



Stoke Mandeville Combined School

Caring, Inspiring and Achieving Together

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10th May 2021

Dear Parents and Carers,

Relationships and Sex Education (RSE)

Children across the school will complete the RSE component of our Skills for Life curriculum during the week commencing 17th May when they undertake their *Ourselves, Growing and Changing* topic.

As mentioned at our recent Skills for Life information sessions, RSE will be taught primarily using The Christopher Winter Project resource - *Teaching RSE with Confidence in Primary Schools*. As The Christopher Winter Project units of work are being taught for the first time this year, teachers will also address content from the Year Group below to ensure relevant learning is not missed, e.g. *Year 1 will also cover sessions intended for Reception*.

Right to withdraw

As Relationships Education is a statutory subject, you do not have the right to withdraw your child(ren) from these lessons. Similarly, lessons focusing on key facts relating to puberty and the changing adolescent body (including the menstrual cycle) are part of the statutory Health Education curriculum so you do not have the right to withdraw your child(ren) from these sessions either. The same also applies to biological aspects of the statutory Science curriculum which relates to RSE.

However, you do have the right to withdraw your child(ren) from some or all of the learning focusing on sex education if they are in **Year 6**. Requests for withdrawal should be put in writing using the form found in Appendix 6 of the school's RSE policy and returned to Mrs Stewart **by Thursday 13th May at 3:00pm**. (A copy of the relevant form is attached.)

Ourselves, Growing and Changing curriculum coverage

Please refer below for the learning intentions and outcomes for each Year Group:

Year Group: Reception	Topic: Family and friendship
Vocabulary: friendship, kindness, feelings, happy, sad, shy, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad	
Lesson 1 Caring friendships	Learning Intention <ul style="list-style-type: none"> To recognise the importance of friendship. Learning Outcomes <ul style="list-style-type: none"> Know that friendships can make us feel happy. Know some ways that we can make new friends feel welcome.



Lesson 2 Being kind	<p>Learning Intention</p> <ul style="list-style-type: none"> To recognise the importance of saying sorry and forgiveness. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know that arguing with friends and then making up can make friendships stronger. Know that resorting to violence is never right.
Lesson 3 Families	<p>Learning Intention</p> <ul style="list-style-type: none"> To recognise that all families are different. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Identify different members of the family. Understand how members of a family can help each other.

Year Group: One	Topic: Growing and caring for ourselves
Vocabulary: friends, feelings, similar, different, family, boy, girl, male, female, private parts	
Lesson 1 Different friends	<p>Learning Intention</p> <ul style="list-style-type: none"> To understand that we are all different but can still be friends. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know that we can be friends with people who are different to us.
Lesson 2 Growing and changing	<p>Learning Intention</p> <ul style="list-style-type: none"> To discuss how children grow and change. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that babies need care and support. Know that older children can do more by themselves.
Lesson 3 Families and care	<p>Learning Intentions</p> <ul style="list-style-type: none"> To explore different types of families and who to ask for help. To identify who can help when families make us feel unhappy or unsafe. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know there are different types of families. Know which people we can ask for help.

Year Group: Two	Topic: Differences
Vocabulary: similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, testicles, nipples, vulva	
Lesson 1 Differences	<p>Learning Intentions</p> <ul style="list-style-type: none"> To introduce the concept of gender stereotypes. To identify differences between males and females. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that some people have fixed ideas about what boys and girls can do. Describe the difference between male and female babies.
Lesson 2 Male and female animals	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore some of the differences between male and female animals and to understand reasons for these differences. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe some differences between male and female animals. Understand that most animals need a male and a female to make a new life.
Lesson 3 Naming body parts	<p>Learning Intentions</p> <ul style="list-style-type: none"> To focus on differences between male and female body parts. To name body parts. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe the physical differences between males and females. Identify, name and label the different body parts.



Year Group: Three	Topic: Valuing difference and keeping safe
Vocabulary: stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship	
Lesson 1 Body differences	<p>Learning Intentions</p> <ul style="list-style-type: none"> To identify that people are unique and to respect these differences. To explore the differences between male and female bodies. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know and respect the body differences between ourselves and others. Name male and female body parts using agreed words.
Lesson 2 Personal space	<p>Learning Intention</p> <ul style="list-style-type: none"> To consider appropriate and inappropriate physical contact and consent. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that each person's body belongs to them. Understand personal space and unwanted touch.
Lesson 3 Help and support	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore different types of families and who to go to for help and support. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that all families are different and have different family members. Identify who to go to for help and support.

