



RHSE at BCPS

‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.’

Understanding this Document

The following pages are designed to give a sample of the new RHSE curriculum.

Please look through each overview (Year 1 to 6) and familiarise yourself with the lesson headings. Each half-term will focus on a question from the following headings: Health and well-being, Relationships and Living in the Wider world.

We have included an example lesson with particular focus on the key vocabulary which may be shared.

Finally, there are also example resources which may be shared with the relevant year groups.

	Health and well being
	Relationships
	Living in the wider world

Please note the colours for the yearly overviews on the pages below.

Year One - Overview

	Autumn 1	Autumn 2	Spring 1
Year 1	What is the same and different about us? <i>Everybody's body (Medway Yr 1/2 Lesson 3)</i>	Who is special to me? <i>My special people (Medway Yr 1/2 Lesson 1)</i>	Who helps us stay healthy?
	Spring 2	Summer 1	Summer 2
	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?

Year One – An Example Session

LESSON 3

EVERYBODY'S BODY

KEY WORDS

same, different, male, female, boy, girl, body, born, private parts, sex parts, penis, testicles, vagina, vulva, gender

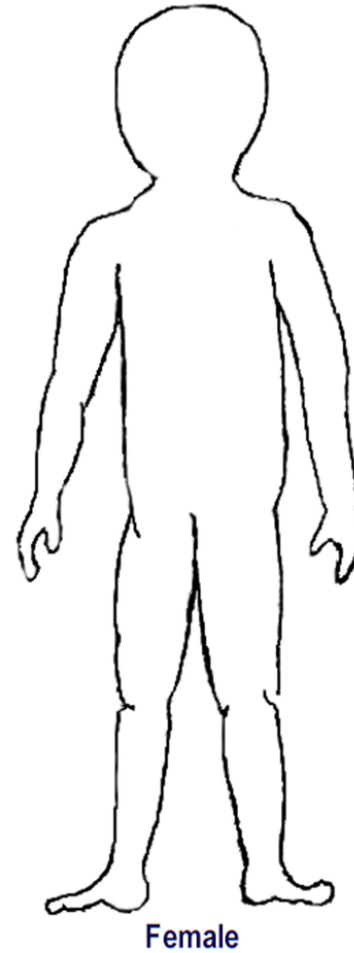
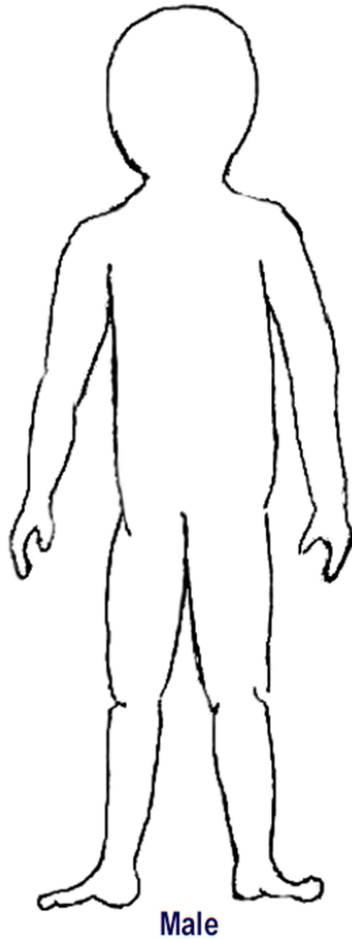
Everybody's body

Pupils may have been using a variety of different words to name the male and female genitalia/sex parts, but this lesson directly teaches the correct terminology. It is important for younger pupils to know how to name their body parts correctly as this contributes to safeguarding—helping them to take care of their bodies and keep themselves safe. This is built on later in key stage 2, when pupils learn about puberty and the changes when growing from children to adults. It is suggested that this lesson is taught within the context of other learning about similarities and differences (e.g. growing and changing, people and animals). This lesson also begins to address the issue of gender stereotypes.

A resource which may be shared (Year 1)

Some people say...	Are they right?	Are they wrong?
only boys are good at football		
girls and boys should wear different clothes		
only girls cry		
girls always like the colour pink		
males and females have different bodies		

Children may be asked to label male and female bodies (Year 1)



Year Two - Overview

	Autumn 1	Autumn 2	Spring 1
Year 2	What makes a good friend? <i>We are growing (Medway Yr1/2 Lesson 2)</i>	What is bullying?	What jobs do people do?
	Spring 2	Summer 1	Summer 2
	What helps us to stay safe?	What helps us to grow and stay healthy?	How do we <u>recognise</u> our feelings?

Year Two – An Example Session

Growing up: the human life cycle

This lesson introduces the concept of the human life cycle. Pupils begin to understand how we grow and change as we get older. The lesson focuses on young children growing and changing (puberty is not mentioned until key stage 2). Pupils compare the differences between a baby and a child—what they look like and what they can do. The focus is on becoming independent; how we look after ourselves and each other as we grow, and some of the feelings that accompany the process of growing up.

THE GROWING STORY

Read *The Growing Story* by Ruth Krauss and Helen Oxenbury.

