



Sex & Relationship Education Curriculum

Scheme of Work 2022/23

The SRE forms an integral part of our PSHE curriculum, giving children age-appropriate information in an accurate, consistent and sensitive manner. We have developed the SRE curriculum in consultation with parents and staff, taking into account the age and needs of pupils.

Given the sensitive nature of the SRE curriculum, at Geoffrey Field Junior School we aim to deliver the SRE curriculum within the following context:

- In a setting where ground rules are pre-established to foster trust, security and openness.
- By creating trusting, safe atmosphere where questions can openly be asked and answered and without embarrassment, when appropriate within the defined units covered within each year group.
- Where information is clear, relevant and appropriate to the age and maturity of pupils.

As previously stated previously, the SRE curriculum is separated into two strands: sexual education and relationship education. The SRE units of work for each year group are displayed below with a brief summary of what is specifically being taught.

The school have chosen to use the resource 'Growing up with Yasmine & Tom' to support the teaching of the majority of the sex education units and some of the relationship education unit. The resource is PSHE Association Quality Assured and the school believes it offers an age-appropriate and clear structure for the delivery of SRE teaching.

In year 5 and 6 boys and girls are taught separately for all Sex Education lessons.

Personal, Health & Social Education		
Year	Unit of Work	What is taught
3	Growing up and getting older	Main stages of life – baby, toddler, child, teenager, adult, OAP Physical changes associated with being elderly
	Me, myself and I	Skills needed to do certain jobs Gender stereotypes and jobs
4	Keeping clean	Need to keep teeth, feet, arm pits and private parts clean
	Spreading Germs	How germs are spread through touch and air Importance of washing hands, using tissues, etc...

Sex Education		
Year	Unit of Work	What is taught
5	Body Parts	Names of male and female sexual body parts
	Puberty – emotional and physical changes	Body changes: growth spurts, body hair, breasts, sweating, periods Emotional changes: mood changes, interest in others, not feeling self
	Periods (Girls Only)	Physical process of menstruation Sanitary products + bins
6	How babies are made	Sexual reproduction in humans Babies development in the womb
	Multiple births	How twins/triplets form and develop in the womb
	How babies develop	Babies development in the womb Healthy/non-healthy actions during pregnancy Babies are born from the vagina Some mothers have a caesarean
	Period (Recap of girls/intro for boy)	Physical process of menstruation Sanitary products + bins (school resources)

Relationship Education		
Year	Unit of Work	What is taught
3	Choosing Friends	How we make friends. How we choose our friends. Friendship choices that are good for me
	Courtesy and Manners	Good manners in the classroom, on the playground, around the school and at the dinner table
	My Family and Me	Immediate family – who we live with Extended families – family we don't live with Family relationships to me – what is a grandparent, a cousin, an aunt etc.
	Personal Space (Safe and Unsafe Touch though NSPCC resource)	Your private parts are in your underwear Your private parts are private to you Saying no to others touching your private parts
	Rules for Keeping Safe Online	Not sharing personal information on-line Who to tell if you see something on-line that is not appropriate
4	What makes a good friend	Attributes of good friends and bad friends Why you are a good friend

	Getting on with our families	Family members sometimes annoy each other Family members sometimes argue What our own families argue about How we deal with arguments within families
	Respecting Others	Defining term 'respect'. Who we show respect to at home, in school, in the community? How we show respect? Why respect is important?
	Recognising Online Risks	Different types of on-line risks and why each is a risk How we can minimise these risks Social media age restrictions
5	Friendship and peer pressure	Peer pressure definition When peer pressure might occur in primary and secondary schools Saying no to friends
	Different types of families Stereotypes	Everyone's family is unique Stereotypical family used to contain a mum, a dad and children. Modern families sometimes contain different people e.g. grandparents as carers, step parents, single parents, same sex parents
	Respect and authority	Recap respect from Y4 and define authority Identify authority figures in families, in school, in the community Responsibilities of authority figures What disrespect of authority might look like What happens if you are disrespectful to authority
	On-line behaviours	Sometimes people behave differently online compared to face to face (playing games, commenting on photo posts, abusive language, racist comments) Online abuse is sometimes called 'trolling' Why people might behave differently online Abuse is abuse whether it is face to face or online The police treat on-line abuse seriously for anyone aged 10 or older.
6	Friendships and Mental Health	Mental health definition What mental health issues might look and feel like in children How friends can help support each other Poor friendships may add to mental health issues e.g. peer pressure, exclusivity friendships, bullying
	Marriage	Marriage is a legal act between two adults Marriage is a life-long commitment In the UK, it is legal for a man and woman to marry, and for two men or two women to marry. Marriage ceremonies can be religious or non-religious Similarities and differences between marriage ceremonies of different religions/cultures
	Self-Respect	Recap on respect work from Y4 and Y5 and define self-respect How we can have self-respect in the way we look after ourselves, in what we do and what we say Being respectful of ourselves, will help us respect others
	Online Relationships with Strangers	Different types of online relationships with strangers e.g. gaming, twitter, forums etc. Safe and unsafe online relationships with strangers