

| Teaching SRE with confidence in Primary schools <u>Year 3</u><br>Lesson Title | Programmes of Study PSHE Framework   | Learning Intentions and Learning Outcomes  | Resources   |
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| Differences: Male and Female <b>Lesson 1</b>                                  | <p>1b to recognise their worth as individuals</p> <p>4e to recognise and challenge stereotypes</p>   | <p><b>Learning Intention</b><br/>To explore the differences between males and females and to name the body parts</p> <p><b>Learning Outcomes</b><br/>Know some differences and similarities between males and females<br/>Name male and female body parts using agreed words</p>   | <p>Clothed Babies picture cards<br/>Pictures of male and female bodies<br/>Male and female matching cards</p>                                     |
| Personal Space <b>Lesson 2</b>  | <p>3e to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable</p> | <p><b>Learning Intention</b><br/>To consider touch and to know that a person has the right to say what they like and dislike</p> <p><b>Learning Outcomes</b><br/>Identify different types of touch that people like and do not like<br/>Understand personal space<br/>Talk about ways of dealing with unwanted touch</p> | <p>A bag of textured objects to touch, for example sandpaper, cotton wool, play dough, silky material, a pebble etc.<br/>Year 3 Problem Pages</p> |

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| <p>Family Differences <b>Lesson 3</b></p>               | <p>4c, be aware of different types of relationship, including marriage and those between friends and families</p> <p>4g where individuals, families and groups can get help and support</p>    | <p><b>Learning Intention</b><br/>To explore different types of families and who to go to for help and support</p> <p><b>Learning Outcomes</b><br/>Understand that all families are different and have different family members<br/>Identify who to go to for help and support</p> | <p>Families pictures<br/>Who can I talk to? worksheet<br/><i>The Family Book</i>, Todd Parr</p>   |
| <p><b>VALUING DIFFERENCE<br/>KEEPING SAFE. KS 2</b></p> | <p><b>KEY VOCABULARY</b><br/>Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, love, fostering, adoption, relationships.</p> |   | <p><b>Additional Activities</b><br/><i>Cinderella's Bum</i>, Nicholas Allan<br/><i>Shapesville</i>, Andy Mills<br/><i>Let's Grow with Nisha and Joe</i>, fpa<br/><a href="http://www.fpa.org.uk/Shop">www.fpa.org.uk/Shop</a><br/><i>Tell Me Again About The Night I Was Born</i>, Jamie Lee Curtis<br/><i>Who's in a Family?</i> Robert Skutch<br/><i>Happy Families</i>, Allan Ahlberg<br/><i>Spark Learns to Fly</i>, Judith Foxon<br/><i>Stranger Danger</i>, Anne Fine</p> |

| Teaching SRE with confidence in Primary schools <u>Year 4</u><br>Lesson Title | Programmes of Study PSHE Framework  | Learning Intentions and Learning Outcomes  | Resources  |
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| Growing and Changing<br><b>Lesson 1</b>                                       | <b>PSHE Framework</b><br>1d) to recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way | <b>Learning Intention</b><br>To explore the human lifecycle<br><b>Learning Outcomes</b><br>Describe the main stages of the human lifecycle<br>Describe the body changes that happen when a child grows up                        | <b>Resources</b><br>Lifecycle pictures<br>Lifecycle word cards<br>What has changed? worksheet<br>Lifecycle Quiz slides<br>Lifecycle Quiz answers   |
| What is Puberty? <b>Lesson 2</b>  |   | <b>Learning Intention</b><br>To identify some basic facts about puberty<br><b>Learning Outcomes</b><br>Discuss male and female body parts using agreed words<br>Know some of the changes which happen to the body during puberty | Body Part Bingo cards<br>Bingo Flash cards<br>Body Changes pictures<br>Our Bodies worksheet  |
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| <b>Growing Up</b>   | <b>Key Vocabulary</b><br>Puberty, lifecycle, reproduction, physical, breast, sperm, egg, pubic hair, emotional, feelings  |  | <b>Additional Activities</b><br>Babies and Children worksheet<br>Suggested reading:<br><i>Where Willy Went</i> , Nicholas Allan<br><i>Amazing You!</i> Gail Saltz<br><a href="http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/">http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/</a> |

| Teaching SRE with confidence in Primary schools <u>Year 5</u><br>Lesson Title   | Programmes of Study PSHE Framework                                | Learning Intentions and Learning Outcomes   | Resources   |
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| Puberty Changes and Reproduction <b>Lesson 3</b><br><br><b>Carried over from year 4 after discussion with class teachers.</b> | 3c, learn about how the body changes as children approach puberty | <b>Learning Intention</b><br>To explore how puberty is linked to reproduction<br><b>Learning Outcomes</b><br>Know about the physical and emotional changes that happen in puberty<br>Understand that children change into adults so that they are able to reproduce | Story bag items (see lesson plan)<br>Book: <i>Hair in Funny Places</i> , Babette Cole<br>Body Changes worksheet |