Discuss the following questions with the class:

- How does the little boy feel about growing up?
- How are things and animals growing and changing around him?
- What is good about growing?
- What is not so good about growing?
- What does the story tell us about growing (or the time it takes to grow)?

Year Three - Overview

	Autumn 1	Autumn 2	Spring 1
Year 3	<p>How can we be a good friend?</p> <p><i>What makes a good friend (Medway Yr3 lesson 1)</i></p> <p><i>Falling out with friends (Medway Yr3 Lesson 2)</i></p>	<p>What keeps us safe?</p>	<p>What are families like?</p>
	Spring 2	Summer 1	Summer 2
	<p>What makes a community?</p>	<p>Why should we eat well and look after our teeth?</p>	<p>Why should we keep active and sleep well?</p>

Year Three – An Example Session

Friendship Problem Solver	
Message	Reply
My best friend doesn't seem to want to be my friend anymore.	
My friends and I used to play football together but now they play on their own and I feel left out.	



Year Four - Overview

	Autumn 1	Autumn 2	Spring 1
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?
	Spring 2	Summer 1	Summer 2
	How will we grow and change? <i>Medway relationships and sex education</i> <i>Year 4 and 5</i> <i>Lesson 1 and 2</i> <i>Time to change</i>	How can our choices make a difference to others and the environment?	How can we manage risk in different places?

These sessions will be explained in more detail below.



In Year 4 and 5, children will first be taught about puberty (see the Overviews for which term)

PUBERTY LESSONS 1-4

Time to change

The first lesson focuses on some of the external changes that happen to the body.

Menstruation and wet dreams

The second lesson focuses in more detail on some of the external and internal changes that happen to the human body.

Physical hygiene

This lesson helps pupils to recognise the importance of personal hygiene during puberty, and to consider some of the questions young people may have about the physical changes at puberty.

Emotions and feelings

This lesson focuses in more detail on some of the emotional changes that may take place during puberty and outlines some of the changes that may occur in friendships and other relationships. It teaches pupils where and how to get help and support.

Year Four – An Example Session

LESSON 1

TIME TO CHANGE

KEY WORDS

puberty, change, grow, mature, child, teenage, adult, private parts, genitals, vulva, vagina, penis, testicles, breasts, pubic hair, Adam's apple

Following the Question Model ...

Does everyone start puberty at the same time?

A: Usually, puberty starts between ages 8 and 13 in girls and ages 9 and 15 in boys. This wide range in ages may help to explain why some young people in the same age group are at different physical stages in their development.

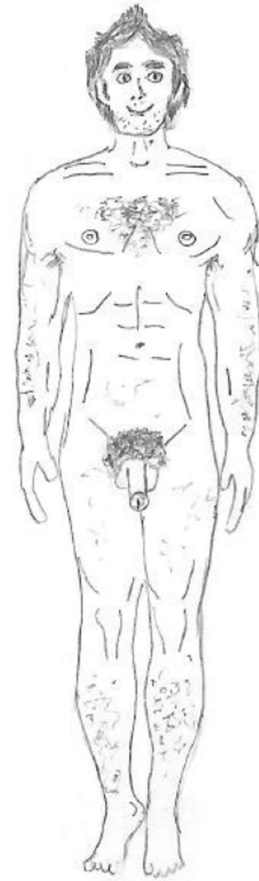
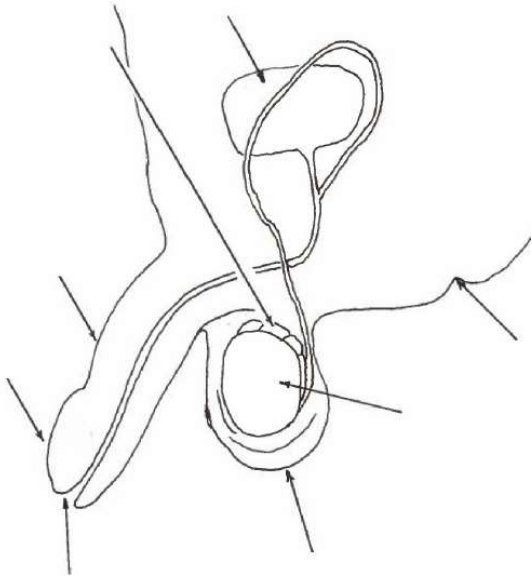
1. Will these changes happen to everyone at the same time?

