



# 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"><li>• Explore stereotypes between boys and girls – how are they similar and different?</li><li>• Know that puberty happens differently for everyone and begins and ends at different times.</li><li>• Understand that body changes at puberty are linked to human reproduction.</li><li>• 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.)</li><li>• Understand the different stages of a life cycle and how we grow (example, baby, toddler etc.) What can we do at each stage?</li></ul>
Year 4	<p>2-hour lesson (one afternoon mixed girls and boys)</p> <ul style="list-style-type: none"><li>• Looking at how boys and girls respond differently to changes in puberty (see Fran and Josh’s story to encourage discussion on <a href="#">Healthy Schools website resource</a>)</li><li>• Labelling the changes that happen during puberty appropriate to your year group (e.g. hair grows, sweat more)</li><li>• 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) – <a href="#">Healthy Schools website resource cards</a>.</li><li>• 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.</li></ul>
Year 5	<p>2-hour lesson</p> <ul style="list-style-type: none"><li>• Explore the way relationships can change through puberty. Discuss the different types of relationships that can occur and how they might be different.</li><li>• Learn how a baby is made through conception and how it develops in the womb.</li><li>• To know what pregnancy is and how long a pregnancy takes.</li><li>• Explore how a new mum stays healthy.</li></ul> <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.)
<b>Year 6</b>	<p>2-hour lesson</p> <ul style="list-style-type: none"> <li>• Discuss personal hygiene and what things we can do to keep clean.</li> <li>• 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)</li> <li>• Know the key male and female body parts associated with conception and pregnancy</li> <li>• Can define conception and understand the importance of implantation in the womb – look at how a baby develops</li> <li>• Know what pregnancy is, where it occurs and how long it takes. Label some pictures of the development stages of a baby.</li> </ul> <p>1-hour lesson</p> <ul style="list-style-type: none"> <li>• 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)</li> </ul>

Helpful resources at [http://www.healthyschools.london.gov.uk/sites/default/files/pri\\_SRE%20pack\\_sample.pdf](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.