

Relationships and Sex Education Policy

Relationships and Sex Education Policy

Introduction:

‘To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult decisions in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

High-quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.’ (RSE Guidance, 2019)

1. Rationale

This policy provides clear guidance to staff, governors and parents about how and when Relationships and Sex Education should be taught in our schools. We follow the established legal framework for schools in the creation and implementation of a policy for Relationships and Sex Education – (RSE Guidance, 2019).

In this respect, each individual Governing Body has responsibility for approving the Relationships and Sex Education Policy.

As a Church of England School, Titchmarsh will use its Church School Values to underpin the teaching of Relationships from a Christian perspective but will ensure that all religions and beliefs are included and respected. Further guidance for staff is available through ‘Valuing All God’s Children’.

2. Definition and Aims:

Definition: ‘The focus in primary schools should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact – these are the forerunners of teaching about consent, which takes place at secondary.’

(RSE Guidance, 2019)

Our aim is to ensure that, by the end of primary school, every pupil will know:

Families and people who care for me	<ul style="list-style-type: none"> • that families are important for children growing up because they can give love, security and stability. • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other
--	---

Relationships and Sex Education Policy

	<p>family members, the importance of spending time together and sharing each other's lives.</p> <ul style="list-style-type: none"> • that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • that marriage between opposite sex and same sex couples represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring friendships	<ul style="list-style-type: none"> • how important friendships are in making us feel happy and secure, and how people choose and make friends. • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships	<ul style="list-style-type: none"> • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • practical steps they can take in a range of different contexts to improve or support respectful relationships. • the conventions of courtesy and manners. • the importance of self-respect and how this links to their own happiness. • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. • what a stereotype is, and how stereotypes can be unfair, negative or destructive. • the importance of permission-seeking and giving in relationships with friends, peers and adults.
Online relationships	<ul style="list-style-type: none"> • that people sometimes behave differently online, including by pretending to be someone they are not. • that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. • the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

Relationships and Sex Education Policy

	<ul style="list-style-type: none"> • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • how information and data is shared and used online.
Being safe	<ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other sources.

3. Content and Delivery

The Unity uses **3D PSHE** for its main content and delivery of Relationships and Sex Education – full schemes of work can be found in Appendix 1 at the end of this policy. Sex Education modules are delivered by the class teacher in conjunction with specialist school nurses. Relationship Education is delivered weekly by a member of staff, usually a teaching assistant or HLTA.

Parents will be informed of the Sex Education module in advance by letter and ParentMail – see Section 5.

4. Monitoring and Evaluation

Monitoring will take place through informal lesson walks and through work scrutiny conducted by the Executive Headteacher, Governors and members of staff.

Pupil voice and surveys will also be used to indicate the pupils' views and any changes that may be required.

Notes of visit and scrutiny will be communicated to the Governing Bodies of both schools.

5. Parental Involvement and Support

The Unity is well aware that the primary role in children's Relationships and Sex Education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation.

In promoting this objective, we will:

- Inform parents about the school's Relationships and Sex Education policy and practice
- Answer any questions that parents may have about the sex education of their child
- Take seriously any issue that parents raise with teachers or governors about this policy of the

Relationships and Sex Education Policy

arrangements for sex education in the school.

Parental Right of Withdrawal

Parents do not have the right to withdraw their child/ren from Relationships Education. If a parent wishes their child to be withdrawn from Sex Education lessons, they should discuss this with the Executive Headteacher or Head of School, and make it clear which aspects of the programme they do not wish their children to participate in. The individual school always complies with the wishes of parents in this regard; however, many aspects of the lesson are part of the Science curriculum which is statutory.

Advice regarding Sex Education in the Science Curriculum

Further details can be found in Appendix 2 but can be summarised as followed:

Teachers inform children about puberty and how a baby is born. For this aspect of the schools' teaching, we follow that guidance material in the national scheme of work for Science. In Key Stage 1 we teach children about how animals, including humans, move, feed and reproduce, and we also teach them about the main parts of the body. Children learn to appreciate the differences between people and how to show respect for each other. In Key Stage 2 we teach about life processes and the main stages of the human life cycle in greater depth.

Advice states that 'In order to keep pupils safe, it is vital that they learn about puberty before it happens. NHS advice states that puberty can begin as early as 8 for girls and 9 for boys. Year 5 is therefore the latest time in the school curriculum when it should be addressed. Schools that choose to teach about puberty earlier, for example in Year 4, have the flexibility to do so, as the National Curriculum clearly states that subjects can be taught earlier than the recommended school years set out in the framework.

