



Relationships and Sex Education at Leverstock Green CE Primary School

Aim

To provide the context, principles and practice for teaching high-quality Relationships and Sex Education



Where do children learn
about Relationships and
Sex Education?

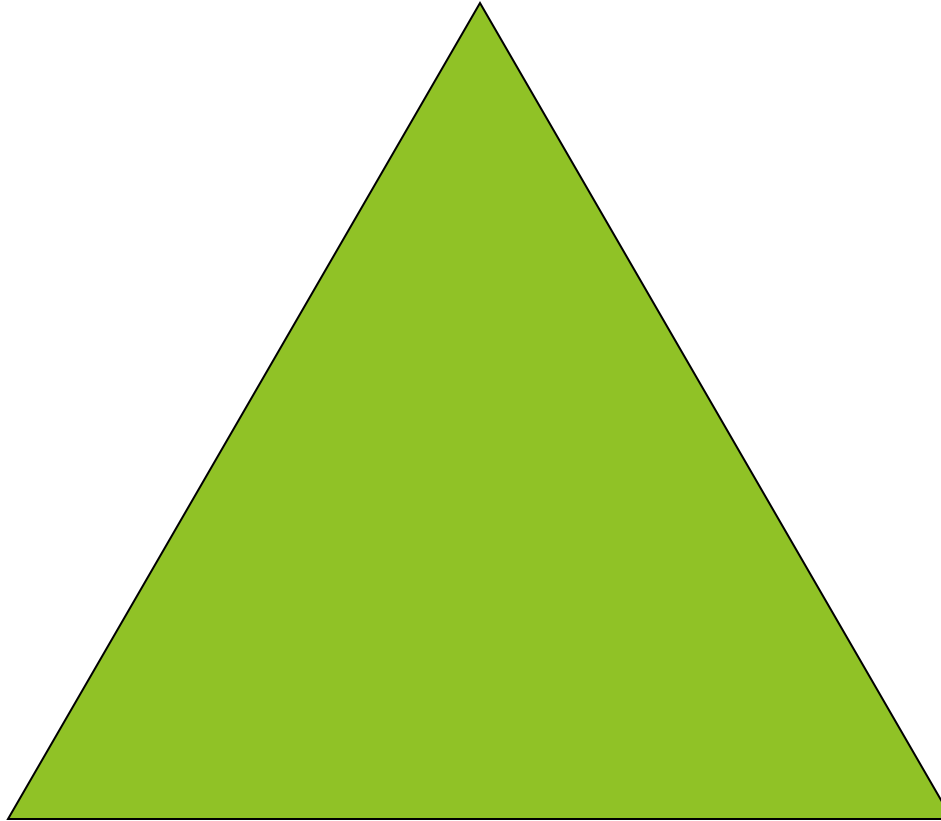


Principles

- ▶ We all want what is best for children.
- ▶ We want to protect children and to keep them safe.
- ▶ We want children to be healthy and happy.

High quality RSE is part of
this.

Parents & Carers



School

Child

The main aims for RSE in Primary Schools

- ▶ To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)



- ▶ To help young people develop positive and healthy relationships appropriate to their age, development, etc.
(respect for self and others)



- ▶ To support young people to have positive self-image and body image, and to understand the influences and pressures around them



“Don’t step on it . . . it makes you cry.”

- ▶ To make informed choices when they are considering starting a sexual relationship, so that they keep themselves safe and don't find themselves with an unplanned pregnancy or sexually-transmitted infection



RSE Curriculum

Since September 2019,
Teaching of RSE is
compulsory in all
schools in England.

RSE Curriculum

Science Curriculum

**PSHE (Personal Development)
Curriculum**

2014 National Curriculum Science Key Stage 2

Year 5

- ▶ describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- ▶ describe the life process of reproduction in some plants and animals
- ▶ describe the changes as humans develop to old age

2014 National Curriculum Science

Key Stage 2

Year 6

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Notes and Guidance

- Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.
- They should learn about the changes experienced in puberty.

