

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Draft statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

Y3

6

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|--|--|---|
| Understand that everyone is unique and special | 1. How Babies Grow | I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby | I can express how I feel when I see babies or baby animals |
| Can express how they feel when change happens | 2. Babies | I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow | I can express how I might feel if I had a new baby in my family |
| Understand and respect the changes that they see in themselves | 3. Outside Body Changes | I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process | I recognise how I feel about these changes happening to me and know how to cope with those feelings |
| Understand and respect the changes that they see in other people | 4. Inside Body Changes | I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up | I recognise how I feel about these changes happening to me and know how to cope with these feelings |
| Know who to ask for help if they are worried about change | 5. Family Stereotypes | I can start to recognise stereotypical ideas I might have about parenting and family roles | I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes |
| Are looking forward to change | 6. Looking Ahead Assessment Opportunity ★ Puzzle Outcome: Ribbon Mobiles | identify what I am looking forward to when I move to my next class | start to think about changes I will make next year and know how to go about this |

Y4

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|---|--|---|
| Understand that everyone is unique and special | 1. Unique Me | I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm | I appreciate that I am a truly unique human being |
| Can express how they feel when change happens | 2. Having a Baby | I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby | I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult |
| Understand and respect the changes that they see in themselves | 3. Girls and Puberty | I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this | I have strategies to help me cope with the physical and emotional changes I will experience during puberty |
| Understand and respect the changes that they see in other people | 4. Circles of Change Puzzle Outcome: Circles of Change | I know how the circle of change works and can apply it to changes I want to make in my life | I am confident enough to try to make changes when I think they will benefit me |
| Know who to ask for help if they are worried about change | 5. Accepting Change | I can identify changes that have been and may continue to be outside of my control that I learnt to accept | I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively |
| Are looking forward to change | 6. Looking Ahead Assessment Opportunity ★ | I can identify what I am looking forward to when I move to a new class | I can reflect on the changes I would like to make next year and can describe how to go about this |

Vocabulary that will be used for year 3

- Birth/babies
- Puberty
- Testicles
- Sperm
- Penis
- Ovaries
- Egg
- Ovum/ova
- Womb/ uterus
- Vagina
- Stereotypes

Vocabulary that will be used for year 4

- Birth/babies
- Puberty
- Testicles
- Sperm
- Penis
- Ovaries
- Egg
- Ovum/ova
- Womb/ uterus
- Vagina
- Stereotypes

Making love

Having sex

Sexual intercourse

Fertilise

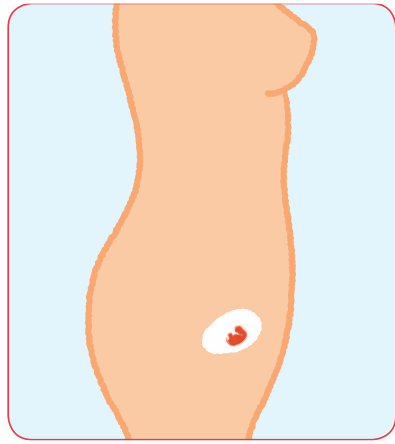
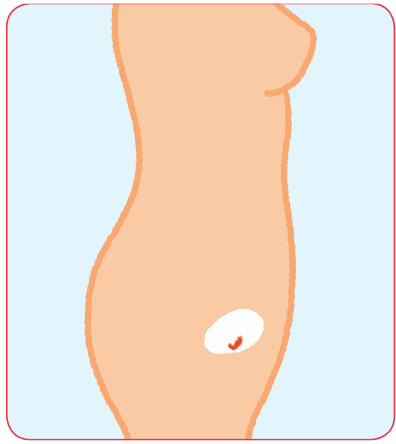
Conception