In Years 5 and 6 we place a particular emphasis on health education, as many children experience puberty at this age. We liaise with the Local Health Authority about suitable teaching materials to use with our children in these lessons. Staff will strive to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how their bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children.

As part of the working relationship between home and school, class teachers will discuss and share teaching resources with parents before the teaching of any Sex Education element of Relationships Education so that parents are able to make an informed decision about participation in lessons and also are able to discuss any concerns or questions their child may have as a result of the lessons.

Additionally, specific parental permission will be sought for talks from external agencies such as School Nurses beforehand so that parents can make fully informed decisions.

We inform all parents and carers when the children will be learning Relationships and Sex Education lessons. All are also welcome to view the programme of lessons, ask questions about any issues and how they are taught, and to see the materials the school uses in its teaching.

6. Equal Opportunities

The teaching staff and the Governing Body are committed to supporting the personal health and welfare of every pupil at school. Every pupil must have opportunities throughout their lifetime at school to follow a carefully planned programme for Relationships and Sex education, which closely relates to their individual needs and stages of development. The teaching of a carefully planned Relationships and Sex education programme will provide pupils with important opportunities for personal development and will

Relationships and Sex Education Policy

prepare them for adult life. Pupils should be supported with care and sensitivity so that they are appropriately informed and have answers to the questions they raise. They should feel confident both at home and at school this is the entitlement for all pupils.

Staff will ensure that pupils feel able to ask questions appropriately and can seek further support in managing difficult questions. They will also ensure that the teaching of Relationships and Sex Education is age-appropriate and sensitive to the needs of all pupils, in line with the Equality Act 2010.

7. Resources

The Unity uses a wide range of resources to support the teaching of Relationships and Sex Education. Books, poems, DVDs, leaflets and teaching packs are carefully selected to support the programme with 3D PSHE being the main structured programme in place. Copies of schemes are available for parental inspection.

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority, such as the School Nurse may give us valuable support with our sex education programme. In selecting resources, the Unity has ensured that teaching materials are in line with the new 2019 Relationships and Sex Education Guidance.

8. Safeguarding

It is Unity policy that all staff conduct Relationships and Sex Education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the colleague will take the matter seriously and deal with it as a matter of safeguarding. Staff will respond in a similar way if a child indicates that they may have been a victim of abuse and, in line with our Safeguarding policy, will deal with it as a matter of urgency by passing their concerns to the attention of the DSL. The DSL will then deal with the matter in consultation with health care professionals. **(See also Child Protection and Safeguarding Policy)**

Similarly, all visiting professionals will be given copies of our Safeguarding leaflet so they are aware of who and how to inform in the case of a disclosure.

9. Assessment

In order to ensure that this policy is effectively implemented, staff need to review the work they have planned and the learning that has taken place. The following list of questions will be useful in evaluating the success of this policy:

- How did the children respond?
- Did the children have opportunities to be involved in discussions?
- Is there evidence in the pupil's discussions or in their recording that they have understood the teaching that has been covered?

Assessment opportunities will be available through questioning, discussion and response in lessons. Parents will be informed of pupil outcomes through the annual report.

10. Policy Monitoring, Consultation and Review

The Executive Headteacher and staff will consult with parents and review this policy each year. Any requested amendments will be presented to the Governing Body for discussion and approval.



Relationships and Sex Education Policy

Associated Documentation:

Safeguarding Policy

Relationships Education, Relationships and Sex Education (RSE) and Health Education – Statutory Guidance (2019)

Public Sector Equality Duty Documentation

Valuing All God's Children, 2nd Edition (Church of England, 2017)

Appendices:

Appendix 1: 3D PSHE Schemes of Work

Appendix 2: Primary Science Objectives relating to Sex Education

Relationships and Sex Education Policy

Appendix 1: 3D PSHE Coverage Matrix (KS1)

