



Dorothy Barley Junior Academy Sex and Relationships Education Overview



Year Group	Objectives and lessons
Year 3	<p>2-hour lesson (one afternoon mixed boys and girls)</p> <ul style="list-style-type: none">• Explore stereotypes between boys and girls – how are they similar and different?• Know that puberty happens differently for everyone and begins and ends at different times.• Understand that body changes at puberty are linked to human reproduction.• Label basic picture of boy/ girl with changes of puberty appropriate to your year group (e.g. grow taller, spots, squeaky voice and begin to use appropriate vocabulary for body parts etc.)• Understand the different stages of a life cycle and how we grow (example, baby, toddler etc.) What can we do at each stage?
Year 4	<p>2-hour lesson (one afternoon mixed girls and boys)</p> <ul style="list-style-type: none">• Looking at how boys and girls respond differently to changes in puberty (see Fran and Josh’s story to encourage discussion on Healthy Schools website resource)• Labelling the changes that happen during puberty appropriate to your year group (e.g. hair grows, sweat more)• Changing relationship scenarios- how do relationships change as you go through puberty (for example, you might want to keep your diary private to your siblings) – Healthy Schools website resource cards.• Understand that babies are made when a sperm meets an egg. Watch a video about how fertilisation takes place. Discuss what a new baby needs to stay healthy.
Year 5	<p>2-hour lesson</p> <ul style="list-style-type: none">• Explore the way relationships can change through puberty. Discuss the different types of relationships that can occur and how they might be different.• Learn how a baby is made through conception and how it develops in the womb.• To know what pregnancy is and how long a pregnancy takes.• Explore how a new mum stays healthy. <p>1-hour lesson</p>

	Split the boys and girls separately. Talk about the changes that happen during puberty. Label a picture of a girl/ boy looking at changes appropriate to your year group (for example genitals getting bigger, talk about the body part using the correct vocabulary etc.)
Year 6	<p>2-hour lesson</p> <ul style="list-style-type: none"> • Discuss personal hygiene and what things we can do to keep clean. • Discuss the different type of relationships we see – man and a woman, man and man etc (including homophobia and why this can have a negative impact on society) • Know the key male and female body parts associated with conception and pregnancy • Can define conception and understand the importance of implantation in the womb – look at how a baby develops • Know what pregnancy is, where it occurs and how long it takes. Label some pictures of the development stages of a baby. <p>1-hour lesson</p> <ul style="list-style-type: none"> • Split the boys and girls separately. Talk about the changes that happen during puberty. Label a picture of a girl/ boy looking at changes appropriate to your year group (for example periods, body odour)

Helpful resources at http://www.healthyschools.london.gov.uk/sites/default/files/pri_SRE%20pack_sample.pdf.

Also, under curriculum – 2018-19- PSHCE- SRE there are a bank of resources to use.