Menstruation

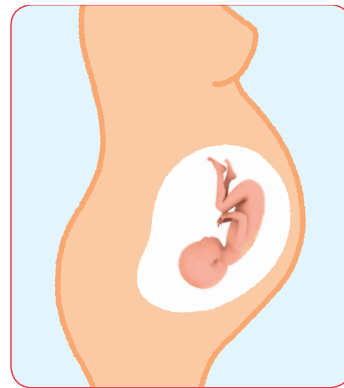
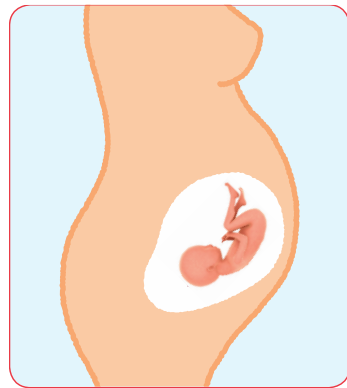
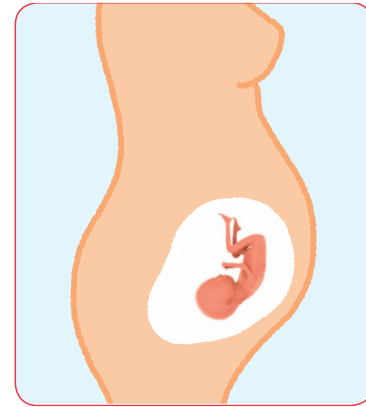
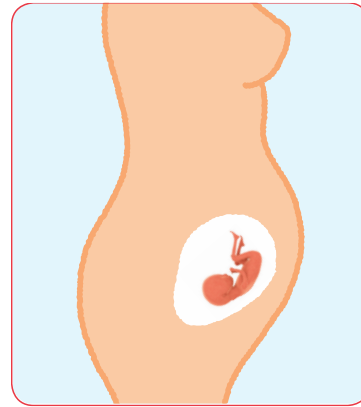
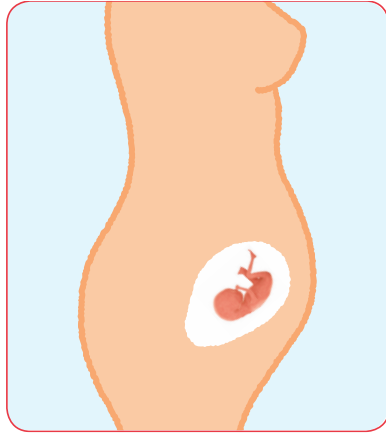
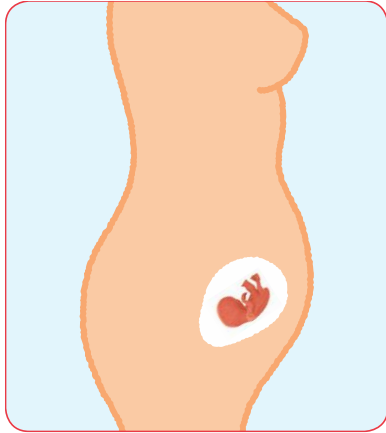
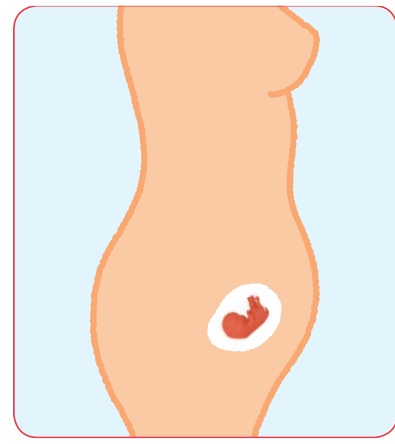
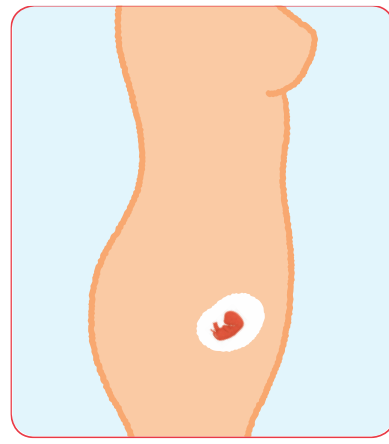
Periods