Core 1: Health and Wellbeing

Unit 1: Healthy Lifestyles	Lesson 1	Healthy Eating 1	<ul style="list-style-type: none"> To learn about where vegetables and fruit grow To learn to make simple choices that improve their health and well-being e.g. healthy eating
	Lesson 2	Healthy Eating 2	<ul style="list-style-type: none"> To understand the need for protein as part of a balanced diet To recognise which types of food are healthy
	Lesson 3	Healthy Eating 3	<ul style="list-style-type: none"> To apply their knowledge of healthy eating to plan a menu for a themed party To make positive real-life choices
	Lesson 4	Physical Activity 1	<ul style="list-style-type: none"> To understand the need for physical activity to keep healthy To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health
	Lesson 5	Physical Activity 2	<ul style="list-style-type: none"> To understand how muscles work To make positive real-life choices
	Lesson 6	Exercise	<ul style="list-style-type: none"> To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle To make positive real-life choices
Unit 2: Hygiene	Lesson 1	Dental Hygiene 1	<ul style="list-style-type: none"> To learn about the importance of effective teeth cleaning and good dental hygiene
	Lesson 2	Dental Hygiene 2	<ul style="list-style-type: none"> To learn how to take care of teeth, in addition to brushing To manage basic personal hygiene
	Lesson 3	Dental Hygiene 3	<ul style="list-style-type: none"> To find out which foods are good for us To understand the importance of a healthy lifestyle, including dental hygiene To make simple choices that improve their health and well-being e.g. healthy eating
	Lesson 4	Washing Hands	<ul style="list-style-type: none"> To learn to eradicate germs and the spread of diseases by washing hands To understand how germs spread infections and diseases
	Lesson 5	Keeping Clean	<ul style="list-style-type: none"> To learn about the importance of and reasons for bathing and showering To manage basic personal hygiene

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 1: Health and Wellbeing

	Lesson 6	Skin	<ul style="list-style-type: none"> To learn about the importance of and reasons for bathing and showering To understand the importance of maintaining personal hygiene
Unit 3: Changing and Growing	Lesson 1	Similarities and Differences	<ul style="list-style-type: none"> To identify and respect similarities and differences between boys and girls To learn about the process of growing from young to old
	Lesson 2	The Human Body	<ul style="list-style-type: none"> To learn the names for different parts of the body To recognise similarities and differences based on gender To recognise and respect similarities and differences between people
	Lesson 3	Growing Up	<ul style="list-style-type: none"> To learn about the physical changes in their bodies as we grow To understand emotional changes as they grow up
	Lesson 4	Changing Needs	<ul style="list-style-type: none"> To learn about how our needs change and grow as we develop To recognise the simple physical changes to their bodies experienced since birth
	Lesson 5	Responsibility	<ul style="list-style-type: none"> To learn to take responsibility for their own actions To recognise how their behaviour and that of others may influence people both positively and negatively To listen to, reflect on and respect other people's views and feelings
	Lesson 6	Emotions	<ul style="list-style-type: none"> To learn about a range of different feelings and emotions To recognise, name and manage their feelings in a positive way
Unit 4: Emotions	Lesson 1	Happiness	<ul style="list-style-type: none"> To learn about making positive choices and how they can lead to happiness To recognise, name and manage their feelings in a positive way
	Lesson 2	Anger	<ul style="list-style-type: none"> To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively
	Lesson 3	Love	<ul style="list-style-type: none"> To learn about the importance of love To recognise, name and deal with their feelings in a positive way

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 1: Health and Wellbeing

	Lesson 4	Sadness	<ul style="list-style-type: none"> To understand and be aware of the different ways to show sadness To understand about coping with change and loss
	Lesson 5	Consequences	<ul style="list-style-type: none"> To understand that all actions have consequences To learn to take responsibility for our actions To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively
	Lesson 6	Aspirations	<ul style="list-style-type: none"> To think about themselves, learn from experiences and recognise what they are good at To recognise choices that they can make and value their achievements To learn how to set simple goals and targets for themselves
Unit 5: Keeping Safe	Lesson 1	Sun Safety	<ul style="list-style-type: none"> To understand the importance of sun safety To know how to keep safe in the sun To recognise and manage risk in everyday activities
	Lesson 2	Road Safety	<ul style="list-style-type: none"> To learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe To develop an awareness of the Green Cross Code To demonstrate basic road safety skills
	Lesson 3	Drug Safety	<ul style="list-style-type: none"> To learn about the importance of medicine safety To recognise that some substances can help or harm the body
	Lesson 4	Personal Safety	<ul style="list-style-type: none"> To learn about the difference between secrets and surprises To understand when not to keep adults' secrets To seek help from an appropriate adult when necessary



Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 1: Health and Wellbeing

	Lesson 5	Emotional Safety	<ul style="list-style-type: none">• To learn about who to go to for help and advice• To recognise that there are people who care for and look after them• To know how to keep safe and how and where to get help• To recognise and respond to issues of safety relating to themselves and others and how to get help
	Lesson 6	Internet Safety	<ul style="list-style-type: none">• To learn about the importance of using the internet• To know how to keep safe and how and where to get help• To use strategies to stay safe when using ICT and the internet