National PSHE Association Programmes of Study

Families

Friendships

Respecting self and others

Safe relationships: consent, boundaries
and trust

Mental health and wellbeing

Keeping healthy and well

Physical activity and nutrition

Changing and growing up

Personal safety and first aid

Online life and safety

Drug education

National PSHE Association 2026 Programmes of Study

KS 1

- ▶ The names for the main parts of the body (including external genitalia), the similarities and difference between boys and girls
- ▶ That some parts of the body are private; to be able to name these private parts of the body

National PSHE Association

2026 Programmes of Study

KS2

- about parts of the body that are private; that other people's bodies belong to them and should be respected; how to express boundaries about these body parts
- the external genitalia and internal reproductive organs in males and females
- the emotional and physical changes that occur during puberty in both males and females; strategies to prepare for and manage these changes
- that people can develop crushes and be attracted to others romantically; that people may be attracted to someone of the same sex or different sex to them
- the facts about the menstrual cycle and menstrual wellbeing, including what period products are available; where to get help and advice for menstrual wellbeing
- ▶ Sex education
 - about the processes of reproduction and birth as part of the human lifecycle; how babies are
 - conceived and born; how babies need to be cared for

Scheme of Work - Year 5

How can I manage the changes to my body and emotions as I grow up?

Unit outcomes

Pupils who are **secure** will be able to:

- ✓ Explain what puberty is and why it happens.
- ✓ Describe the physical changes that occur during puberty, using correct scientific vocabulary.
- ✓ Explain how puberty changes affect hygiene and how good personal care supports health and cleanliness.
- ✓ Describe the range of emotions that may be experienced during puberty and explain why these can change over time.
- ✓ Identify trusted adults and people they can talk to for support or advice.
- ✓ Describe what a period is, why it happens and how it can be managed, including naming different products.
- ✓ Explain how unkind behaviour or comments about physical and emotional changes can affect others and suggest ways to show kindness and respect.
- ✓ Describe what personal boundaries are, explain why they are important, recognise when they may be crossed and suggest kind and assertive responses.

Lessons



Lesson 1: How will my body grow during puberty?

- ✓ To discuss the physical and emotional changes that happen during puberty.

[Get started >](#)



Lesson 2: How can I keep myself clean and hygienic?

- ✓ To explain why personal hygiene is important during puberty.

[Get started >](#)



Lesson 3: How can we treat others with kindness during puberty?

- ✓ To recognise how to treat others with kindness during puberty.

[Get started >](#)



Lesson 4: How can I manage my emotions and feelings during puberty?

- ✓ To identify emotions that may change during puberty and know who to talk to for support.

[Get started >](#)



Lesson 5: What is a period?

- ✓ To describe what a period is and how to manage it.

[Get started >](#)



Lesson 6: How can I challenge behaviour which crosses personal boundaries?

- ✓ To recognise personal boundaries and know how to respond when they are crossed.

[Get started >](#)

Scheme of Work - Year 6

How do people become parents and carers?

Unit outcomes

Pupils who are **secure** will be able to:

- ✓ Use scientific vocabulary to describe private body parts and explain why this is important.
- ✓ Ask questions safely and respectfully.
- ✓ Explain conception and name the body parts involved.
- ✓ Order the stages of pregnancy and describe how a foetus develops.
- ✓ Recall different ways babies can be born.
- ✓ Explain how families are formed.
- ✓ Describe babies' needs and how caring for a baby affects daily life.
- ✓ Explain what consent means and recognise when it is or is not given.
- ✓ Recall the legal age of consent in the UK.

Lessons



Lesson 1: Which words can we use to describe our private body parts?

- ✓ To use the correct scientific vocabulary to name private body parts respectfully.

[Get started >](#)



Lesson 2: How are babies made?

- ✓ To describe how a baby is made using scientific vocabulary.

[Get started >](#)



Lesson 3: What happens in pregnancy and how are babies born?

- ✓ To understand the stages of pregnancy and the different ways babies are born.

[Get started >](#)



Lesson 4: How are families formed?

- ✓ To recognise that families can be formed in different ways.

[Get started >](#)



Lesson 5: How does life change after having a baby?