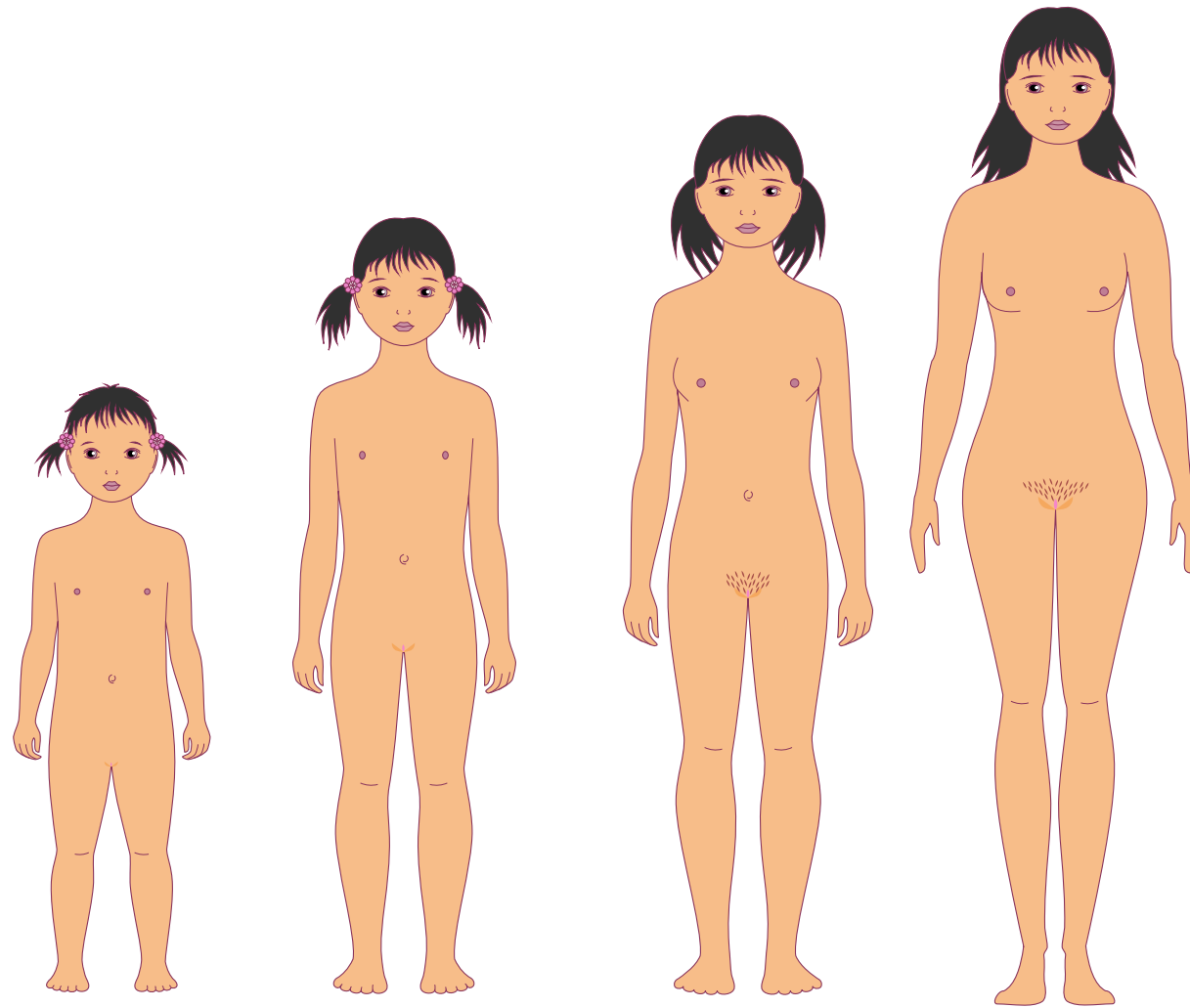
Boyfriends/girlfriends

