



Sexuality and Relationship Education

Lesson	Year 3	Year 4	Year 5	Year 6
1	<p>What makes a good friend</p> <ul style="list-style-type: none"> To be aware of the different types of relationships between friends To develop the skills to be effective in relationships 	<p>Family differences</p> <ul style="list-style-type: none"> To explore different types of families. To know who to go to for help and support To understand that all families are different. 	<p>Friendships</p> <ul style="list-style-type: none"> To understand that similarities and differences between people contribute to a diversity of friendships and interdependence between friendships To be able to talk about opinions and explain their views on friendship To be able to resolve differences by looking at alternatives, making decisions and explaining choices. 	<p>What is love?</p> <ul style="list-style-type: none"> To develop positive relationships and values towards the formation of a wide variety of relationships.
2	<p>Friendships – developing empathy</p> <ul style="list-style-type: none"> To learn to be sensitive towards the feelings of others and feel positive about themselves To make and maintain friendships 	<p>Human lifecycle</p> <ul style="list-style-type: none"> To understand the main stages of the human lifecycle To understand that as you grow up you change and become more responsible for different things 	<p>Physical changes at puberty</p> <ul style="list-style-type: none"> To understand the physical changes that the body goes through during puberty. To understand why the body changes at puberty. 	<p>Puberty (importance of physical hygiene and emotional changes)</p> <ul style="list-style-type: none"> To understand how to stay clean during puberty. To acknowledge how emotions change during puberty. To know where to get help and support during puberty.
3	<p>Similarities and differences in male/female</p> <ul style="list-style-type: none"> To introduce the concept of male and female and gender stereotypes To identify differences between males and females. To be aware that boys and girls can be the same and different 	<p>Physical differences between males and females</p> <ul style="list-style-type: none"> To describe the physical differences between males and females. To name the male and female body parts. 	<p>Puberty – boys/girls groups</p> <ul style="list-style-type: none"> To understand how puberty affects the body and the emotions. To understand how puberty affects boys and girls differently To raise awareness of how to manage physical and emotional changes. 	<p>Reproduction</p> <ul style="list-style-type: none"> To know how and why body changes during puberty in preparation for reproduction. To understand how a baby is made.
4	<p>Appropriate and inappropriate touch</p> <ul style="list-style-type: none"> To consider different types of touch that people like and do not like To understand what is the meaning of personal space To know ways of dealing with unwanted touch 	<p>Growing up and keeping safe</p> <ul style="list-style-type: none"> To understand that it is every child's right to feel safe and secure. To learn strategies for keeping safe. To know where to go for support and advice if feeling unsafe and insecure. 	<p>Puberty – reproductive systems</p> <ul style="list-style-type: none"> To ask questions about puberty with confidence. To understand more detailed words for the reproductive systems 	<p>Relationships, conception and pregnancy</p> <ul style="list-style-type: none"> To raise awareness of different types of adult relationships with confidence. To know how babies develop, are born and are fed.