li> <li>To begin to understand and value differences between people</li> </ul>	<ul style="list-style-type: none"> <li>Who am I?</li> </ul>
Year 1 Lesson 2 Differences	<ul style="list-style-type: none"> <li>To develop self-confidence</li> <li>To value physical differences in people such as height, weight, hair colour or skin colour.</li> <li>To learn empathy with others and consider their feelings before making thoughtless comments.</li> </ul>	<ul style="list-style-type: none"> <li>How are we different?</li> </ul>
Year 1 Lesson 3 My personal qualities	<ul style="list-style-type: none"> <li>To understand that people are different in ways other than physical features</li> <li>To recognise the personal qualities in themselves and others</li> </ul>	<ul style="list-style-type: none"> <li>What are you good at?</li> </ul>
Year 1 Lesson 4 Your personal qualities	<ul style="list-style-type: none"> <li>To recognise the personal qualities in themselves and others</li> <li>To begin to understand what they value in other people</li> </ul>	<ul style="list-style-type: none"> <li>What do I like in other people?</li> </ul>
Year 1 Lesson 5 My perfect day	<ul style="list-style-type: none"> <li>To identify experiences and activities which they enjoy and make them happy</li> <li>To understand some of the similarities and differences between the experiences and activities that other people enjoy</li> </ul>	<ul style="list-style-type: none"> <li>What do I want?</li> </ul>
Year 1 Lesson 6 Who are the	<ul style="list-style-type: none"> <li>To know that young of many species</li> </ul>	<ul style="list-style-type: none"> <li>Who are the parents?</li> </ul>

parents?	<ul style="list-style-type: none"> <li>need the care of their parents</li> <li>To understand the different forms care might take, and the type of care that humans need</li> </ul>	<ul style="list-style-type: none"> <li>How do parents care for babies?</li> </ul>
Year 2 Lesson 1 Feelings	<ul style="list-style-type: none"> <li>To be able to identify their feelings</li> <li>To be able to recognise feelings in others</li> </ul>	<ul style="list-style-type: none"> <li>How do I feel?</li> </ul>
Year 2 Lesson 2 When am I at risk?	<ul style="list-style-type: none"> <li>To be able to recognise situations of risk</li> <li>To know what to do in risky situations</li> </ul>	<ul style="list-style-type: none"> <li>When am I at risk?</li> <li>What should I do?</li> </ul>
Year 2 Lesson 3 Who will help me?	<ul style="list-style-type: none"> <li>To know who to ask for help in different situations</li> <li>To be able to ask for help</li> </ul>	<ul style="list-style-type: none"> <li>How do I know who will help me?</li> </ul>
Year 2 Lesson 4 Feeling good	<ul style="list-style-type: none"> <li>To be able to recognise 'feeling good'</li> <li>To understand that certain situations help make them 'feel good'</li> </ul>	<ul style="list-style-type: none"> <li>When do you feel good?</li> </ul>
Year 2 Lesson 5 A new baby	<ul style="list-style-type: none"> <li>To be able to adapt to changes within the family as a result of a new baby</li> <li>To understand and value the changes to family life that a new baby can bring</li> </ul>	<ul style="list-style-type: none"> <li>What are the benefits in there being a new baby in the family?</li> </ul>
Year 2 Lesson 6 Good friends	<ul style="list-style-type: none"> <li>To know what qualities make a good friend</li> <li>To be able to be a good friend</li> </ul>	<ul style="list-style-type: none"> <li>What makes a good friend?</li> </ul>
Year 3 Lesson 1 What we are good at	<ul style="list-style-type: none"> <li>To be aware of their own strengths and qualities</li> <li>To be able to give and receive compliments</li> </ul>	<ul style="list-style-type: none"> <li>What am I good at?</li> <li>What are you good at?</li> </ul>
Year 3 Lesson 2 Needs and wants	<ul style="list-style-type: none"> <li>To understand the difference between needs and wants</li> <li>To know that people's needs and wants are different</li> </ul>	<ul style="list-style-type: none"> <li>What do I need?</li> <li>What do I want?</li> </ul>