- ✓ To consider some of the responsibilities of having a baby.

[Get started >](#)

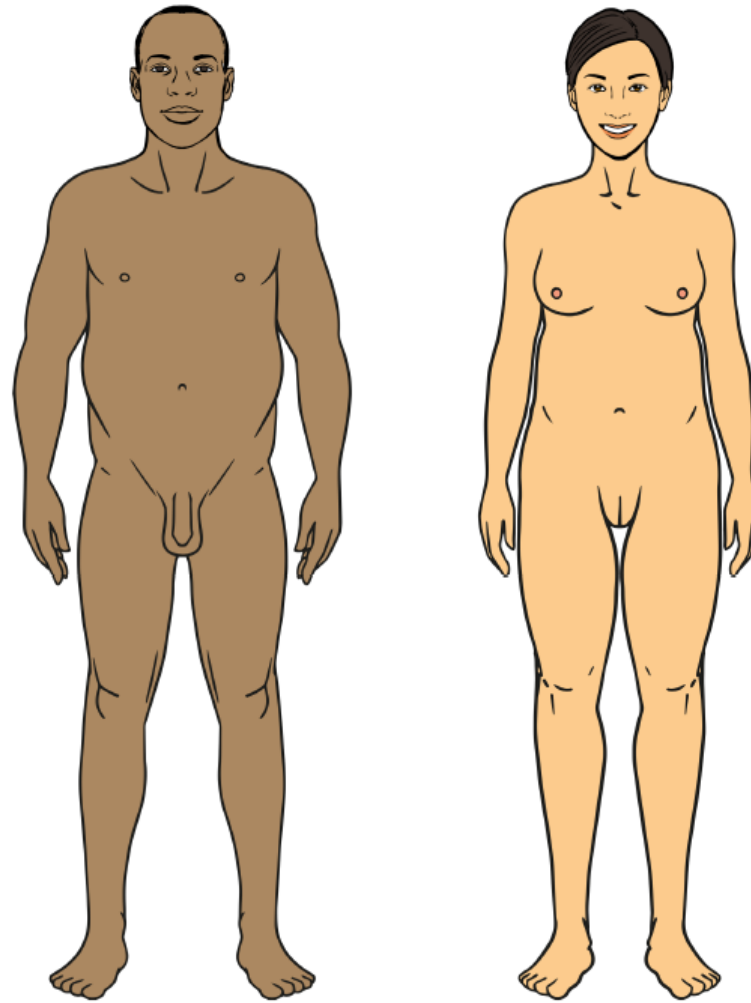


Lesson 6: What is consent?

- ✓ To understand what consent means.

[Get started >](#)