Total 30 lessons

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 2: Relationships

Unit 1: Communication	Lesson 1	Feelings	<ul style="list-style-type: none"> To recognise and communicate feelings to others
	Lesson 2	Responses	<ul style="list-style-type: none"> To recognise and communicate feelings to others To listen to, reflect on and respect other people's views and feelings
	Lesson 3	Opinions	<ul style="list-style-type: none"> To understand that it is important to share their opinions and to be able to explain their views To learn to listen to other people and play and work co-operatively
	Lesson 4	Co-operation 1	<ul style="list-style-type: none"> To recognise the importance of listening to other people To understand the importance of being able to work cooperatively To understand the concept of negotiation
	Lesson 5	Co-operation 2	<ul style="list-style-type: none"> To understand the importance of being able to play and work cooperatively To work independently and in groups, taking on different roles and collaborating towards common goals
	Lesson 6	Co-operation 3	<ul style="list-style-type: none"> To take part in a simple debate about topical issues To share opinions and explain their views To reflect on the similarities and differences between people
Unit 2: Bullying	Lesson 1	Definition	<ul style="list-style-type: none"> To learn about bullies and bullying behaviour To understand the difference between impulsive and considered behaviour
	Lesson 2	Unkindness	<ul style="list-style-type: none"> To understand that name-calling is hurtful and avoidable To recognise how their behaviour affects other people
	Lesson 3	Behaviour 1	<ul style="list-style-type: none"> To understand what is and what is not bullying behaviour To understand the difference between impulsive and considered behaviour To recognise the difference between good and bad choices

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 2: Relationships

	Lesson 4	Behaviour 2	<ul style="list-style-type: none"> To recognise how their behaviour affects other people To recognise how their behaviour affects other people To recognise how attitude and behaviour, including bullying, may affect others To recognise how their behaviour and that of others may influence people both positively and negatively
	Lesson 5	Behaviour 3	<ul style="list-style-type: none"> To understand who can help if someone is affected by bullying To recognise that there are people who care for and look after them To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying To seek help from an appropriate adult when necessary
Unit 3: Fairness	Lesson 1	Fair and Unfair	<ul style="list-style-type: none"> To recognise what is fair and unfair To learn to take part in discussions with the whole class
	Lesson 2	Comparisons	<ul style="list-style-type: none"> To learn about others To reflect on the similarities and differences between people To recognise and respect similarities and differences between people
	Lesson 3	Behaviour	<ul style="list-style-type: none"> To understand that family and friends should care for each other To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively
	Lesson 4	Right and Wrong	<ul style="list-style-type: none"> To understand the difference between right and wrong To recognise right and wrong, what is fair and unfair and explain why
	Lesson 5	Teasing	<ul style="list-style-type: none"> To learn strategies to cope with unfair teasing To understand that there are different types of teasing and bullying To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 2: Relationships

	Lesson 6	Kindness	<ul style="list-style-type: none"> To recognise what is kind and unkind behaviour To understand that family and friends should care for each other To recognise how their behaviour and that of others may influence people both positively and negatively
Unit 4: Family and Friends	Lesson 1	Friendship 1	<ul style="list-style-type: none"> To learn how to develop positive relationships with peers To identify different relationships that they have and why these are important
	Lesson 2	Friendship 2	<ul style="list-style-type: none"> To understand the importance of making friends To identify and respect the differences and similarities between people To develop positive relationships through work and play
	Lesson 3	Friendship 3	<ul style="list-style-type: none"> To learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships
	Lesson 4	Friendship 4	<ul style="list-style-type: none"> To learn about the importance of sharing as part of friendship and kindness To recognise the difference between right and wrong and what is fair and unfair
	Lesson 5	Family 1	<ul style="list-style-type: none"> To learn about the importance of family To recognise that family and friends should care for each other To recognise that there are people who care for and look after them
	Lesson 6	Family 2	<ul style="list-style-type: none"> To identify their special people and what makes them special To identify different relationships that they have and why these are important

Total 23 lessons

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 3: Living in the Wider World