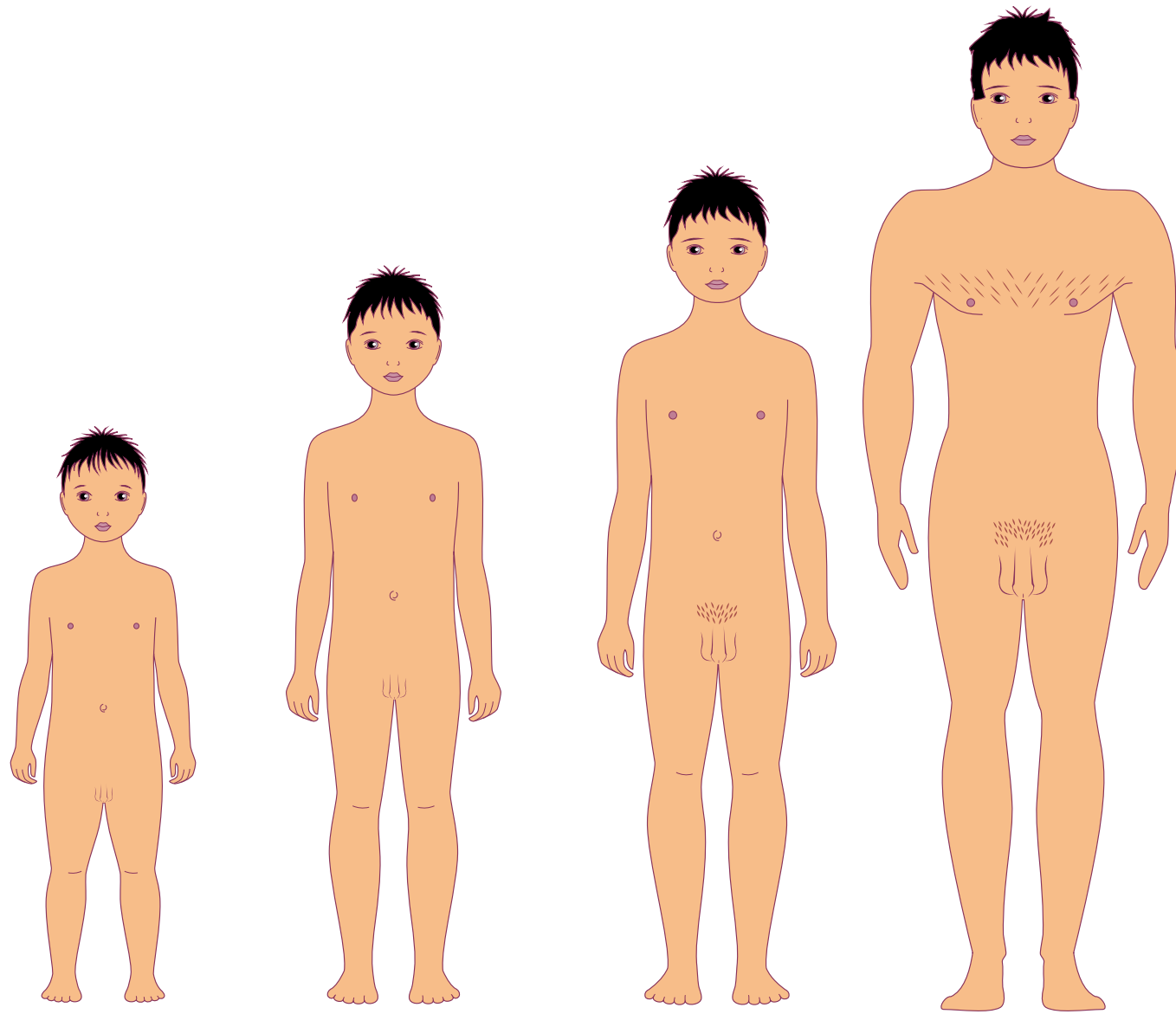
Pressure



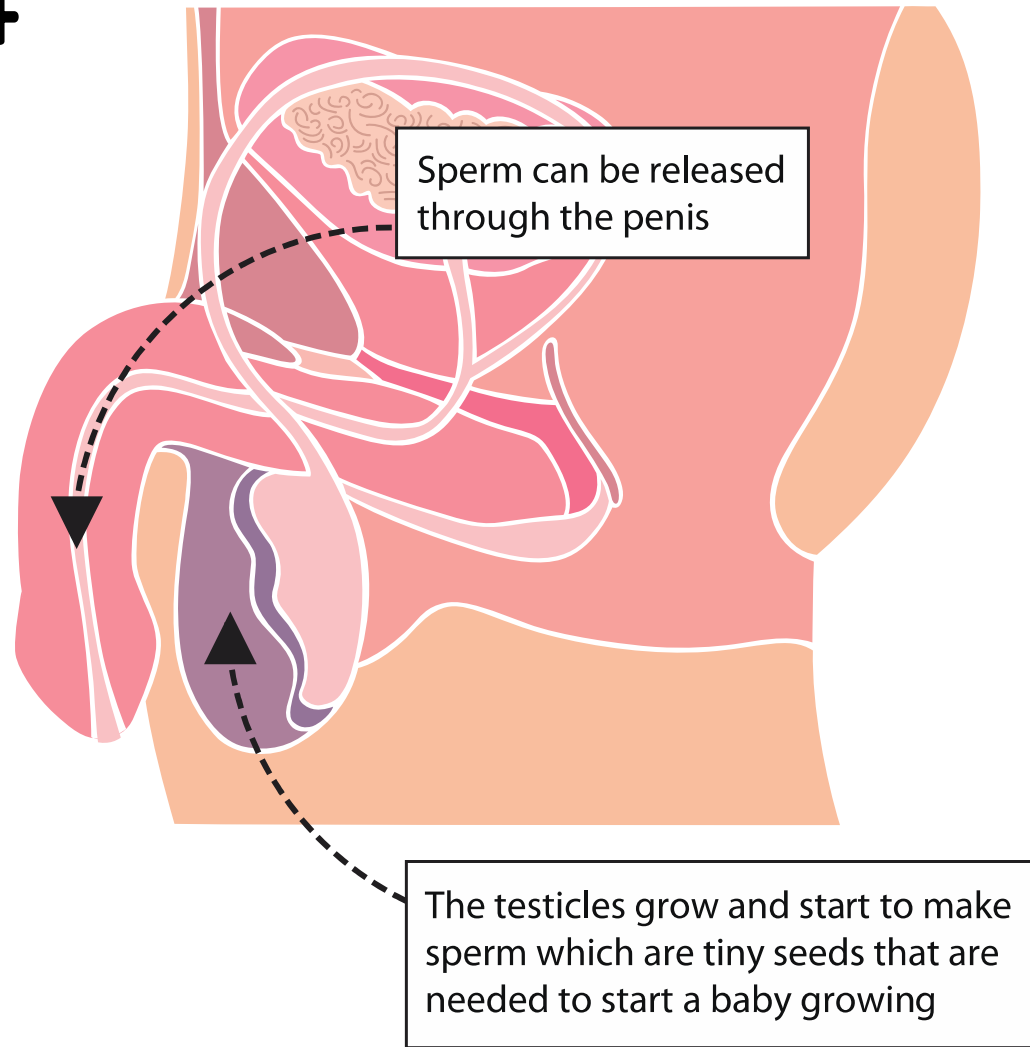
