

**Dawlish and Newport Federation
Sex and Relationship Education**

Rationale:

Teaching about puberty *before* children experience it is essential to ensure that pupils' physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies and keep themselves safe. Teaching about puberty is also considered a key safeguarding issue by OFSTED.

As Janet Palmer HMI (OFSTED's PSHE lead) has said:

"If pupils are kept ignorant of their human, physical and sexual rights... they are not being adequately safeguarded. When inspecting schools ... inspectors are guided to check that the sex education in national curriculum science at Key Stages 1-3 is being adequately taught; and that primary schools have regard to the Department for Education statutory guidance on teaching pupils about puberty before they experience the onset of physical changes."

"Inspectors leading Section 5 inspections have been guided to grade behaviour and safety separately and to take whichever is the lowest grade as the overall grade for the Behaviour and Safety strand of the Section 5 inspection framework; and if Behaviour and Safety are judged to require improvement this is likely to affect the grade for overall effectiveness."

Government Guidance: (Sex and Relationship Education in Schools, House of Commons, Robert Long)

Primary Schools

1.12 The Department recommends that all primary schools should have a sex and relationship education programme tailored to the age and the physical and emotional maturity of the children. It should ensure that both boys and girls know about puberty and how a baby is born – as set out in Key Stages 1 and 2 of the National Science Curriculum. Section 3 gives further information on what should be taught at these stages and how this should be rooted in the PSHE framework.

1.13 All children, including those who develop earlier than the average, need to know about puberty before they experience the onset of physical changes. In the early primary school years, education about relationships needs to focus on friendship, bullying and the building of self-esteem

Year 5: Science (Statutory)

Animals, including humans

Pupils should be taught to:

- describe the changes as humans develop to old age

Notes and guidance:

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.

Year 6: Science (Statutory)

Animals including humans

This unit focuses on the circulatory system; therefore the Y5 curriculum for this unit will be spread across the phase (Y5-6).

Y6 will focus on the gestation period of a human

Year 5: PSHE (non- statutory)

- What you might need to help you during puberty
- Emotional changes during puberty

Year 6: PSHE (non- statutory)

- To develop the skills to be an effective friend. (relationships- friendships)

The following programme of study will be taught at Dawlish and Newport on Tuesday 23rd May 2017.

If you want to withdraw your child (only from the pm sessions), please put your request in writing to Ms. Perridge (Newport) and Ms. Bester (Dawlish) by Monday 22nd May 2017.

Programme of study: Year 5

Time/ Session	Objective	Activity	Resources
Science Curriculum: Statutory			
Session 1: 9-9:30am	To establish ground rules for the day.		
Session 2: 9:30-10:45am	To be able to describe the life cycle of a human.	Using photographs, order the life cycle of a human; write down key facts about each stage of the life cycle. What are the similarities and differences? (birth-death) <i>Children to draw a diagram to represent this. Make a table of key facts at each stage.</i>	Photographs of the different stages of the life cycle

Session 3: 11- 12:30pm (single sex)	To be able to describe the physical changes which happen during puberty.	Watch the video clip of the physical changes which happen during puberty: ▪ Pupilstolistchangesof males andfemales Body Changes worksheet- sorting statements	BBCactive-Unit1: Growing Up- physical changes- howdoesmybody change at puberty? (video) Body Changes worksheet
Session 3: Part 2 (single sex)	To be able to explain the physical changes which happen during puberty (periods and wet dreams).	Watch the video clip of wet dreams and periods. Girls: extravideoclip: talking about periods Girls:extravideoclip: talking aboutwetdreams Hygiene- why do you have to pay particular attention? Hygiene video	BBCactive-Unit1: Growing Up- physical changes- whatisaperiod andwhatisawet dream? (video)
PSHE: Non-statutory (right to withdraw)			
Session 4: 1:30-2pm	To be able to recognise positive personal attributes.	Watch video clip: what do we like about ourselves/ each other? In books, draw around hand. Write 1 positive attribute in the thumb; visit 4 other people in the classroom to write down 4 things people like about you.	BBC active- Unit 1: Growing Up- emotional changes- feeling positive (video)
Session 5: 2-2:45pm	To recognise that we have different feelings at different times.	Listen to 'I have feelings' poem: Watch video 'Respecting other people's feelings': how were Amy's feelings disrespected? What were the negative comments, change them to positive comments (table differences) Rewrite part of the scene to change the negative comments into positive comments.	BBCactive-Unit3: Feelings- managing feelings I have feelings (poem) and Respecting other people's feelings (video)
Session 6:	Review and reflect	What have you learnt from today?	

Programme of study: Year 6

Time/ Session	Objective	Activity	Resources
Science Curriculum: Statutory			
Session 1: 9-9:30am	To establish ground rules for the day.		
Session 2: 9:30-10am	To recap the main stages of the human life cycle.	Using photographs, order the life cycle of a human; draw the beginning of the cycle and write down key facts about each stage of the life cycle.	
Session 3: 10-10:45am (single sex)	To be able to explain the physical changes which happen during puberty (periods and wet dreams). RECAP	Watch the video clip of wet dreams and periods. Children to table the changes during puberty of girls and boys.	BBC active- Unit 1: Growing Up- physical changes- what is a period and what is a wet dream? (video)
Session 4: 11-12:30pm	To be able to explain the gestation period of a human.	Explain what the term gestation period means. Plenary: gestation periods of different animals. What do you notice between the length of the gestation period and the size of the animal?	BBC active- Unit 2: Cycle of Life- sexual reproduction- how a baby grows, the inside story. (video) Photographs of different stages during the gestation period.
PSHE: Non-statutory (right to withdraw)			
Session 5: 1:30-2pm	To be able to identify the attributes of a good friend.	What makes a good friend? Mind map ideas in groups What makes friendships difficult? Discuss and mind-map. Discuss (without naming names) a friendship problem that you have had and	BBC active- Unit 5: Friendships- making friends- what makes a good friend? (video)
Session 6: 2-3pm	To be able to identify strategies to resolve friendship issues.		
Session 7:	Review and reflect	What have you learnt from today?	