Unit 1: Rules and Responsibilities	Lesson 1	Rules / Expectations 1	<ul style="list-style-type: none"> To understand the reason why we have rules To learn about rules as expectations To understand to agree and follow rules for their group and classroom
	Lesson 2	Rules / Expectations 2	<ul style="list-style-type: none"> To understand the why we have rules / expectations To learn about how they can contribute to the life of the class To suggest rules that would improve things for the common good
	Lesson 3	Taking Turns	<ul style="list-style-type: none"> To understand why it is important to be able to take turns To agree and follow rules for a collaborative game To take turns and share as appropriate
	Lesson 4	Lending/Borrowing	<ul style="list-style-type: none"> To understand the concept of 'borrowing To show responsibility to others
	Lesson 5	Sharing	<ul style="list-style-type: none"> To understanding the importance of sharing To know that everyone has a responsibility to consider the needs of others
	Lesson 6	Caring	<ul style="list-style-type: none"> To understand that people and other living things have needs and that they have responsibilities to meet them To learn about responsibility to others To consider ways of looking after the school or community and how to care for the local environment
Unit 2: Communities	Lesson 1	Our School	<ul style="list-style-type: none"> To understand their role in the class community To know how to contribute to the life of the classroom
	Lesson 2	Belonging 1	<ul style="list-style-type: none"> To understand that they belong to various groups and communities To work independently and in groups, taking on different roles and collaborating towards common goals
	Lesson 3	Belonging 2	<ul style="list-style-type: none"> To develop a sense of belonging in the wider community

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (KS1)

Core 3: Living in the Wider World

	Lesson 4	Local Citizenship 1	<ul style="list-style-type: none"> To understand the role of the local community To consider ways of looking after the school or community and how to care for the local environment To suggest rules that would improve things for the common good
	Lesson 5	Local Citizenship 2	<ul style="list-style-type: none"> To develop a strong relationship with the local community To understand the importance of shared responsibility within all communities
Unit 3: Money and Finance	Lesson 1	Money 1	<ul style="list-style-type: none"> To understand where money comes from To recognise notes and coins
	Lesson 2	Money 2	<ul style="list-style-type: none"> To understand the role of money in our society To identify the different types of work people do and learn about different places of work To recognise where money comes from and the choices people make to spend money on things they want and need
	Lesson 3	Money 3	<ul style="list-style-type: none"> To understand why it is important to keep money safe
	Lesson 4	Money 4	<ul style="list-style-type: none"> To understand the importance of managing money carefully To understand that we cannot always afford the items we want to buy
	Lesson 5	Choices	<ul style="list-style-type: none"> To understand the importance of choices and spending money wisely
	Lesson 6	Enterprise	<ul style="list-style-type: none"> To gain a basic understanding of enterprise To contribute to enterprise activities

17 Total lessons
(70 lessons in total for KS1 PSHE)

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (LKS2)

Core 1: Health and Wellbeing

Unit 1: Physical, Emotional and Mental	Lesson 1	Physical, Emotional and Mental 1	<ul style="list-style-type: none"> To know and understand the difference between the terms physical, emotional and mental
	Lesson 2	Physical, Emotional and Mental 2	<ul style="list-style-type: none"> To become more self-aware
	Lesson 3	Physical, Emotional and Mental 3	<ul style="list-style-type: none"> To understand why setting goals is important
Unit 2: Healthy Lifestyles	Lesson 1	A Balanced Approach	<ul style="list-style-type: none"> To understand the meaning of the word 'healthy'
	Lesson 2	Physical Exercise	<ul style="list-style-type: none"> To know the recommended guidelines for physical activity and understand the reasons for these
	Lesson 3	Lifestyle Choices	<ul style="list-style-type: none"> To recognise the need to take responsibility for actions To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle
Unit 3: Nutrition and Food	Lesson 1	A Balanced Diet 1	<ul style="list-style-type: none"> To know where different foods come from
	Lesson 2	A Balanced Diet 2	<ul style="list-style-type: none"> To know about and understand the function of different food groups for a balanced diet
	Lesson 3	Working With Food 1	<ul style="list-style-type: none"> To identify the range of jobs carried out by the people they know To reflect on the range of skills needed in different jobs
	Lesson 4	Working With Food 2	<ul style="list-style-type: none"> To learn to prepare and cook a variety of dishes To work co-operatively, showing fairness and consideration to others
Unit 4: Aspirations	Lesson 1	Identified Strengths 1	<ul style="list-style-type: none"> To understand that everyone has different strengths and weaknesses

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (LKS2)

