



PSHE including RSE

Deer Park School

June 2020

PSHE including RSE



1. What is PSHE including RSE?
2. Why we teach it and what it will include?
3. How do we teach it?
4. Overview of the scheme of work for each year group.
5. The right to withdrawal.
6. Questions



What is PSHE and RSE?

- Relationships and sex education is taught through our PSHE (Personal, Social, Health and Economic) curriculum
- Relationships and Health Education is compulsory in primary schools
- Sex education is not compulsory in primary schools, though the Department for Education *‘continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.’*
- As with the whole curriculum, PSHE including RSE, is best taught as a partnership between schools and parents



Aims and ethos of our PSHE including RSE curriculum

Gives children the knowledge, understanding and practical skills to live safe, healthy, productive lives with positive attitudes in order to; meet their full potential.

What will we teach?

The PSHE and RSE curriculum is age-appropriate, building knowledge and life skills over time in a way that prepares pupils for what is coming next in their development.

The focus is on:

- **Different types of relationships**, including friendships, family relationships and dealing with strangers.
- **How to recognise, understand and build healthy relationships**, including self-respect and respect for others, commitment, tolerance, boundaries and consent and how to manage conflict, and how to recognise unhealthy relationships.
- **Growing and changing, including puberty** (which is taught in year 4); personal hygiene; changing feelings; becoming more independent; conception and pregnancy (Year 6).



Why is it important?

- Children are at risk of sexual exploitation, sexual abuse and grooming
- Children do not know how to deal with cyberbullying, sexting and sexual bullying/harassment
- The digital world is a mine field for young minds
- Children have access to pornography
- Changing relationship expectations and a growing number of abusive teenage relationships
- Child Protection and safeguarding
- Children AND parents have asked for RSE to be delivered in schools
- Children are exposed to unrealistic images of how they should look

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How do we teach it?

At Deer Park we teach PSHE including RSE by using the PSHE association resources and the **'growing and changing'** part of the RSE curriculum using The Christopher Winter Project resources.

- A RSE programme of study (reception through to Year 6)
- Spiralling programme building on skills and knowledge.
- A key aspect of research in this area is that we must use scientific terms for body parts

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Schemes of Work: Early Years

- Families
- Keeping ourselves clean
- Our Day

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Schemes of Work: Year 1

- Understand that babies need care and support
- Know that older children can do more by themselves
- Label basic parts of the human body including –
penis and vulva



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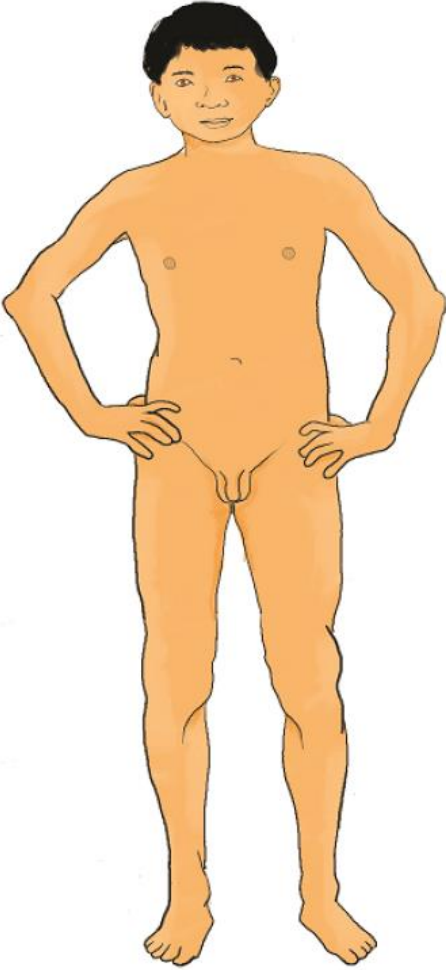
Schemes of Work: Year 2

- Understand that some people have fixed ideas about what boys and girls can do. Describe the difference between male and female babies.
- Understand that making a new life needs a male and a female.
- Describe the physical differences between males and females. Name male and female body parts.