Y3

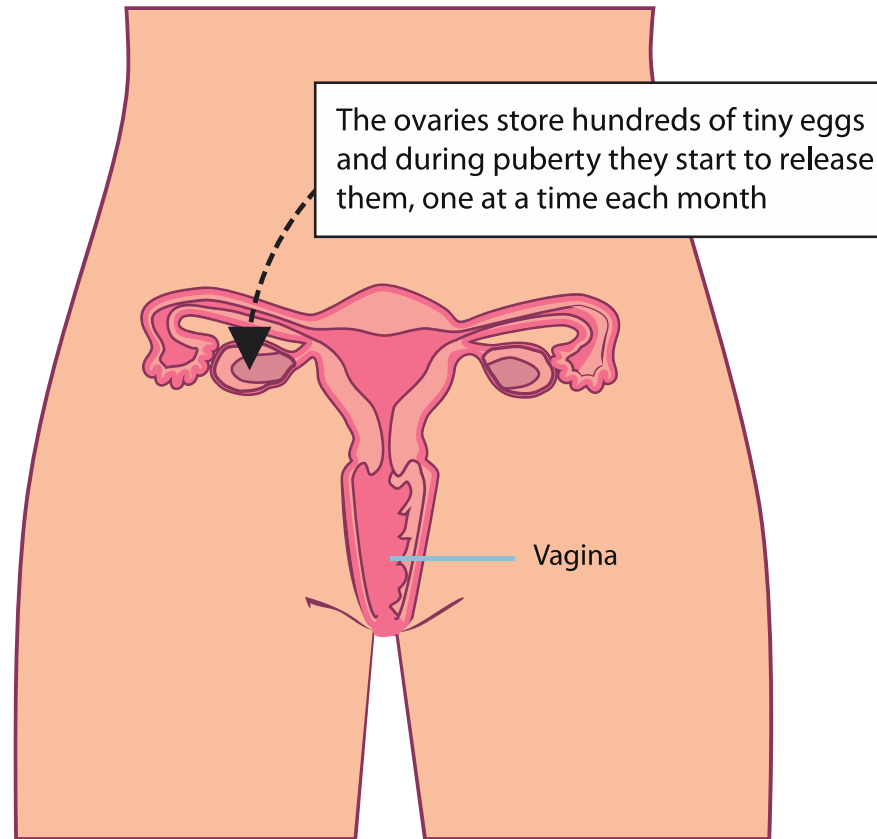




