

Relationships and Sex education – whole school overview.

RSE is taught across all year groups by the class teacher through a programme called the Christopher Winter Project (CWP). This programme is designed to build knowledge from year to year. An overview of each lesson, for each year group, is outlined below:

| <b><u>Year group:</u></b>                         | <b><u>Lessons:</u></b>                      | <b><u>Main Objectives:</u></b>  |
|---|---|---|
| Reception<br>Our lives                            | Lesson 1: Our Day                           | <ul style="list-style-type: none"> <li>- Understand the importance of hygiene and recognise basic routines.</li> <li>- Recognise all families are different and all members can help each other.</li> </ul>   |
|   | Lesson 2: Keeping Ourselves Clean           |   |
|   | Lesson 3: Families                          |   |
| Year 1<br>Growing and Caring for Ourselves        | Lesson 1: Keeping Clean                     | <ul style="list-style-type: none"> <li>- Introduce the concept of growing and recognise the difference between boys and girls.</li> <li>- Explore different types of family.</li> </ul>   |
|   | Lesson 2: Growing and Changing              |   |
|   | Lesson 3: Families and Care                 |   |
| Year 2<br>Differences                             | Lesson 1: Differences: Boys and Girls       | <ul style="list-style-type: none"> <li>- Identify differences between males and females and recognise stereotypes.</li> <li>- Recognise some male and female animals and link this to the lifecycle.</li> <li>- Describe some physical differences between males and females.</li> </ul>  |
|   | Lesson 2: Differences: Male and Female      |   |
|   | Lesson 3: Naming the Body Parts             |   |
| Year 3<br>Valuing Difference and Keeping Safe     | Lesson 1: Differences: Male and Female      | <ul style="list-style-type: none"> <li>- Name and recognise some differences between males and females.</li> <li>- Recognise how to respect personal space.</li> <li>- Recognise differences in all families.</li> </ul>  |
|   | Lesson 2: Personal Space                    |   |
|   | Lesson 3: Family Differences                |   |
| Year 4<br>Growing Up                              | Lesson 1: Growing and Changing              | <ul style="list-style-type: none"> <li>- Explore the human lifecycle.</li> <li>- Name some female and male body parts.</li> <li>- Understand some physical and emotional changes which happen in puberty to enable reproduction.</li> </ul>   |
|   | Lesson 2: What is Puberty?                  |   |
|   | Lesson 3: Puberty Changes and Reproduction. |   |
| Year 5<br>Puberty                                 | Lesson 1: Talking about Puberty             | <ul style="list-style-type: none"> <li>- Explain physical and emotional changes which happen in puberty.</li> <li>- Explore the importance of hygiene during puberty.</li> <li>- Learn how to seek appropriate support when going through puberty.</li> </ul>   |
|   | Lesson 2: Male and Female Changes           |   |
|   | Lesson 3: Puberty and Hygiene               |   |
| Year 6<br>Puberty, Relationships and Reproduction | Lesson 1: Puberty and Reproduction          | <ul style="list-style-type: none"> <li>- Understand with confidence, changes which happen in puberty to enable reproduction.</li> <li>- Discuss with confidence, adult relationships and the need to respect each other.</li> <li>- Explore the decision process needed before choosing to have a baby and know basic facts about pregnancy and contraception.</li> <li>- Understand how to communicate in a relationship and how to seek support.</li> </ul> |
|   | Lesson 2: Understanding Relationships       |   |
|   | Lesson 3: Conception and Pregnancy          |   |
|   | Lesson 4: Communicating in Relationships    |   |