

Sex and Relationships Education

Programme of study and suggested resources

Summercroft Primary School

Introduction

This programme of study is to be fully launched in September 2010, although some aspects may be launched in the second half of the academic year 2009/2010, practicalities permitting. It has been developed after team 1 of the School Improvement Teams (including Sharon Fuller, PSHCE Subject Leader) plus one of our governors (Kath Nichol) formed a working party. We discussed and reviewed available resources and approaches to teaching this aspect of the PSHCE curriculum, and also took advice from our School Nurse (Jacqui Yeomans), as well as relevant government guidelines. Revisions to how and what we teach are necessary so that children leave Summercroft with the information they need to make successful choices as adolescents and adults, and feel prepared for the changes in their bodies that they may already start to notice in primary school. In developing this programme of study the working group has considered the needs of children at our school, and tried to fit what we consider to be the appropriate depth of knowledge with the level of developmental stage of our pupils.

Resources and delivery

The programme of study uses the Channel 4 Living and Growing resource pack as a base, with added support of the School Nurse where appropriate. It is, however, largely designed to be delivered by teachers. Due to the sensitive nature of this aspect of the curriculum and the potential for children's follow-up questions and discussion, in cases where PSHCE is normally delivered by PPA cover, it is suggested that this part of the subject be taught by the Class Teacher. Staff teaching SRE should become familiar with the resources they will be using before their teaching so that they can plan responses to expected questions and comments. Some training time has also been allocated to this for staff. The Living and Growing resource comprises of nine 15 minute programmes, each with supporting follow-up activities in three books. There is advice how to use the photocopiable activity sheets also within the book.

Liaison with governors, parents and carers

This programme of study, combined with a slightly amended and updated Sex and Relationships Policy will be presented to governors for approving on (**insert date here**). A broad overview of the topics covered within SRE at Summercroft will be outlined in a

letter to parents and carers in **(insert date here)** emphasising how the reproductive functions of humans will be taught, but how growing up, puberty and adult sexual behaviour will be also be fully embedded in the context of healthy and loving relationships. Parents/carers have the right to withdraw their child from all or part of the SRE programme of study, although in practice this is uncommon. They do, however, clearly have a key role to play in their child's physical, sexual and emotional development and so we will be offering them the opportunity to watch the more sensitive parts of the DVD we will be using ahead of it being shown to children. This will allow parents/carers to understand what and how the curriculum is delivered, ask questions, and feel more prepared for the follow-up conversations that they may have with their child at home afterwards. The current arrangement of year 5 parents being invited in to watch the puberty part of the DVD will continue, but in the second half of the Autumn term. Year 6 parents will be invited in to watch the conception, birth and attitudes part of the DVD in the Spring term. In addition, the DVD will be made available in one room during Parent/Teacher/Pupil consultation evenings, supervised by **(Carole and a governor?)**.

Overview of programme of study

Year group	Themes covered	Resources to be used and suggested activities
Foundation/ Reception	<ul style="list-style-type: none"> • Naming different body parts e.g. arm, leg, head, but not genitals. • Awareness of similarities ("We all have arms") and differences ("Beth is a girl, but Tom is a boy"). 	<ul style="list-style-type: none"> • Discussions, songs, picture books.
Year 1	<ul style="list-style-type: none"> • The difference between living and non-living things. • Ordering pictures of people growing up and become familiar with words such as baby, toddler, child, teenager, adult, elderly. 	<ul style="list-style-type: none"> • Unit 1 (red) resource book p12. • Pictures and labels of humans at different stages of the life cycle e.g. baby, toddler, child, teenager, adult, elderly.