Year 3 Lesson 3 Boys and girls	<ul style="list-style-type: none"> <li>To understand some of the differences between boys and girls, other than physical attributes</li> <li>To respect and value difference</li> </ul>	<ul style="list-style-type: none"> <li>Do boys and girls play differently?</li> </ul>
Year 3 Lesson 4 It's good to be different	<ul style="list-style-type: none"> <li>To have the confidence to formulate and give their own opinions</li> <li>To be able to respect and value the opinions of others</li> </ul>	<ul style="list-style-type: none"> <li>What do I think?</li> <li>What do you think?</li> </ul>
Year 3 Lesson 5 Comments that hurt	<ul style="list-style-type: none"> <li>To understand that comments about others can hurt them</li> <li>To be happy with their physical appearance</li> <li>To have sufficient self-confidence not to be hurt by the comments of others</li> </ul>	<ul style="list-style-type: none"> <li>What do I like about me?</li> </ul>
Year 3 Lesson 6 Influence and persuasion	<ul style="list-style-type: none"> <li>To be able to make decisions for themselves</li> <li>To be aware of the influence of others</li> </ul>	<ul style="list-style-type: none"> <li>What do I think?</li> </ul>
Year 4 Lesson 1 Friends	<ul style="list-style-type: none"> <li>To know what a good friend is</li> <li>To understand how to make and keep friends</li> </ul>	<ul style="list-style-type: none"> <li>What makes a good friend?</li> <li>How can I be a good friend?</li> </ul>

Year 4 Lesson 2 When I feel very unhappy	<ul style="list-style-type: none"> <li>To be able to recognise feeling of distress</li> <li>To be able to deal with feelings of distress</li> <li>To know how to ask for help</li> </ul>	<ul style="list-style-type: none"> <li>When might you feel distressed?</li> <li>Who will help you?</li> </ul>
Year 4 Lesson 3 One step at a time	<ul style="list-style-type: none"> <li>To understand that sometimes we all have to deal with difficult times in our lives</li> <li>To be able to think positively despite the challenges they may have to meet</li> </ul>	<ul style="list-style-type: none"> <li>What can you do when life seems difficult?</li> </ul>
Year 4 Lesson 4 Keeping me safe	<ul style="list-style-type: none"> <li>To know the importance of keeping safe</li> <li>To respect and be aware of personal space</li> </ul>	<ul style="list-style-type: none"> <li>What is comfortable for me?</li> </ul>
Year 4 Lesson 5 Reading feelings	<ul style="list-style-type: none"> <li>To be able to recognise how people show their feelings towards one another</li> <li>To know that sometimes people's behaviour and their true feelings are different</li> </ul>	<ul style="list-style-type: none"> <li>How do I feel?</li> <li>How do you feel?</li> </ul>
Year 4 Lesson 6 Good times	<ul style="list-style-type: none"> <li>To know what different group of people do together for enjoyment and celebration</li> <li>To celebrate happy times and events</li> </ul>	<ul style="list-style-type: none"> <li>Which are my happy memories?</li> <li>Which are the events I look forward to?</li> </ul>
Year 5 Lesson 1 Growing up	<ul style="list-style-type: none"> <li>To be aware of some of the changes that have taken place since they were born</li> <li>To understand the process of growing up and its implications for them</li> </ul>	<ul style="list-style-type: none"> <li>What was I like before?</li> <li>What am I like now?</li> <li>What will I be like when I grow up?</li> </ul>
Year 5 Lesson 2 Changing feelings	<ul style="list-style-type: none"> <li>To be able to identify positive and negative feelings</li> <li>To be able to recognise more and less extreme feelings</li> <li>To know how to deal with negative feelings</li> </ul>	<ul style="list-style-type: none"> <li>How do I feel?</li> <li>How do I want to feel?</li> </ul>
