

Relationship and Sex Education

Programme of Study

Relationship and Sex Education will usually be delivered in the Summer Term by the Class Teacher.

Reception

Relationship and Sex Education in Reception is taught incidentally throughout the year. Opportunities include;

Topic on Babies

Identifying the names of babies

Eg; Dog – puppy

Invite a parent in with a baby to show the children.

Discuss ways of looking after babies

Year 1

Using 'In The Beginning' a Catholic- Relationship and Sex Education Scheme

"In The Beginning"

Presents God's great plan - Creation

It recognises all living things, divided into families and within these families divided into male and female.

It shows families made up of adults and young, and eventually places humans into the picture.

It concludes with a reflection on the way God wants us to live togetherin friendship, in love, and in Him.

Year 2

Using 'In The Beginning' a Catholic - Relationship and Sex Education Scheme

"God Made Me"

Puts the child in the context of their own family, surrounded by love and care. It explores the individuality of the child and Recognises their value within a family structure which is unique and therefore SPECIAL. Every family is special because every family is different and each individual member is special! It presents the word 'sex' as a division of gender. The booklet goes on to explore the human body: - naming parts including penis and vagina

- recognising our medical needs

- accepting our looks and our shape (with confidence)

- treating the body with respect

- care and hygiene

- making choices and accepting responsibility for our actions

- citizenship.

Year 3

Using 'In The Beginning' a Catholic- Relationship and Sex Education Scheme

"God – The Master Designer"

uses flowers as its focus and develops

• male and female parts and functions,

• pollination and fertilization,

• producing new life,

• life cycle.

Year 4

Using 'In The Beginning' a Catholic- Relationship and Sex Education Scheme

"God – The Caring Protector"

uses fish as its focus and develops

• male and female identification (naming parts)

• homebuilding and courtship

• laying of eggs and fertilizing with sperm

• aftercare and protection of young

• the responsibilities of parenthood

• life cycles

Year 5

Using 'In The Beginning' a Catholic- Relationship and Sex Education Scheme "God – The Friend and Neighbour"

uses rabbits as its focus and develops

- male and female identification (naming parts)
- courtship and mating
- passing of sperm from male via penis
- fertilization of female eggs via vagina
- homebuilding
- birth and feeding (suckling)
- aftercare of young
- responsibilities of parenthood
- life cycles

Using The Archdiocese of Birmingham Relationship and Sex Education Scheme 'All That I Am' – Year 5 Session 1 – Individual

- that they are unique and made in the image of God
- that physical and emotional growth is common to all of us and a normal part of becoming an adult
- to accept and respect themselves

Session 2 – Physical

- that the difference between boys and girls is part of God's creative and loving work
- vocabulary to describe menstruation
- to celebrate the difference between boys and girls

Session 3 – Social

- what the Church teaches in relation to personal responsibility and the dignity of the person
- to take responsibility for their personal hygiene
- how to manage socially awkward situations

Episode 4 – Emotional

- how the Church recognises the importance of our emotions and how they can shape our actions
- to identify a wide range of feelings in themselves and others
- to take responsibility and manage their feelings appropriately
- an awareness of the responsibility we have towards each other

Episode 5 – Spiritual

- that our spiritual relationship with God links together and transforms all aspects of our person
- the basics of authentic friendship with others and God
- when they do and do not feel comfortable with themselves
- to identify when confidentiality is and is not appropriate

Year 6

Using 'In The Beginning' a Catholic- Relationship and Sex Education Scheme "God – The Image Maker"

(aimed at Year 6 pupils) ...

uses HUMANS as its focus and develops

- a (late teens) boy meets girl relationship which passes through its most recognised stages of development - attraction, Friendship, falling in love, engagement, planning a future, marriage, setting up home, having a family
- male and female body parts and functions
- the act of making love (producing new life)
- the passing of sperm via penis
- the fertilization of eggs via vagina
- the developing embryo
- pregnancy and associated care of both mother and child
- the joy of birth
- human life-cycle

Using The Archdiocese of Birmingham Relationship and Sex Education Scheme ‘All That I Am’ – Year 6 ‘The Road Ahead’

Episode 1 - The Road Ahead, Recap and Reprise

- to recap on the 5 episodes in the Year 5 Resource
- to reprise female physical development

Episode 2 - The Road Ahead, Your changing bodies - Boys

- to have knowledge and understanding of male physical development

Episode 3 - The Road Ahead, Personal Behaviour

- to have self-confidence and skills
- to translate these into personal behaviour in a range of situations such as making new friends