Year 2	<ul style="list-style-type: none"> • The life cycles of animals (link to Science work). • The idea that we are all changing as we grow up and can do new things as we get older e.g. walk, read, write etc. 	<ul style="list-style-type: none"> • Pictures and labels of animals at different stages of the life cycle e.g. kitten, cat, pregnant cat, going round to kitten again. • Living and Growing DVD - Unit 1, programme 3 "Growing Up". • Unit 1 (red) book, p38.
Year 3	<ul style="list-style-type: none"> • Valuing similarities and differences between different people, with a focus on the difference between boys and girls. • Physical differences between boys and girls - naming and labelling body parts including sexual organs. • Pregnancy and that only females can become pregnant. • How children are made by a man and a woman (referred to as a man having sperm "the seed" and women having "egg factories"), and that we have a mixture of features of our mums and dads. 	<ul style="list-style-type: none"> • Living and Growing DVD - Unit 1, programme 1 "Differences" - just the first chapter until the end of similarities. • Discussion about differences and look at a big picture showing the sexual organs. • Unit 1 (red) book, p16 - Venn diagram task to sort similarities and differences in body parts for boys and girls, or use p15 to label body parts on boys and girls. • Living and Growing DVD - Unit 1, programme 2 "How did I get here?". • Discussion about similarities with mums and dads, followed by Unit 1 (red) book, p29.
Year 4	<ul style="list-style-type: none"> • How children have changed already as they have grown up and how they will change again to 	<ul style="list-style-type: none"> • Living and Growing DVD - Unit 2, programme 4 "Changes". • Unit 1 (red) book, p27.

	<p>become adults.</p> <ul style="list-style-type: none"> • A reminder of the physical differences between boys and girls. • Introduce the broad theme of puberty as a stage of "growing up". • An overview of the menstrual cycle and its purpose. 	<ul style="list-style-type: none"> • Discussion about children have changed over time already so far in their lives, and what changes they might want to happen as they get older still e.g. to become married, get a job, have a baby etc. Children could record this. Less able children might want to use Unit 1 (red) book, p37. • Unit 2 (green) book, p12 if the cohort are mature enough.
Year 5	<ul style="list-style-type: none"> • Hygiene, including the need to clean more, use deodorants etc as hormones change. • More depth about puberty and the different changes affecting girls/boys. • Girls - Breast development, widening of hips, periods including use of sanitary towels, tampons etc. • Boys - Facial hair, voice breaking, erections, wet dreams. • Changes affecting both sexes e.g. growth spurt, spots, pubic hair, feelings and relationships with others. 	<ul style="list-style-type: none"> • Hygiene session with school nurse and video clips. Follow-on activity unit 3 (blue) book p16. • Letter home to parents/carers and chance to view DVD prior to teaching in the second half of the Autumn term. • Living and Growing DVD - Unit 3, programme 7 "Girl Talk". • For girls - unit 3 (blue) book p12, and unit 2 (green) book p18. • Living and Growing DVD - Unit 3, programme 8 "Boy Talk". • For boys - unit 3 (blue) book p24 and p28. • School nurse to bring sanitary wear and lead question and answer sessions with girls and boys separately. • Question box to be left for school nurse after visits and then

		return visit to answer children's questions if necessary.
Year 6	<ul style="list-style-type: none"> • Context of different relationships and how sexual relationships are different. • How babies are made - sexual intercourse, conception, growth of foetus in the uterus. • How babies are born, including showing a live birth. • The media's portrayal of sex and mixed messages. • Crushes and sexual attraction (including homosexuality) 	<ul style="list-style-type: none"> • Letter home to parents/carers and chance to view DVD prior to teaching in the Spring term. • Living and Growing DVD - Unit 2, programme 5 "How babies are made" - chapters 1 and 3 only, not 2. • Unit 2 (green) book, p25 or p26. P36 may also be useful to talk about different types of love. • Living and Growing DVD - Unit 2, programme 6 "How babies are born". • Living and Growing DVD - Unit 3, programme 9 "Let's talk about sex". • Unit 3 (blue) book p39 and/or puberty pyramid game on p43. • Question box to be left for teachers after lessons and then a later session to answer children's questions if sensible - or redirect to say that they will learn more about this at secondary school, or can ask their parents e.g. specific sexual acts, contraception etc.