Upperwood Academy

Sex Education Curriculum

(Supplementary Guidance)

Purpose of study

The content set out in this guidance covers everything that HCAT primary schools should teach about sex education, including puberty. The curriculum documents for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. At HCAT, we have ensured our primary schools cover this additional content on sex education to meet the needs of our pupils, even though this is not a statutory requirement.

It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. Therefore, HCAT have developed a bespoke sex education programme tailored to the age and the physical and emotional maturity of our pupils. It aims to ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the curriculum for science - how a baby is conceived and born.

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. However, sex education is not compulsory in primary schools and the content set out in this guidance which chooses to teach aspects of sex education (which go beyond the national curriculum for science), is in-line with our schools' policies and all our schools have individually consulted with parents on what is to be covered. As a result, the content outlined in this sex education guidance permits parents to have a right to withdraw their children from any of these lessons outlined in this document.

RSE Overview

KS1		LKS2		UKS2	
Year 1	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
Body Parts	Differences – Male and Female	Differences – Male and Female	Body Changes and Reproduction	Talking About Puberty	Puberty and Reproduction
	Naming Body Parts		What is Puberty?	Puberty and Hygiene	Menstruation and Wet Dreams
		Q&A Session	Q&A Session	Q&A Session	Q&A Session

	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
RSE	Lesson One – Body Parts	Lesson One – Difference: Male and Female	Lesson One – Differences – Male and Female	Lesson One – Body Changes and Reproduction	Lesson One – Talking About Puberty	Lesson One – Puberty and Reproduction
	Learning Intention: To recognise their bodies' capabilities and uniqueness.	**Learning Intention:** To understand and respect differences and similarities between boys and girls.	**Learning Intention:** To recognise the difference between males and females including body parts.	**Learning Intention:** To identify some basic facts about puberty, reproduction and pregnancy.	**Learning Intention:** I know how to describe the human life cycle: foetus, baby, infant, toddler, child, teenager, adult, elderly and death. I know how to identify ways in which the human body changes as it ages. To explore the emotional and physical changes that occur during puberty.	**Learning Intention:** To explore the emotional and physical changes that occur during puberty. To consider reproduction in the context of healthy relationships.
	Learning Outcomes: To explore some of the differences between males and females and to understand how this is part of the life cycle.	**Learning Outcomes:** Describe some differences between male and female Describe some differences between boys and girls. Understand that making a new life needs a male and a Female.	**Learning Outcomes:** Identify the differences between males and females. Name male and female body parts using agreed words.	**Learning Outcomes:** Know that during puberty the body changes from a child into a young adult. Understand why the body changes in puberty. Identify some basic facts about pregnancy.	**Learning Outcomes:** Explain the cycle of human life. Explain the main physical and emotional changes that happen during puberty. Ask questions about puberty with confidence Explain how to stay clean during puberty. Describe how emotions change during puberty. Demonstrate how to seek help and support during puberty ***(Living and Growing DVD – on shared/Amaze Links)***	**Learning Outcomes:** Describe how and why the body changes during puberty in preparation for reproduction. Talk about puberty and reproduction with confidence. Explain how babies are made Know what constitutes towards sexual abuse ***(Living and Growing DVD – on shared/Amaze Links)***
		Lesson Two – Naming Body Parts		**Lesson Two – What is Puberty?**	**Lesson Two – Puberty and Hygiene**	**Lesson Two – Menstruation and Wet Dreams**
		Learning Intention: To focus on sexual difference and to name body parts.		**Learning Intention:** To learn about the physical changes associated with puberty.	**Learning Intention:** To explore the impact of puberty on the body and the importance of physical hygiene. To explore ways to get support during puberty.	**Learning Intention:** To understand that menstruation and wet dreams are a normal part of growing up. To answer each other's questions about sex and relationships with confidence and find support and advice.
		Learning Outcomes: Describe the differences between males and females. Name the male and female body parts.		**Learning Outcomes:** Know the physical changes that happen in puberty. Know that each person experiences puberty differently.	**Learning Outcomes:** Explain how to stay clean during puberty. Describe how emotions change during puberty. Demonstrate how to seek help and support during puberty.	**Learning Outcomes:** Explain and ask questions about menstruation and wet dreams. Describe how to manage periods and wet dreams. ***(Living and Growing DVD – on shared/Amaze Links)*** Can answer their own questions about sex and Relationships. Can use appropriate language to discuss sex and relationships with confidence Can identify sources of information, support and advice for children and young people.

Living and Growing DVD (access on shared) – Amaze Links (YouTube) – PSHE Association Website - Include Q&A session after each sex education lesson where appropriate