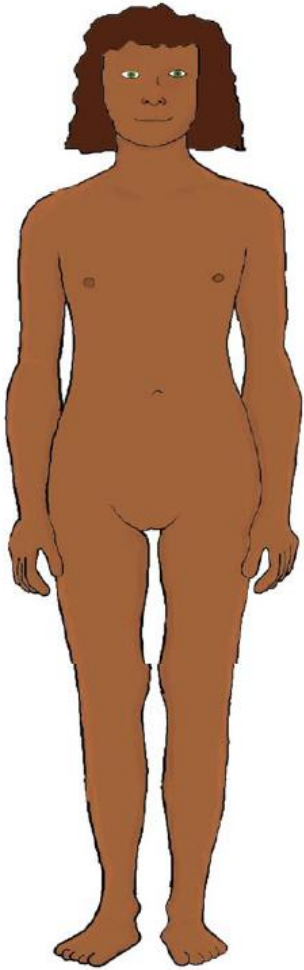
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Year 2



- Arms
- Feet
- Vulva
- Hand
- Penis
- Eyes
- Click to add text
- Nipple
- Nose
- Testicles
- Ear
- Knees



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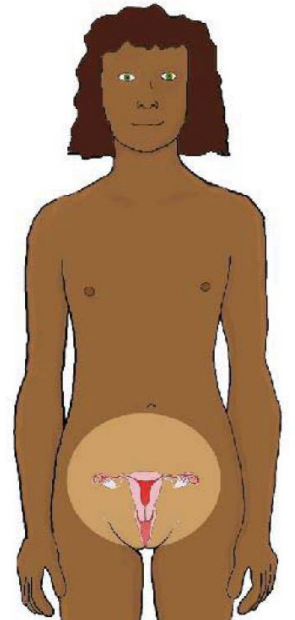
Schemes of Work: Year 3

- Know and respect the body differences between ourselves and others.
- Name male and female body parts using agreed words.

Show the drawing of male and female children and ask the class to name all the body parts they can see; which body parts are similar for males and females? Remind them that the difference is the private parts.

Clarify that the vagina is inside the body and leads up to the uterus, which is the part of the body where a baby can grow.

Ensure the pupils understand the words penis, testicles, vulva, vagina and uterus.

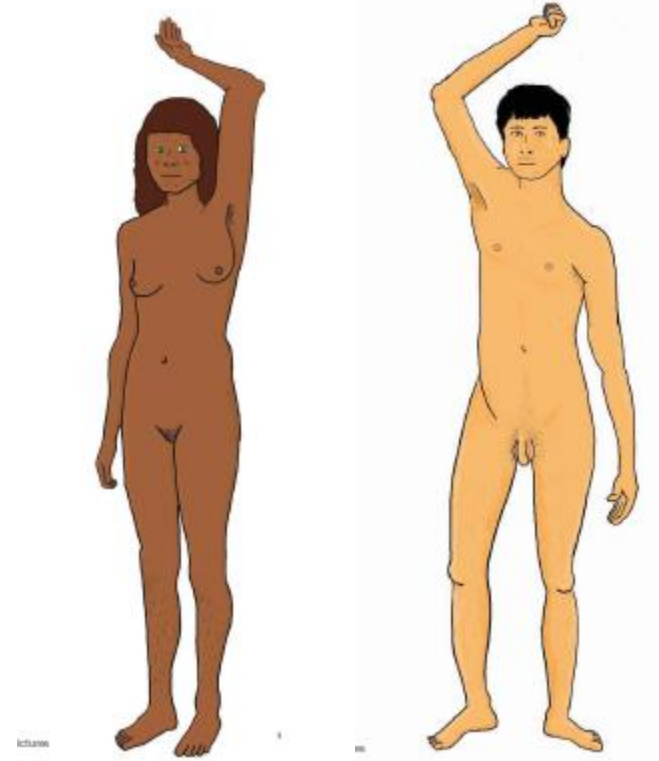


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Schemes of Work: Year 4

- To explore the human lifecycle
- To identify some basic facts about puberty
- To explore how puberty is linked to reproduction
- To explore respect in a range of relationships
- To discuss the characteristics of healthy relationships
- Understand the importance of personal hygiene



