

Scheme of work for Relationships Education at Bushmead Primary School.

The following scheme of work will include three lesson plans in each year (four in year six), covering the topics listed below. Ground rules will be set for each lesson and children are encouraged to respond if they feel comfortable. Relationships Education is learning about the emotional, social and physical aspects of growing up, puberty, relationships and reproduction. Some aspects are also taught in science, and others are taught as part of personal, social, health and economic education (PSHE). A comprehensive programme of Relationships Education provides accurate information about the body, puberty and reproduction. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. High quality Relationships Education helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behaviour for life.

Year Group		Lesson Heading	Lesson Content
Reception: 'Our lives'	1	Our day	<ul style="list-style-type: none"> To consider the routines and patterns of a typical day. Understand some areas in which the children can look after themselves e.g. dressing and undressing
	2	Keeping ourselves clean	<ul style="list-style-type: none"> To understand why hygiene is important Explain why it is important to keep clean Understand some basic hygiene routines
	3	Families	<ul style="list-style-type: none"> To recognise that all families are different Identify different members of the family Understand how members of a family can help each other
Year 1: 'Growing and caring for ourselves'	1	Keepings clean	<ul style="list-style-type: none"> To understand some basic hygiene principles Know how to keep clean and look after oneself
	2	Growing and changing	<ul style="list-style-type: none"> To introduce the concept of growing and changing Understand that babies become children and then adults Know the differences between boy and girl babies
	3	Families and care	<ul style="list-style-type: none"> To explore different types of families and who to ask for help Know there are different types of families Know which people we can ask for help
Year 2: 'Differences'	1	Differences: Boys and Girls	<ul style="list-style-type: none"> To introduce the concept of male and female and gender stereotypes To identify differences between males and females Understand that some people have fixed ideas about what boys and girls can do Describe the difference between male and female babies
	2	Differences: Male and Female	<ul style="list-style-type: none"> To explore some of the differences between males and females and to understand how this is part of the lifecycle Describe some differences between male and female animals Understand that making a new life needs a male and a female
	3	Naming body parts	<ul style="list-style-type: none"> To focus on sexual difference and name body parts Describe the physical differences between males and females Name the male and female body parts
Year 3: 'Valuing difference and keeping safe'	1	Differences: Male and Female	<ul style="list-style-type: none"> To explore the differences between males and females and to name the body parts Know some differences and similarities between males and females Name male and female body parts using agreed words
	2	Personal space	<ul style="list-style-type: none"> To know that a person has the right to say what they like and dislike

			<ul style="list-style-type: none"> Identify different types of touch that people like and do not like Understand personal space Talk about ways of dealing with unwanted touch
	3	Family differences	<ul style="list-style-type: none"> To explore different types of families and who to go to for help and support Understand that all families are different and have different family members Identify who to go to for help and support
Year 4: 'Growing up'	1	Growing and changing	<ul style="list-style-type: none"> To explore the human lifecycle Describe the main stages of the human lifecycle Describe the body changes that happen when a child grows up
	2	What is puberty?	<ul style="list-style-type: none"> To identify some basic facts about puberty Discuss male and female body parts using agreed words Know some of the changes which happen to the body during puberty
	3	Puberty changes and reproduction	<ul style="list-style-type: none"> To explore how puberty is linked to reproduction Know about the physical and emotional changes that happen in puberty Understand that children change into adults so that they are able to reproduce
Year 5: 'Puberty'	1	Talking about puberty	<ul style="list-style-type: none"> To explore the emotional and physical changes occurring in puberty Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence
	2	Male and Female changes	<ul style="list-style-type: none"> To understand male and female puberty changes in more detail Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes
	3	Puberty and Hygiene	<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 Explain how to stay clean during puberty Describe how emotions change during puberty Know how to get help and support during puberty
Year 6: 'Puberty, relationships and reproduction'	1	Puberty and reproduction	<ul style="list-style-type: none"> To consider puberty and reproduction Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence
	2	Understanding relationships	<ul style="list-style-type: none"> Consider physical & emotional behaviour in relationships Discuss different types of adult relationships with confidence Know what form of touching is appropriate
	3	Conception and pregnancy	<ul style="list-style-type: none"> To explore the process of conception and pregnancy Describe the decisions that have to be made before having a baby Know some basic facts about pregnancy and conception
	4	Communication in relationships	<ul style="list-style-type: none"> To explore positive and negative ways of communicating in a relationship 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