Lesson One



Penis

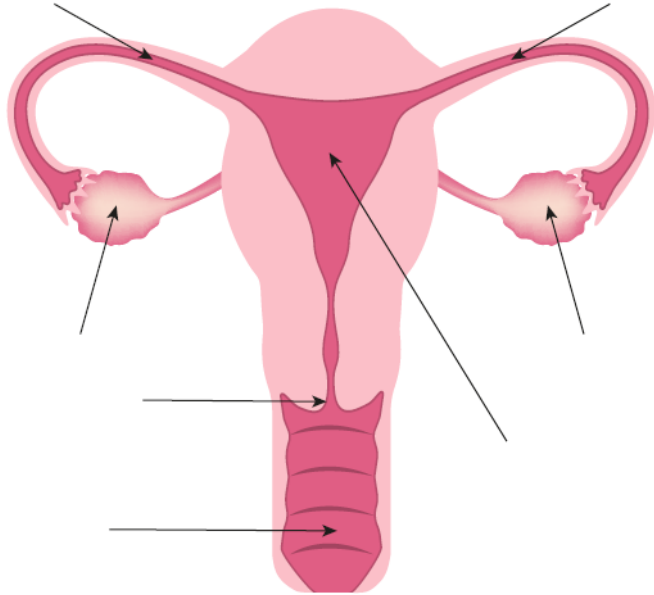
Breasts

Nipples

Scrotum/Testicles

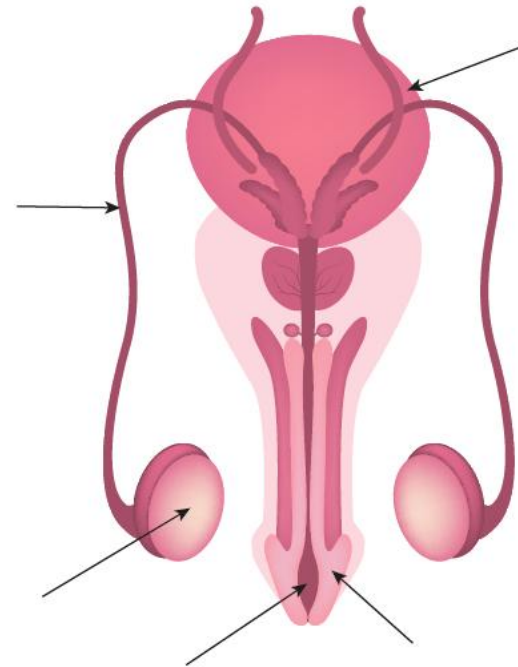
Vulva

|Female internal reproductive organs



| | | |
|----------------|-------|--------|
| Cervix | Ovary | Uterus |
| Fallopian tube | | Vagina |

|Male internal reproductive organ



| | | |
|------------|---------|----------|
| Penis | Bladder | Testicle |
| Sperm duct | | Urethra |

Second lesson

- Video on the science of the egg being released from the ovary, down the fallopian tube, into the lining of the womb.
- How to care for your body during this time
- Quiz after to cover any incorrect ideas.

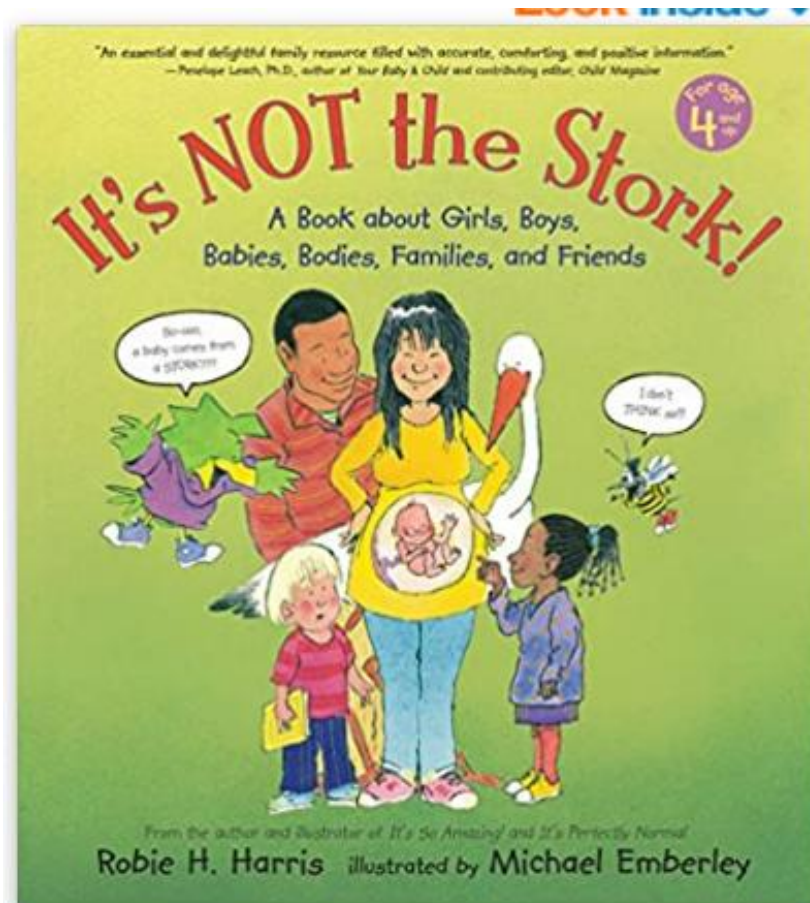
Key vocabulary

- Attraction
- Bladder
- Breasts
- Cervix
- Clitoris
- Decision
- Egg or ova
- Ejaculation
- Erection
- Fallopian tube
- Friend
- Influence
- Labia
- Menstruation/period
- Nipples
- Ovary/ovaries
- Private
- Puberty
- Pubic hair
- Scrotum
- Testicles/testes
- Vagina
- Vulva