Year 4



Puberty Card Sort

1. Between the ages of 8 and 16 the human body changes a lot both inside and out. This is called puberty.

8 - 16

2. Chemicals called hormones make the changes happen. We all change at different times and in different ways because we are all unique.



3. People get more hair on their bodies including facial hair, armpit hair and hair around the private parts.



4. Armpits start to smell, and people might choose to use a deodorant.



5. The skin becomes oilier and teenagers may get spots.



6. Teenagers' moods can go up and down. They can get strong feelings for others and may get a boyfriend or girlfriend.



7. Females develop breasts. They start to have their period, a tiny egg is released each month and there is a small amount of bleeding.



8. Males might have a wet dream. When they wake up they might have a sticky patch on their pyjamas. It is a sign that they have started to produce sperm.



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Year 5 PSHE including RSE curriculum



- To explore the emotional and physical changes occurring in puberty
- To understand male and female puberty changes in more detail
- To understand how puberty relates to human reproduction
- To explore the impact of puberty on the body and the importance of personal hygiene
- To know about the diversity of gender, sexuality and orientation
- To understand personal expression and how gender stereotypes form restrictive boundaries
- To recognise harmful or discriminatory views and be able to identify their effects on individuals and communities

Year 5 Science curriculum

- Describe the changes as humans develop to old age - this includes learning about the changes experienced in puberty and that they are gender specific

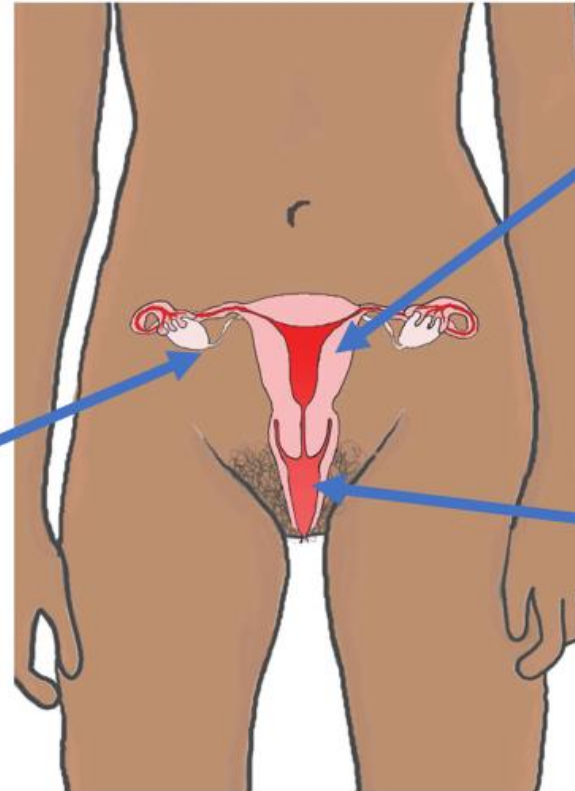
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Year 5



Ovaries

There are two ovaries – they are connected to the uterus by the fallopian tubes. The ovaries contain the female sex cells which are called eggs or ova.



