



# The Curzon C of E Primary School

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Inspiring all to 'Aspire Believe Care'  
Let your light shine Matthew 5:16

Tuesday 16<sup>th</sup> April 2024

Dear Parents/Carers,

This half term, each year group will be undertaking our PSHE topic on Relationships and Sex Education. Understandably, these lessons may lead to your children coming home with questions about the topic or wanting to discuss something in further detail. Therefore, in order to keep you as informed as possible about what we will be studying, we would like to share with you the learning focus and outcomes that each year group will be covering throughout the term. Below is an overview of our Relationships and Sex Education scheme.

We always ensure that this content is delivered in an age-appropriate manner and discussed sensitively and appropriately in lessons. If you have any questions about this, please do not hesitate to get in touch with myself or your child's class teacher as we are happy to discuss any aspects of the content we will be delivering.

Although we feel this is an essential part of all children's education, particularly at this age, you are entitled to remove your child from the sessions if you wish. If you would like to take this action, please inform us of your intentions in writing to [info@curzon.derbyshire.sch.uk](mailto:info@curzon.derbyshire.sch.uk).

Thank you for your continued support.

Mrs Lenton  
(Relationships and Sex Education Lead)

Headteacher: Amanda Fletcher

Assistant Headteacher: Sophie Crowther

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## Relationships and Sex Education – Scheme of Work

Year Group	Learning Focus	Learning Outcomes
Reception	<b>Lesson 1</b> – To recognise the importance of friendship.	<ul style="list-style-type: none"> <li>- Know that friendships can make us feel happy.</li> <li>- Know some ways that we can make new friends feel welcome.</li> </ul>
	<b>Lesson 2</b> – To recognise the importance of saying sorry and forgiveness.	<ul style="list-style-type: none"> <li>- Know that arguing with friends and then making up can make friendships stronger.</li> <li>- That resorting to violence is never right.</li> </ul>
	<b>Lesson 3</b> – To recognise that all families are different.	<ul style="list-style-type: none"> <li>- Identify different members of the family.</li> <li>- Understand how members of a family can help each other.</li> </ul>
Year 1	<b>Lesson 1</b> – To understand that we are all different but can still be friends.	<ul style="list-style-type: none"> <li>- Know that we can be friends with people who are different to us.</li> </ul>
	<b>Lesson 2</b> – To discuss how children grow and change.	<ul style="list-style-type: none"> <li>- Understand that babies need care and support.</li> <li>- Know that older children can do more by themselves.</li> </ul>
	<b>Lesson 3</b> – 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.	<ul style="list-style-type: none"> <li>- Know there are different types of families.</li> <li>- Know which people we can ask for help.</li> </ul>
Year 2	<b>Lesson 1</b> – To introduce the concept of gender stereotypes.  To identify differences between males and females.	<ul style="list-style-type: none"> <li>- Understand that some people have fixed ideas about what boys and girls can do.</li> <li>- Describe the difference between male and female babies.</li> </ul>
	<b>Lesson 2</b> – To explore some of the differences between males and females and to understand how this is part of the lifecycle.	<ul style="list-style-type: none"> <li>- Describe some differences between male and female animals.</li> <li>- Understand that making a new life needs a male and a female.</li> </ul>
	<b>Lesson 3</b> – To focus on sexual difference and name body parts.	<ul style="list-style-type: none"> <li>- Describe the physical differences between males and females.</li> <li>- Name the different body parts.</li> </ul>

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Year 3	<p><b>Lesson 1</b> – To identify that people are unique and to respect those differences.</p> <p>To explore the differences between male and female bodies.</p>	<ul style="list-style-type: none"> <li>- Know and respect the body differences between ourselves and others.</li> <li>- Name male and female body parts using agreed words.</li> </ul>
	<p><b>Lesson 2</b> – To consider appropriate and inappropriate physical contact and consent.</p>	<ul style="list-style-type: none"> <li>- Understand that each person's body belongs to them.</li> <li>- Understand personal space and unwanted touch.</li> </ul>
	<p><b>Lesson 3</b> – To explore different types of families and who to go to for help and support.</p>	<ul style="list-style-type: none"> <li>- Understand that all families are different and have different family members.</li> <li>- Identify who to go to for help and support.</li> </ul>
Year 4	<p><b>Lesson 1</b> – To explore the human lifecycle.</p> <p>To identify some basic facts about puberty.</p>	<ul style="list-style-type: none"> <li>- Understand that puberty is an important stage in the human lifecycle.</li> <li>- Know some changes that happen during puberty.</li> </ul>
	<p><b>Lesson 2</b> – To explore how puberty is linked to reproduction.</p>	<ul style="list-style-type: none"> <li>- Know about the physical and emotional changes that happen in puberty.</li> <li>- Understand that children change into adults to be able to reproduce if they choose to.</li> </ul>
	<p><b>Lesson 3</b> – To explore respect in a range of relationships.</p> <p>To discuss the characteristics of healthy relationships.</p>	<ul style="list-style-type: none"> <li>- Know that respect is important in all relationships including online.</li> <li>- Explain how friendships can make people feel unhappy or uncomfortable.</li> </ul>
Year 5	<p><b>Lesson 1</b> – To explore the emotional and physical changes occurring in puberty.</p>	<ul style="list-style-type: none"> <li>- Explain the main physical and emotional changes that happen during puberty.</li> <li>- Ask questions about puberty with confidence.</li> </ul>
	<p><b>Lesson 2</b> – To understand male and female puberty changes in more detail.</p>	<ul style="list-style-type: none"> <li>- Understand how puberty affects the reproductive organs.</li> <li>- Describe what happens during menstruation and sperm production.</li> </ul>
	<p><b>Lesson 3</b> - To explore the impact of puberty on the body and the importance of physical hygiene.</p> <p>To explore ways to get support during puberty.</p>	<ul style="list-style-type: none"> <li>- Explain how to keep clean during puberty.</li> <li>- Explain how emotions/relationships change during puberty.</li> <li>- Know how to get help and support during puberty.</li> </ul>

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Year 6	Lesson 1 – To consider puberty and reproduction.	<ul style="list-style-type: none"> <li>- Describe how and why the body changes during puberty in preparation for reproduction.</li> <li>- Talk about puberty and reproduction with confidence.</li> </ul>
	Lesson 2 – Exploring the importance of communication and respect in relationships.	<ul style="list-style-type: none"> <li>- Explain differences between healthy and unhealthy relationships.</li> <li>- Know that communication and permission seeking are important.</li> </ul>
	Lesson 3 - To consider different ways people might start a family.	<ul style="list-style-type: none"> <li>- Describe the decisions that have to be made before having children.</li> <li>- Know some basic facts about conception and pregnancy.</li> </ul>
	Lesson 4 - To explore positive and negative ways of communicating in a relationship.	<ul style="list-style-type: none"> <li>- To have considered when it is appropriate to share personal/private information in a relationship.</li> <li>- To know how and where to get support if an online relationship goes wrong.</li> </ul>

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