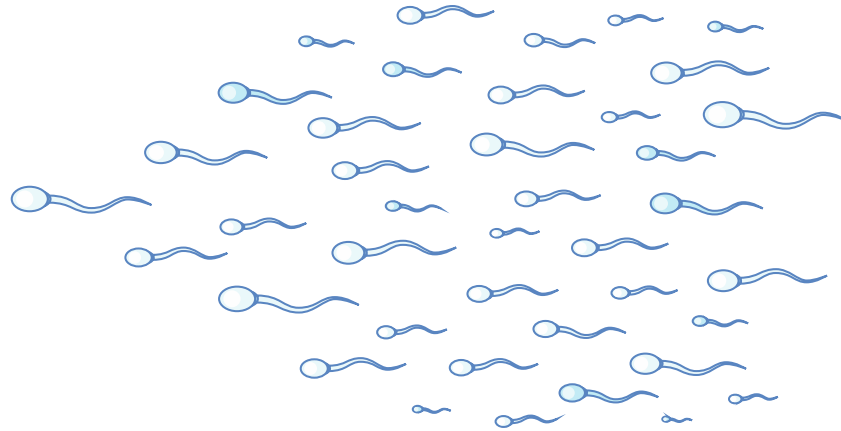
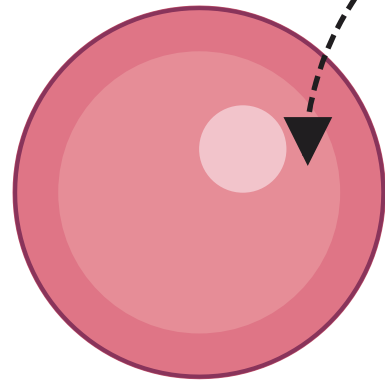