Year 5 Lesson 3 Boys and girls	<ul style="list-style-type: none"> <li>To understand the different perspectives of boys and girls</li> <li>To understand friendship between boys and girls</li> </ul>	<ul style="list-style-type: none"> <li>What is it like to be a girl?</li> <li>What is it like to be a boy?</li> </ul>
Year 5 Lesson 4 Feelings about mybody	<ul style="list-style-type: none"> <li>To be aware of and appreciate physical differences</li> <li>To respect their bodies and know the need to take care of them</li> </ul>	<ul style="list-style-type: none"> <li>What do like about my body?</li> <li>How do I look after my body?</li> </ul>
Year 5 Lesson 5 Persuasion	<ul style="list-style-type: none"> <li>To recognise when they are being influenced or persuaded</li> <li>To be able to make decisions for themselves</li> <li>To be able to assert themselves</li> </ul>	<ul style="list-style-type: none"> <li>What do you want to do?</li> <li>How can you resist persuasion?</li> </ul>
Year 5 Lesson 6 What do I want?	<ul style="list-style-type: none"> <li>To know what they want for themselves in the future</li> <li>To be able to take responsibility in planning for the future</li> </ul>	<ul style="list-style-type: none"> <li>What do you want in the future?</li> </ul>
Year 6 Lesson 1 Attractions	<ul style="list-style-type: none"> <li>To know that people are attracted to others by physical qualities</li> <li>To understand that relationships depend upon more than physical features</li> </ul>	<ul style="list-style-type: none"> <li>What do I find attractive in others?</li> <li>Why do like my friends?</li> </ul>

Year 6 Lesson 2 Feelings about babies	<ul style="list-style-type: none"> <li>To understand when and why people choose to have babies</li> <li>To understand some of the difficulties of having a baby</li> </ul>	<ul style="list-style-type: none"> <li>Why do people have babies?</li> <li>How do different people feel about babies?</li> </ul>
Year 6 Lesson 3 Who's responsible?	<ul style="list-style-type: none"> <li>To know that there is shared responsibility in having children</li> <li>To be able to consider different perspectives on the responsibility of having children</li> </ul>	<ul style="list-style-type: none"> <li>Who is responsible?</li> </ul>
Year 6 Lesson 4 Who can I trust?	<ul style="list-style-type: none"> <li>To know which people they can trust</li> <li>To recognise situations where trust is important</li> </ul>	<ul style="list-style-type: none"> <li>Who can I trust?</li> <li>When do I need to be able to trust someone?</li> </ul>
Year 6 Lesson 5 Dealing with change	<ul style="list-style-type: none"> <li>To be able to adjust and cope with changes in life</li> <li>To know who to ask for help at difficult times</li> </ul>	<ul style="list-style-type: none"> <li>Why do circumstances change?</li> <li>Who will help you?</li> <li>How can you turn a negative into a positive?</li> </ul>
Year 6 Lesson 6 What is a family?	<ul style="list-style-type: none"> <li>To understand the meaning of 'family'</li> <li>To know that a family can take many different forms</li> </ul>	<ul style="list-style-type: none"> <li>What makes a family?</li> </ul>
Year 6 Lesson 7	<ul style="list-style-type: none"> <li>To understand how our body changes through puberty</li> </ul>	<ul style="list-style-type: none"> <li>How will my body change in the future (Separate sessions for girls and boys)</li> </ul>
Year 6 Lesson 8	<ul style="list-style-type: none"> <li>To understand how babies are made</li> <li>To understand how to prevent pregnancies</li> </ul>	<ul style="list-style-type: none"> <li>What makes a baby?</li> <li>How do I make the right choice about sexual relationships?</li> <li>Who can I turn to for support?</li> </ul>

As always, we would be interested to hear your comments on the programme. We understand that this is a sensitive and challenging subject and that you may wish to speak with your child about the content before it is delivered in school. Should you wish to know more about the specific content, please contact your child's class teacher who will be happy to share the information with you.