Core 1: Health and Wellbeing

	Lesson 2	Identified Strengths 2	<ul style="list-style-type: none"> To know how to set realistic targets To self-assess, understanding how this will help their future actions
	Lesson 3	Setting Goals 1	<ul style="list-style-type: none"> To understand how to break down the steps needed to achieve a goal
	Lesson 4	Setting Goals 2	<ul style="list-style-type: none"> To identify and talk about their own and others' strengths and weaknesses and how to improve To reflect on the range of skills needed in different jobs
Unit 5: Emotions	Lesson 1	Loss / Separation 1	<ul style="list-style-type: none"> To listen to and show consideration for other people's views To empathise with another viewpoint
	Lesson 2	Loss / Separation 2	<ul style="list-style-type: none"> To listen to, reflect on and respect other people's views and feelings
	Lesson 3	Loss / Separation 3	<ul style="list-style-type: none"> To develop strategies for managing and controlling strong feelings and emotions
	Lesson 4	Family Changes	<ul style="list-style-type: none"> To understand that family units can be different and can sometimes change
Unit 6: Safety	Lesson 1	E-Safety	<ul style="list-style-type: none"> To use strategies to stay safe when using ICT and the internet
	Lesson 2	Online Privacy 1	<ul style="list-style-type: none"> To begin to make responsible choices and consider consequences
	Lesson 3	Online Privacy 2	<ul style="list-style-type: none"> To use ICT safely including keeping electronic data secure
	Lesson 4	Online Privacy 3	<ul style="list-style-type: none"> To use ICT safely including using software features and settings
Unit 7: Growing and Changing	Lesson 1	Before Puberty	<ul style="list-style-type: none"> To understand that the rate at which we grow differs from person to person To show awareness of changes that take place as they grow
	Lesson 2	Visible Changes	<ul style="list-style-type: none"> To know and understand how to look after our teeth To understand what happens when we lose teeth as we grow up and why this happens
Unit 8: First Aid	Lesson 1	How to Help	<ul style="list-style-type: none"> To take responsibility for their own safety and the safety of others and be able to seek help in an emergency
	Lesson 2	Emergency Calls 1	<ul style="list-style-type: none"> To know when and how to make an emergency call
	Lesson 3	Emergency Calls 2	<ul style="list-style-type: none"> To recognise the importance of local organisations in providing for the needs of the local community To behave safely and responsibly in different situations

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (LKS2)

Core 2: Relationships

Unit 1: Communication	Lesson 1	Clear Messages	<ul style="list-style-type: none"> To recognise that there are many ways to communicate To understand the need to communicate clearly
	Lesson 2	How to Listen	<ul style="list-style-type: none"> To understand why it is important to listen to others
	Lesson 3	Responding to Others	<ul style="list-style-type: none"> To talk about their views on issues that affect themselves and their class
	Lesson 4	Expressing Opinions	<ul style="list-style-type: none"> To know how to communicate their opinions in a group To listen to and show consideration for other people's views
Unit 2: Collaboration	Lesson 1	Working Together 1	<ul style="list-style-type: none"> To work co-operatively, showing fairness and consideration to others
	Lesson 2	Working Together 2	<ul style="list-style-type: none"> To understand why it is important to work collaboratively To take the lead, prioritise actions and work independently and collaboratively towards goals
	Lesson 3	Shared Goals	<ul style="list-style-type: none"> To know how to identify ways to improve the environment To know how to spot problems and find ways of dealing with them
Unit 3: Bullying	Lesson 1	Reactions	<ul style="list-style-type: none"> To know how to recognise the difference between isolated hostile incidents and bullying To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying
	Lesson 2	Self-Worth	<ul style="list-style-type: none"> To understand what self-esteem is and why it is important
	Lesson 3	Persistence and Resilience	<ul style="list-style-type: none"> To understand the terms 'resilience' and 'persistence' and why these character traits are important To face new challenges positively and know when to seek help
	Lesson 4	Negative Persistence	<ul style="list-style-type: none"> To know how to recognise bullying behaviour To recognise right and wrong, what is fair and unfair and explain why To understand the nature and consequences of negative behaviours such as bullying, aggressiveness



Relationships and Sex Education Policy

3D PSHE Coverage Matrix (LKS2)

Core 2: Relationships

Unit 4: Similarities and Differences	Lesson 1	Connections	<ul style="list-style-type: none">To understand how we are all connected by our similaritiesTo recognise and respect similarities and differences between people
	Lesson 2	Family Links	<ul style="list-style-type: none">To know and understand how the make-up of family units can differTo empathise with another viewpoint
	Lesson 3	Religious Views 1	<ul style="list-style-type: none">To understand and appreciate the range of different cultures and religions represented within schoolTo learn about the need for tolerance for those of different faiths and beliefs
	Lesson 4	Religious Views 2	<ul style="list-style-type: none">To understand the term 'diversity' and appreciate diversity within schoolTo recognise and challenge stereotyping and discrimination
Unit 5: Similarities and Differences	Lesson 1	Friendship 1	<ul style="list-style-type: none">To know and understand the features of a good friendTo understand why it is important to be positive in relationships with others
	Lesson 2	Friendship 2	<ul style="list-style-type: none">To know how to communicate their opinions in a group settingTo work co-operatively, showing fairness and consideration to others
	Lesson 3	Friendship 3	<ul style="list-style-type: none">To understand why it is important to be positive in relationships with others