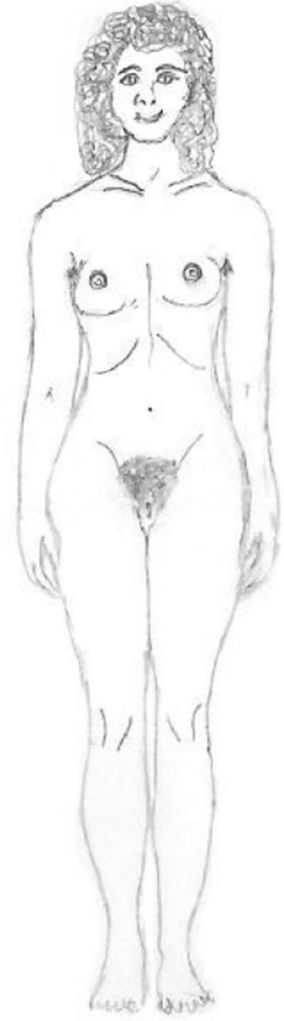
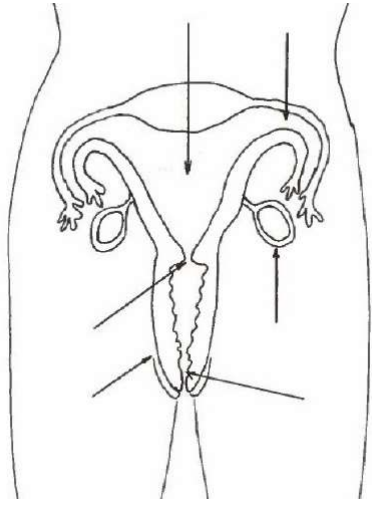
A: Puberty starts when your body is ready. It's a bit like when you start to lose your milk teeth—it happens to everyone at different times.

2. Why are these changes happening?

A: Puberty is a time when someone's body begins to develop and change as they mature from being a child to an adult. During puberty, your body will grow faster than at any other time in your life—except for when you were a baby. Puberty is caused by sex hormones: chemicals which are released into the bloodstream to send messages to different parts of the body.

An Example Resource which may be shared...





Year Five - Overview

	Autumn 1	Autumn 2	Spring 1
Year 5	<p>What makes up a person's identity?</p> <p><i>Medway relationships and sex education</i></p> <p><i><u>Year 4/5 Lesson 3</u></i></p> <p><i>Personal Hygiene</i></p>	<p>What decisions can people make with money?</p>	<p>How can we help in an accident or emergency?</p>
	Spring 2	Summer 1	Summer 2
	<p>How can friends communicate s</p> <p><i>Medway relationships and sex education</i></p> <p><i><u>Year 4/5 Lesson 4</u></i></p> <p><i>Emotions and feelings</i></p>	<p>How can drugs common to everyday life effect health?</p>	<p>What jobs would we like?</p>

Year Five – An Example Session

LESSON 3

PERSONAL HYGIENE

KEY WORDS

hygiene, clean, cleanliness, self-esteem, self-confidence, sweat, body odour, spots, periods, sanitary protection, tampon, pads, re-useable

PHYSICAL CHANGES: PUBERTY QUIZ

Have pre-prepared questions from the pupils' Ask-it Basket / anonymous questions activities. If the following questions have not been asked, you could include these also. Write each question on a piece of A3 paper and lay these out around the classroom.

- Can someone go swimming when they have their period?
- Are periods dirty?
- Are periods painful?
- Do all boys have wet dreams?
- Are erections embarrassing?

Year Six - Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2
Year 6	How can we keep healthy as we grow? <i>Medway relationships and sex education Year 6 Lesson 1 and 2 Puberty review and recap Puberty, change and becoming independent</i>		How can the media influence people?	
	Summer 1	Summer 2		
	What will change as we become more independent? How do friendships change as we grow? <i>Medway relationships and sex education Year 6 Lessons 3, 4 Positive healthy relationships How a baby is made</i>			

In Year 6, pupils will first be taught how babies are made

How babies are made

By year 6, it is likely that pupils will have some idea about how babies are made through sexual intercourse. Although it is possible they may have some misconceptions, very few pupils will still believe myths or make-believe stories. Having an understanding of what is meant by sex is an important foundation for the RSE they will receive at secondary school. This lesson emphasises that having sexual intercourse or the decision to have a baby is something for when they are much older. It also emphasises the importance of consent in this context. The lesson enables pupils to reflect on the values and responsibilities within healthy adult relationships and is therefore set clearly within RSE— as part of the wider PSHE education curriculum.

An Example Resource (Year 6)

How a baby is made sequencing cards

An adult couple who are in a relationship might kiss and cuddle, get very close, and touch each other in romantic and sexual ways. They should both feel happy and comfortable doing this together.

Sometimes when a male and female person are making love together, the penis grows hard, and the vagina may get slippery. The couple may decide they want to have sexual intercourse.

This means the man's penis slides into the vagina.

The penis squirts a sticky liquid called semen into the vagina.

Further Information

USEFUL WEBSITES

- www.childline.org.uk
- www.nspcc.org.uk
- www.nhs.uk/Livewell/puberty/Pages/Pubertyinfoforchildren.aspx
- www.kidshealth.org/kid/
- www.bbc.co.uk/education/topics/z3xxsbk
- www.thinkuknow.co.uk/

USEFUL DOCUMENTS

- DfE statutory guidance on SRE: [Sex and Relationships Guidance](#), DFE July 2000*
- Additional guidance, published by the PSHE Association, Sex Education Forum and Brook: [Sex and Relationships Education \(SRE\) for the 21st Century](#), February 2014
- Sex Education Forum's 12 principles of effective RSE

Thank you for taking the time to read through the new RHSE policy. If you have any further questions, please contact us and we will try to explain.

Mrs Bache and Mr Keene