Year Group: Four	Topic: Growing up
Vocabulary: puberty, life cycle, physical, penis, testicles, vulva, vagina, uterus, breasts, pubic hair, body shape, spots, emotional, feelings	
Lesson 1 Changes	<p>Learning Intentions</p> <ul style="list-style-type: none"> To explore the human lifecycle. To identify some basic facts about puberty. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand that puberty is an important stage in the human lifecycle. Know some changes that happen during puberty.
Lesson 2 What is puberty?	<p>Learning Intention</p> <ul style="list-style-type: none"> To identify key facts about puberty and the changing adolescent body. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know about the physical and emotional changes that happen in puberty.
Lesson 3 Healthy Relationships	<p>Learning Intentions</p> <ul style="list-style-type: none"> To explore respect in a range of relationships. To discuss the characteristics of healthy relationships. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Know that respect is important in all relationships including online. Explain how friendships can make people feel unhappy or uncomfortable.

Year Group: Five	Topic: Puberty
Vocabulary: puberty, emotional changes, moods, physical changes, menstruation, periods, ovaries, uterus, fallopian tubes, female sex cells, eggs, womb, vagina, tampons, sanitary towels, discharge, penis, foreskin, testicles, scrotum, male sex cells, sperm, erection, ejaculation, semen, wet dream, testosterone, sweat, breasts, spots, pubic hair, facial hair, underarm hair	
Lesson 1 Talking about puberty	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore the emotional and physical changes occurring in puberty. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Explain the main physical and emotional changes that happen during puberty. Ask questions about puberty with confidence.



Lesson 2 The Reproduction system	<p>Learning Intention</p> <ul style="list-style-type: none"> To understand male and female puberty changes in more detail. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Understand how puberty affects the reproductive organs. Describe what happens during menstruation and sperm production.
Lesson 3 Puberty help and support	<p>Learning Intentions</p> <ul style="list-style-type: none"> To explore the impact of puberty on the body and the importance of physical hygiene. To explore ways to get support during puberty. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Explain how to keep clean during puberty. Explain how emotions /relationships change during puberty. Know how to get help and support during puberty.

Year Group: Six	Topic: Puberty, relationships and reproduction
<p>Vocabulary: puberty, menstruation, periods, vulva, clitoris, ovaries, uterus, fallopian tubes, eggs, womb, vagina, penis, testicles, scrotum, sperm, erection, ejaculation, semen, wet dream, pubic hair, reproduction, conception, fertilisation, pregnancy, sexual intercourse, baby, twins, fostering, adoption, relationship, friendship, girlfriend, boyfriend, partner, love, consent, touch, respect, intimacy, communication, personal / private information, online relationship, internet safety, equality, discrimination</p>	
Lesson 1 Puberty and reproduction	<p>Learning Intention</p> <ul style="list-style-type: none"> To consider puberty and reproduction. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe how and why the body changes during puberty in preparation for reproduction. Talk about puberty and reproduction with confidence.
Lesson 2 Communication in relationships	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore the importance of communication and respect in relationships. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Explain differences between healthy and unhealthy relationships. Know that communication and permission seeking are important.
Lesson 3 Families, conception and pregnancy	<p>Learning Intention</p> <ul style="list-style-type: none"> To consider different ways people might start a family. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Describe the decisions that have to be made before having children. Know some basic facts about conception and pregnancy.
Lesson 4 Online relationships	<p>Learning Intention</p> <ul style="list-style-type: none"> To explore positive and negative ways of communicating in a relationship. <p>Learning Outcomes</p> <ul style="list-style-type: none"> To have considered when it is appropriate to share personal/private information in a relationship. To know how and where to get support if an online relationship goes wrong.
Additional lesson Respect and equality	<p>Learning Intention</p> <ul style="list-style-type: none"> Explore practical steps that could be taken in a range of contexts to support respectful relationships. <p>Learning Outcomes</p> <ul style="list-style-type: none"> Explain the importance of respecting others, even when they are very different to us. Know that we can all take positive steps to support equality.



Questions and Support

If you have any questions relating to our approach to teaching Relationships and Sex Education or you would like support with a particular issue relating to RSE, please contact the School Office. They will pass on your email or phone message to either Mrs Stewart, myself or your child's class teacher depending on the nature of the query or the support requested.

Yours sincerely,

Mrs Ryan
Skills for Life Subject Leader