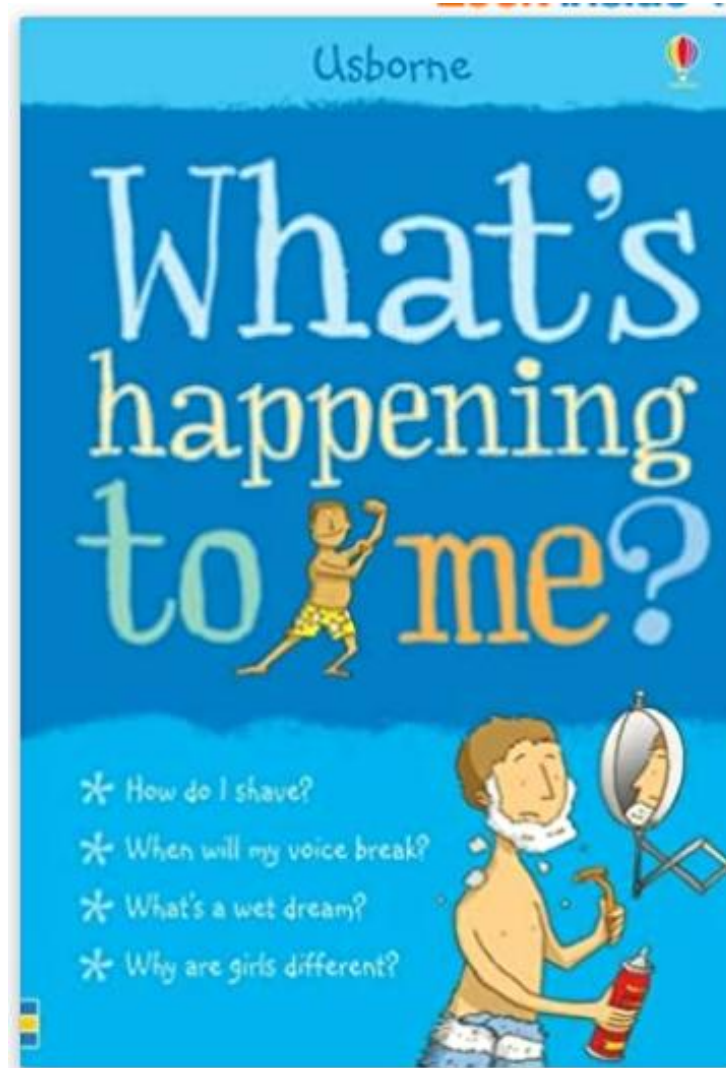
Helloflo: The Guide, Period



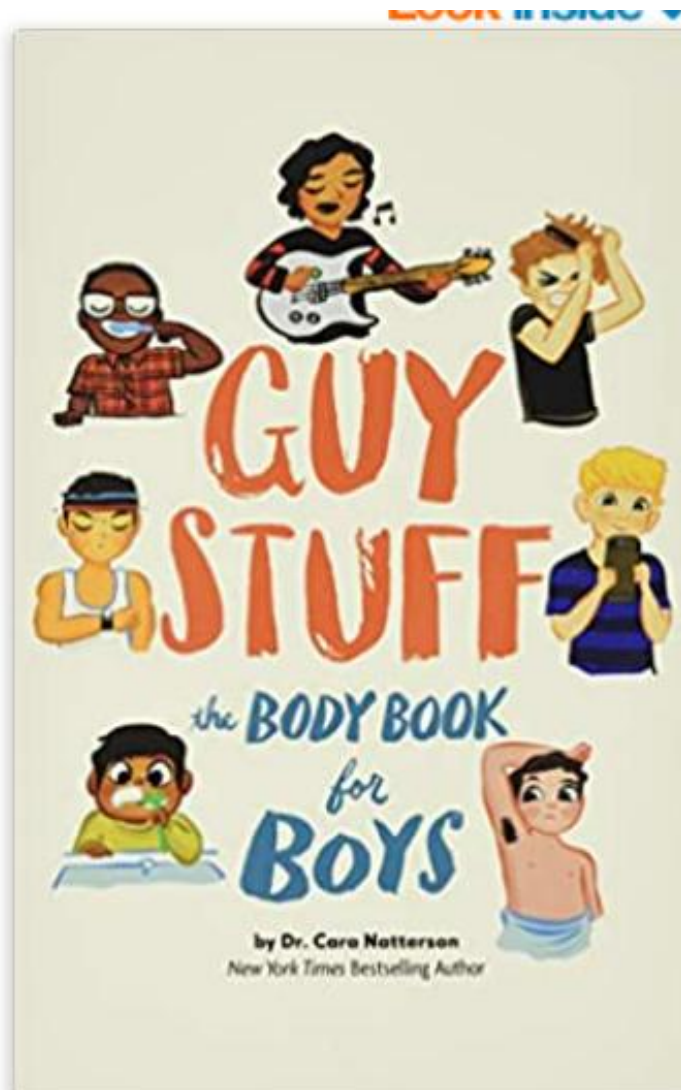
It's Not the Stork!: A