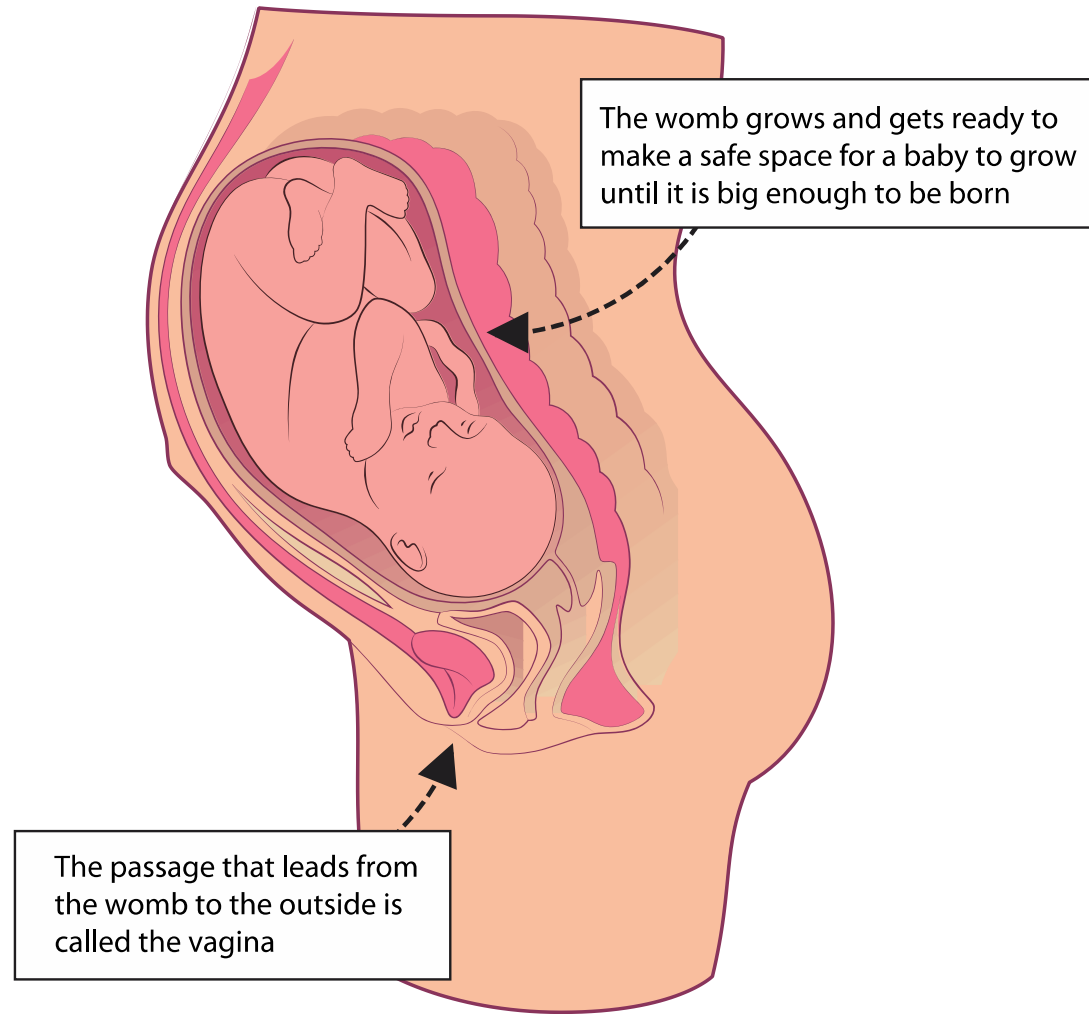
Y3 and Y4





When one of these ova joins
with a sperm it will start to
grow into a baby





Y4