Uterus

The uterus is sometimes called the womb. If a female chooses to have a baby the uterus is where the baby develops

Vagina

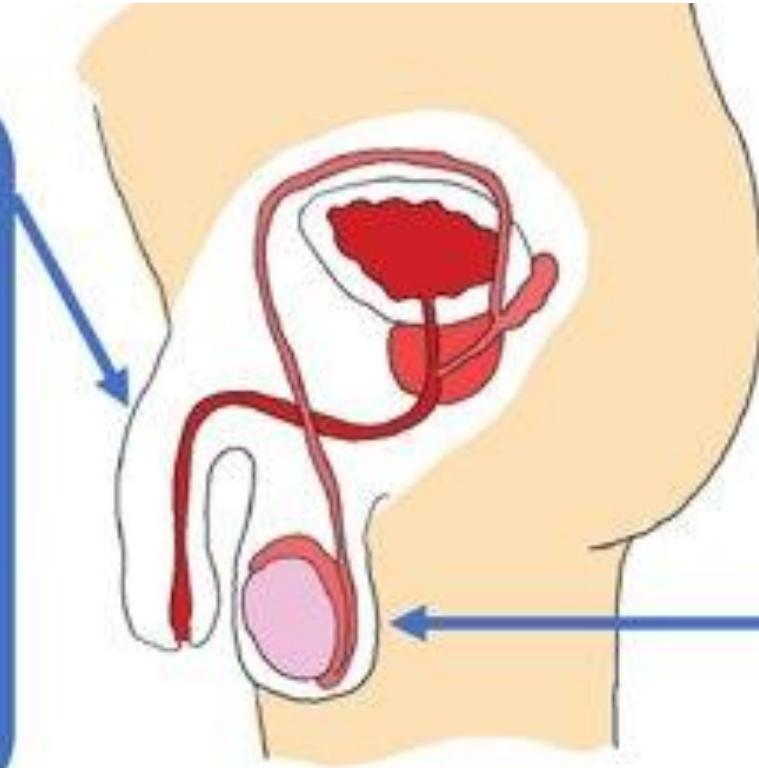
The vagina is the passageway that connects the uterus to the outside of the body.



Year 5

Penis

The penis usually is soft and hangs down. Sometimes the penis becomes hard and stands out from the body. This is called an erection.



Testicles

There are two testicles behind the penis – they are held in a sac of skin called the scrotum. During puberty the testicles start to produce the male sex cells which are called sperm.

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Schemes of Work: Year 6

- To consider puberty, reproduction including conception (conception is the only part a child can be withdrawn from)
- Exploring the importance of communication and respect in relationships
- To consider different ways people might start a family
- To explore positive and negative ways of communicating in a relationship
- To know about the diversity of gender, sexuality and orientation.
- To understand and value their own methods of self-expression, and those of their peers.
- To recognise harmful or discriminatory views and be able to identify their effects on individuals and communities.

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Year 6

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|---|--|
| 1. Why do our bodies change during puberty? | Our bodies change during puberty so that when we become adults we are able to make babies. |
| 2. What is an egg? | An egg comes from the woman; it is what is needed to make a baby. |
| 3. What is menstruation? | Menstruation is the word for a girl's monthly period. |
| 4. What happens during a girl's monthly period? | A small amount of bleeding occurs as the egg and the lining of the womb pass out through the vagina. |
| 5. What is sperm? | Sperm comes from the male; it is what is needed to make a baby. Each sperm is so tiny you would need a microscope to see that they are shaped like tadpoles. |
| 6. Where are sperm made | Sperm are made in the testicles. |



The right to withdrawal from September 2020

In primary schools:

Parents will not be able to withdraw their children from any aspect of Relationships Education or Health Education (which includes learning about the changing adolescent body and puberty).

Parents will be able to withdraw their children from sex education lessons about conception. Taught in Year 6. Although this area is not statutory in primary schools. We have decided to follow new non-statutory guidance that makes it clear that schools should still provide a programme of age-appropriate sex education.

All requests for withdrawal, in year 6, must be in writing to the headteacher. Please see the RSE policy for further information. However, we are more than happy to answer any questions you might have.



Questions?