Book about Girls, Boys, Babies, Bodies, Families and Friends



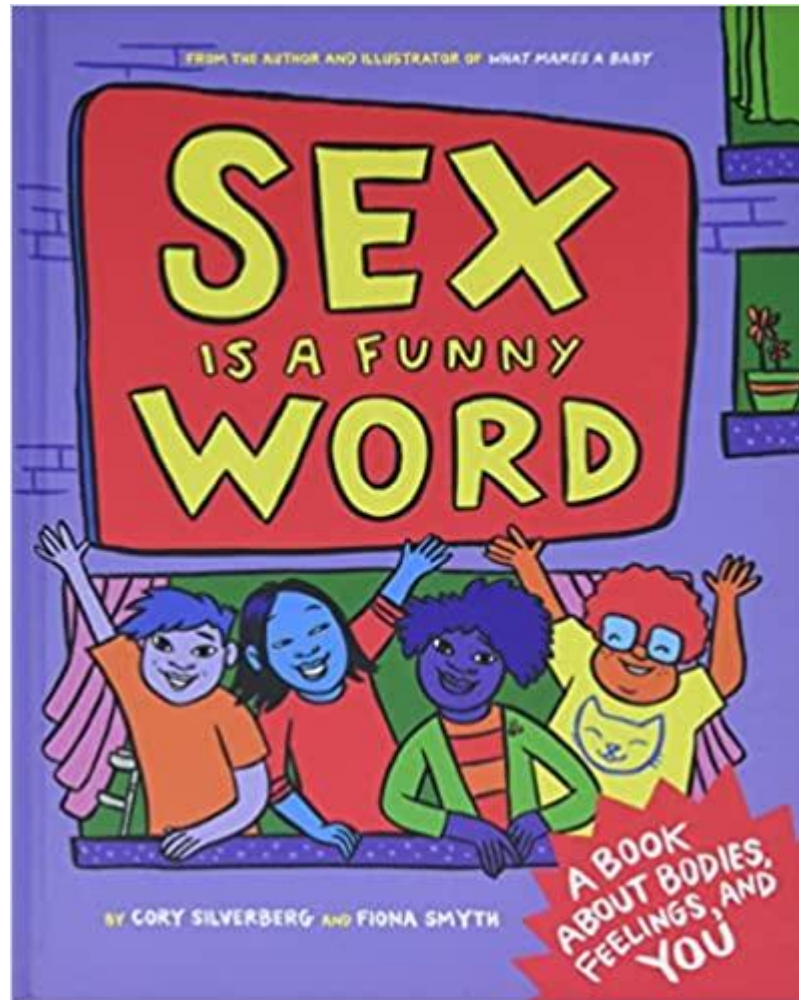
What's Happening To Me? (Boy)



