

## Dorothy Barley Junior Academy SRE overview

<p>Cherry Class Topic Focus: <b>Being the Healthiest Me</b> Lessons 1 and 2. (1 afternoon)</p>	<p>Being the Healthiest Me</p> <ul style="list-style-type: none"> <li>· To recognise what makes us special and unique</li> <li>· To understand our likes and dislikes</li> </ul> <p>To recognise our strengths and weaknesses</p> <p>Name different emotions we might feel</p> <ul style="list-style-type: none"> <li>· Understand our different feelings</li> <li>· Know how to manage our feelings and tell someone when we find things difficult</li> </ul>
<p>Year 3</p> <p><b>Topic focus: Looking after me</b></p> <p>Lesson 1, lesson 2, Lesson 6 (1 afternoon)</p>	<p>Looking after me:</p> <ul style="list-style-type: none"> <li>• To know how everyday hygiene rules help us to stay clean and safe</li> <li>• To understand the importance of the amount of sleep we get</li> <li>• To know how to maintain good oral hygiene</li> <li>• To understand that everyone is unique and has valuable contributions to make</li> <li>• To understand how strengths and interests form a person's identity</li> <li>• To think about strategies to manage setbacks e.g ask for help</li> </ul>
<p><b>Year 4</b></p> <p><b>Topic Focus: Puberty (Book ordered: Hair in Funny places</b></p> <p>(1 Afternoon 2 hour session mixed)</p>	<p>Puberty:</p> <ul style="list-style-type: none"> <li>• To understand key stages of the human life cycle</li> <li>• To use the correct names for the main parts of the body, including external genitalia</li> <li>• To understand what puberty is and where it happens within the life cycle and where to get support</li> <li>• To understand why we can have strong feelings and mood swings</li> <li>• To know how to keep ourselves clean</li> <li>• Find strategies that can boost our mind and improve emotional wellbeing</li> </ul>
<p>Year 5</p> <p><b>Topic Focus: Growing up.</b></p>	<p>Growing up</p> <ul style="list-style-type: none"> <li>• To recap the human life cycle</li> <li>• To identify the external genitalia and internal reproductive organs in males and females</li> </ul>

<p>(1 afternoon session mixed)</p>	<ul style="list-style-type: none"> <li>• To understand emotional and physical changes that happen during puberty (Menstruation and wet dreams)</li> <li>• To understand changes in relationships due to puberty</li> <li>• To understand that we can have different emotions and to find strategies to deal with them</li> <li>• To know who to discuss any issues or challenges with</li> </ul>
<p>Year 6</p> <p>2 hour lesson use the objectives to plan.</p> <p>Sex Education focus: Reproduction Lesson 1, 2, 3, 4</p>	<p>2 hour lesson one afternoon (statuary)</p> <ul style="list-style-type: none"> <li>• To recap changes that happen during puberty, including periods</li> <li>• To understand why we can have strong feelings and mood swings</li> <li>• To think about strategies to improve independence.</li> <li>• Explore strategies about how to cope when relationships change e.g when starting secondary school</li> <li>• To know who to speak to if we have an issue or need someone to talk to</li> </ul> <p><b>Sex Education: Reproduction (Parental consent must be given and boys and girls will be split up)</b></p> <ul style="list-style-type: none"> <li>• To identify parts of the male and female reproductive system</li> <li>• To understand the process of reproduction in humans</li> <li>• To describe a safe and loving relationship</li> <li>• To understand the needs of a baby and how to look after them</li> <li>• To understand that there are different ways of creating a family unit</li> </ul>