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (LKS2)

Core 3: Living in the Wider World

Unit 1: Rules and Responsibilities	Lesson 1	Rules	<ul style="list-style-type: none"> To understand why rules are needed in different situations To recognise that rules may need to be changed
	Lesson 2	Thinking Ahead	<ul style="list-style-type: none"> To understand why it is important to plan ahead and think of potential consequences as a result of their actions
	Lesson 3	Taking the Lead	<ul style="list-style-type: none"> To understand why it is important to behave responsibly To recognise that actions have consequences
	Lesson 4	Expressing Opinions	<ul style="list-style-type: none"> To know how to communicate their opinions in a group To listen to and show consideration for other people's views
Unit 2: Collaboration	Lesson 1	Working Together 1	<ul style="list-style-type: none"> To work co-operatively, showing fairness and consideration to others
	Lesson 2	Working Together 2	<ul style="list-style-type: none"> To understand why it is important to work collaboratively To take the lead, prioritise actions and work independently and collaboratively towards goals
	Lesson 3	Shared Goals	<ul style="list-style-type: none"> To know how to identify ways to improve the environment To know how to spot problems and find ways of dealing with them
Unit 3: Discrimination	Lesson 1	Gender Stereotypes	<ul style="list-style-type: none"> To know and understand the terms 'discrimination' and 'stereotype' Challenge stereotypes relating to gender and work
Unit 4: Economic Awareness	Lesson 1	Money Choices	<ul style="list-style-type: none"> To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age
	Lesson 2	Managing Money	<ul style="list-style-type: none"> To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age

Total 10 lessons (55 in total for LKS2)

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (UKS2)

Core 1: Health and Wellbeing

Unit 1: Health	Lesson 1	Physical, Emotional and Mental 1	<ul style="list-style-type: none"> To know about the basic synergy between physical, emotional and mental health
	Lesson 2	Physical, Emotional and Mental 2	<ul style="list-style-type: none"> To know about, recognise and understand changes that occur during puberty
	Lesson 3	Healthy Lifestyles	<ul style="list-style-type: none"> To understand the importance of making change in adopting a more healthy lifestyle
Unit 2: Nutrition and Food	Lesson 1	Food Choices 1	<ul style="list-style-type: none"> To know about the different food groups and their related importance as part of a balanced diet To develop an awareness of their own dietary needs
	Lesson 2	Food Choices 2	<ul style="list-style-type: none"> To work independently and in groups, taking on different roles and collaborating towards common goals To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle
	Lesson 3	Cooking	<ul style="list-style-type: none"> To know how to cook and apply the principles of nutrition and healthy eating To prepare and cook with a variety of ingredients, using a range of cooking techniques
Unit 3: Aspirations	Lesson 1	Identified Strengths 1	<ul style="list-style-type: none"> To identify and talk about their own and others' strengths and weaknesses and how to improve To self-assess, understanding how this will help their future actions
	Lesson 2	Identified Strengths 2	<ul style="list-style-type: none"> To be able to reflect on past achievements To recognise achievements of others as being worthwhile and important
	Lesson 3	Setting Goals 1	<ul style="list-style-type: none"> To begin to set personal goals
	Lesson 4	Setting Goals 2	<ul style="list-style-type: none"> To identify the skills they need to develop to make their contribution in the working world in the future To make connections between their learning, the world of work and their future economic wellbeing

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (UKS2)

Core 1: Health and Wellbeing

Unit 4: Emotions	Lesson 1	Death and Grief 1	<ul style="list-style-type: none"> To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures To manage changing emotions and recognise how they can impact on relationships
	Lesson 2	Death and Grief 2	<ul style="list-style-type: none"> To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle
	Lesson 3	Managing Conflict	<ul style="list-style-type: none"> To understand the need for empathy when peers are experiencing conflict at home
Unit 5: Safety	Lesson 1	Drugs	<ul style="list-style-type: none"> To take action based on responsible choices To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
	Lesson 2	Alcohol	<ul style="list-style-type: none"> To take action based on responsible choices To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
	Lesson 3	Tobacco	<ul style="list-style-type: none"> To take action based on responsible choices To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs



Relationships and Sex Education Policy

3D PSHE Coverage Matrix (UKS2)

Core 1: Health and Wellbeing

	Lesson 4	Substance Abuse	<ul style="list-style-type: none">• To take action based on responsible choices• To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends• To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
--	----------	-----------------	--

Total lessons: 17

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (UKS2)

Core 2: Relationships

Unit 1: Communication	Lesson 1	Confidentiality	<ul style="list-style-type: none"> To recognise that there are many different ways to communicate To understand the need for confidentiality in certain situations
	Lesson 2	Listening	<ul style="list-style-type: none"> To know and understand the importance of listening to others To understand the role of the listener in any relationship
	Lesson 3	Responding	<ul style="list-style-type: none"> To recognise that there are many ways to communicate To understand the need to both listen and speak when communicating with others
Unit 2: Collaboration	Lesson 1	Teamwork	<ul style="list-style-type: none"> Understand that there are many situations in which collaboration is necessary To understand the need to develop team work skills
	Lesson 2	Shared Goals	<ul style="list-style-type: none"> To recognise that there are many roles within a community To understand the need to collaborate in a group situation
	Lesson 3	Community Spirit	<ul style="list-style-type: none"> To recognise that there are many roles within a community To understand the need to collaborate in a group situation
Unit 3: Similarities and Differences	Lesson 1	Race and Ethnicity	<ul style="list-style-type: none"> To learn about racial discrimination and its impact on societies, past and present
	Lesson 2	Gender Stereotypes	<ul style="list-style-type: none"> To learn about gender discrimination and its impact To challenge stereotyping and discrimination
	Lesson 3	Culture	<ul style="list-style-type: none"> To learn about the importance of family in different cultures To recognise and respect similarities and differences between people
Unit 4: Healthy Relationships	Lesson 1	Physical Contact	<ul style="list-style-type: none"> To know about and understand the importance of touch in a range of contexts To know the difference between appropriate and inappropriate touches
	Lesson 2	Support and Care	<ul style="list-style-type: none"> To know that relationships can change as a result of growing up

Relationships and Sex Education Policy

3D PSHE Coverage Matrix (UKS2)

Core 3: Living in the Wider World

Unit 1: Rights and Responsibilities	Lesson 1	Structure	<ul style="list-style-type: none"> To understand why structure is needed in different situations To understand the term 'anarchy' and understand the implications of living in an anarchic society
	Lesson 2	Law and Order	<ul style="list-style-type: none"> To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy
	Lesson 3	U.N. Rights	<ul style="list-style-type: none"> To learn about organisations such as the United Nations To understand the importance and significance of equal rights
Unit 2: Diversity	Lesson 1	Community Event	<ul style="list-style-type: none"> To understand the benefits of living in a diverse community and learn to celebrate diversity To talk with a wide range of adults
Unit 3: Economic Awareness	Lesson 1	Budgeting	<ul style="list-style-type: none"> To learn about budgeting and what it means to budget To understand why financial management and planning is important from a young age
	Lesson 2	Consumer Sense 1	<ul style="list-style-type: none"> To know and understand financial terms such as loan, interest, tax and discount To make connections between their learning, the world of work and their future economic wellbeing
	Lesson 3	Consumer Sense 2	<ul style="list-style-type: none"> To show initiative and take responsibility for activities that develop enterprise capability
Unit 4: Enterprise	Lesson 1	Generating Income	<ul style="list-style-type: none"> To know and understand the principles of enterprise To understand profit and loss
	Lesson 2	Raising Money	<ul style="list-style-type: none"> To know and understand the principles of charity work

Total 9 lessons



Relationships and Sex Education Policy

Appendix 2: National Curriculum Science Objectives relevant to Sex Education

Year Group should be taught to:	Notes and Guidance (non-statutory)
Year 1 – identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.	Pupils should have plenty of opportunities to learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes.
Year 2 – notice that animals, including humans, have offspring which grow into adults; find out about and describe the basic needs of animals, including humans, for survival (water, food and air)	Pupils should be introduced to the basic needs of animals for survival, as well as the importance of exercise and nutrition for humans. They should also be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognize growth; they should not be expected to understand how reproduction occurs. The following examples might be used: egg, chick, chicken; egg, pupa, butterfly; spawn, tadpole, frog; lamb, sheep. Growing into adults can include reference to baby, toddler, child, teenager, adult.
Year 5 – describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird; describe the life process of reproduction in some plants and animals.	Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals. Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty. Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.