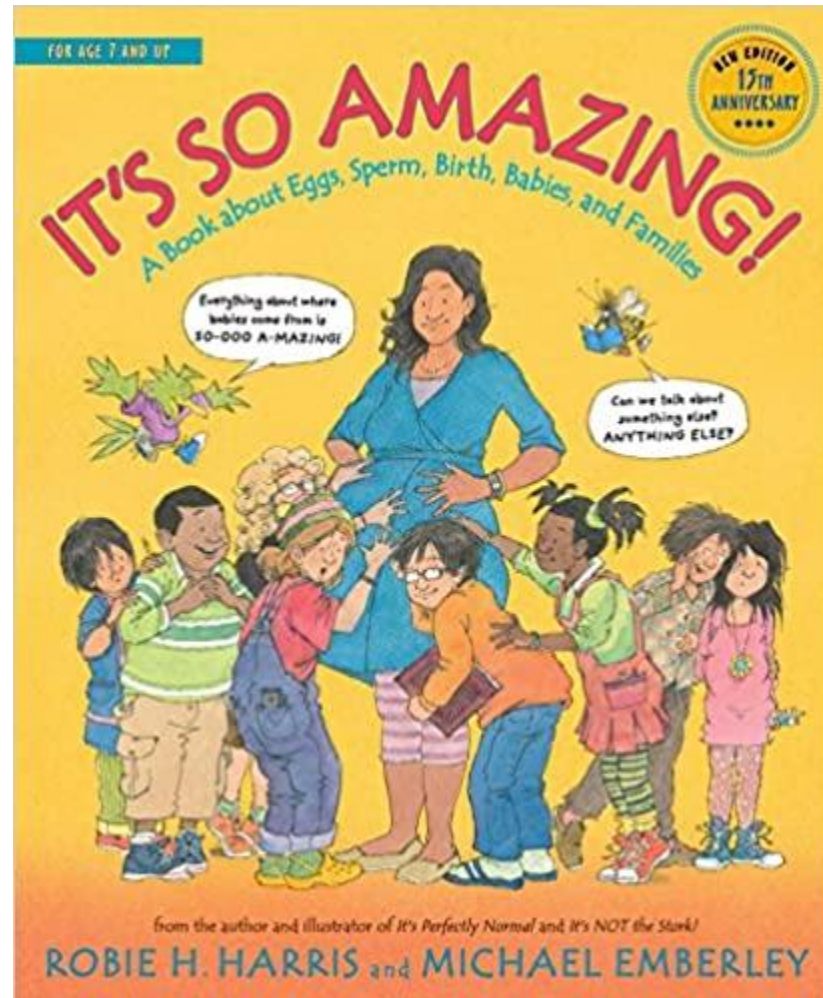
Guy Stuff: The Body Book For Boys



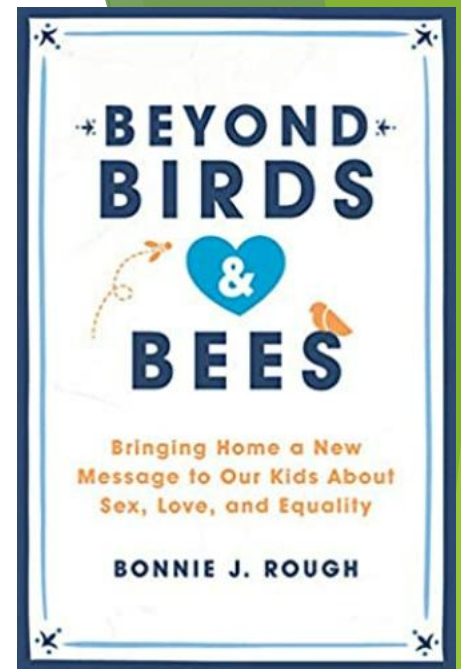
Sex Is a Funny Word: A Book about Bodies, Feelings, and YOU



It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families



Beyond Birds and Bees: Bringing Home a New Message to Our Kids About Sex, Love, and Equality



Any questions?