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| <p>Talking About Puberty<br/><b>Lesson 1</b></p>   | <p><b>PSHE Framework</b><br/>1d) to recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way.</p> | <p><b>Learning Intention</b><br/>To explore the emotional and physical changes occurring in puberty<br/><b>Learning Outcomes</b><br/>Explain the main physical and emotional changes that happen during puberty<br/>Ask questions about puberty with confidence</p> | <p>Puberty Changes Teacher Guide<br/>Pictures of male and female reproductive organs<br/>Anonymous questions template</p>   |
| <p>Male and Female Changes<br/><b>Lesson 2</b></p> | <p>3c, learn about how the body changes as children approach puberty<br/><b>Science Attainment Targets</b><br/>describe the changes as humans develop to old age</p>   | <p><b>Learning Intention</b><br/>To understand male and female puberty changes in more detail<br/><b>Learning Outcomes</b><br/>Understand how puberty affects the reproductive organs<br/>Describe how to manage physical and emotional changes</p>                 | <p>Pictures of male and female reproductive organs<br/>Puberty Changes Teacher Guide<br/>Menstrual cycle animation<br/>Male pictures<br/>Puberty Card Game<br/>Puberty Card Game answer sheet<br/>Puberty Card Game whiteboard summary<br/>Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs)<br/>Selection of sanitary wear (tampons, sanitary towels, panty liners)<br/>Anonymous questions from Lesson 1</p> |

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| <p>Puberty and Hygiene <b>Lesson 3</b></p> |  | <p><b>Learning Intention</b><br/>         To explore the impact of puberty on the body and the importance of physical hygiene<br/>         To explore ways to get support during puberty<br/> <b>Learning Outcomes</b><br/>         Explain how to stay clean during puberty<br/>         Describe how emotions change during puberty<br/>         Know how to get help and support during puberty</p> | <p>Kim's Game items and a cloth to cover them (see lesson plan)<br/>         Kim's Game Teacher Guide<br/>         Year 5 Puberty Problem Page<br/>         Year 5 Puberty Problem Page cut-outs<br/>         Problem Page Teacher Guide<br/>         Anonymous questions from Lesson 1</p>  |
| <p><b>Puberty</b></p>                      | <p><b>Key Vocabulary</b></p> <p><b>Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship</b></p> |  | <p><b>Additional Activities</b><br/> <i>Changes</i> DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, <a href="http://www.channel4.com/learning">www.channel4.com/learning</a><br/>         Sheets of flipchart paper for body outlines<br/> <b>Additional Activities</b><br/> <a href="http://www.bbc.co.uk/science/humanbody">www.bbc.co.uk/science/humanbody</a><br/>         What is the Menstrual Cycle? cards<br/>         What is the Menstrual Cycle? whiteboard summary<br/>         The Menstruation Card Game for Girls <b>and</b> Answers<br/>         Menstruation Card Game whiteboard summary<br/> <b>Additional Activities</b><br/>         Puberty Bingo</p> |

| Teaching SRE with confidence in Primary schools <u>Year 6</u><br>Lesson Title | Programmes of Study PSHE Framework  | Learning Intentions and Learning Outcomes  | Resources   |
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| <b>Lesson 1</b><br>Puberty and Reproduction                                   | <b>PSHE Framework</b><br>3c, learn about how the body changes as they approach puberty  | <b>Learning Intention</b><br>To consider puberty and reproduction<br><b>Learning Outcomes</b><br>Describe how and why the body changes during puberty in preparation for reproduction<br>Talk about puberty and reproduction with confidence | How Does A Baby Start? cards<br>How Does A Baby Start? whiteboard summary<br>Anonymous Questions from previous lesson<br>Additional Activities<br>Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)<br>Squares of paper/sticky notes<br>Anonymous Questions template<br>Additional Activities<br>How Babies are Made DVD programme: All About Us: Living and Growing - Alternative, Unit 3 Programme 7.<br><a href="http://www.channel4.com/learning">www.channel4.com/learning</a> |
| <b>Lesson 2</b><br>Understanding Relationships                                | 4c to be aware of different types of relationships, including marriage and those between friends and families, and to develop the skills to be effective in relationships | <b>Learning Intention</b><br>Consider physical & emotional behaviour in relationships<br><b>Learning Outcomes</b><br>Discuss different types of adult relationships with confidence<br>Know what form of touching is appropriate             | Relationship pictures<br>Relationship Question cards  |

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| <p><b>Lesson 3</b><br/>Conception and Pregnancy</p>       | <p><b>Science Attainment Targets</b><br/>describe the life process of reproduction in some plants and animals</p>   | <p><b>Learning Intention</b><br/>To explore the process of conception and pregnancy<br/><b>Learning Outcomes</b><br/>Describe the decisions that have to be made before having a baby<br/>Know some basic facts about pregnancy and conception</p>   | <p>Conception and Pregnancy statements<br/>Conception and Pregnancy Quiz<br/>Conception and Pregnancy Quiz Answers<br/>Pictures of male and female reproductive organs</p>  |
| <p><b>Lesson 4</b><br/>Communicating in Relationships</p> | <p>3f that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p> | <p><b>Learning Intention</b><br/>To explore positive and negative ways of communicating in a relationship<br/><b>Learning Outcomes</b><br/>To have considered when it is appropriate to share personal/private information in a relationship<br/>To know how and where to get support if an online relationship goes wrong</p> | <p>Communication Scenario Cards<br/>Communication Scenarios answers<br/>Communication Scenarios whiteboard summary<br/><b>Additional Activities</b><br/>Film clip from <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a></p> |