



Curriculum Overview Subject: Relationship and Sex Education

Years: 4 and 5 (ages 9-10)

'We create a nurturing environment which both inspires and challenges our whole school family, equipping our children to have high aspirations to: 'Dream big, love God and live well.'

Curriculum Design taken from the www.sexeducationforum.org.uk (published in May 2018)

This document was launched in partnership with the PSHE Association.

Highlighted are the questions from the RSE Curriculum Design already covered in the PSHE Curriculum at Bishop King

RSE Curriculum Themes	Questions <u>NOT</u> covered on the PSHE Curriculum	To be taught within the Science curriculum	To be taught within the PSHE curriculum
Relationships			
My Body			
Feelings/Attitudes	<p>What are sexual feelings? What are wet dreams? What is masturbation? Is it normal? – These questions could be answered in PSHE learning of Ourselves, Growing and Changing What should I do if my family or friends don't see things the way I do? Our right to make our own decisions</p>		Year 5: RSE: Summer 2
Lifecycle/Human Reproduction	<p>What is sex? What is sexual intercourse? - <u>at what age is it legal to have sex?</u> How many sperm does a man produce? How many eggs does a woman have? How do sperm reach the egg to make a baby? Does conception always occur or can it be prevented?</p>	Year 5: Science : Spring 2	Year 4: RSE: Summer 2

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	<p>How do families with same-sex parents have babies? – This could be covered when exploring diversity in families in PSHE</p> <p>How does the baby develop? How is the baby born?</p> <p>What does a new baby need to keep it happy and healthy? – This could be included in PSHE What makes me healthy, could we start from birth to where we are now?</p>		
<p>Keeping Safe and Looking After Myself (Giving the children the ability to safeguard themselves)</p> <p>What are our priorities at Bishop King? - Underlined questions allow us to explore how children and young people can safeguard themselves.</p>	<p>How can people get <u>diseases from sex</u> and can they be <u>prevented</u>?</p> <p>What is <u>HIV</u>, how do you get it and how can you protect yourself from it?</p>	<p>Year 5: Science : Spring 2</p>	<p>Year 5: PSHE: Summer 1</p>
<p>People Help Me/Getting Advice</p>	<p>Where can I find <u>information</u> about puberty and sex?</p> <p>How can I find reliable information about these things safely on the internet?</p> <p>https://www.lovese.org.uk/ -Loveswise is a charity that seeks to help parents, youth groups and schools by providing presentations on the subjects of marriage, sex and relationships from a Christian perspective.</p> <p>https://www.brook.org.uk - Healthy lives for Young People, free and confidential sexual health and wellbeing support.</p> <p>https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships</p> <p>https://www.changegrowlive.org/advice-info/under-21-advice/relationships - support for young people and parents. Explore healthy and unhealthy relationships.</p> <p>https://www.thinkuknow.co.uk/parents/Listing/?cat=66,72,73&ref=4767#mMain - Support for parents if they are concerned about their child. Explores sexual exploitation, sexualised behaviour online and how to appropriately talk to your child.</p>	<p>Year 4: Science: Spring 1</p>	



Extra Support from <https://www.bigtalkeducation.co.uk/rse-information-and-support-for-schools/what-and-when-sre-rse/>

Age 8 to 9: By this age children need to be taught about the emotional and physical changes of growing up, coping strategies for different emotions, as well as looking after their bodies and the onset of puberty. We find that some girls may even be starting their periods in year 4, so it is critical that they have this knowledge at this age. We also recommend giving a gentle introduction to reproduction, this is the point at which we find we are able to tell children before they have received a muddled version from an older sibling or peers have been looking online for the definition of “sex”.

Whilst some parents and teachers may question this age, it is important to know that ‘sex’ is spoken and sung about, widely in the media including in pop music aimed at children (e.g. Little Mix). If children type this simple word into the internet to find out what it means they will be presented with graphic and often disturbing images, so it is better to educate the children in a gentle age appropriate manner, than to leave them hungry for information.

Age 9 to 11: At these ages it is important to review the previous information taught, as children tend to absorb and retain elements of the information when it is of relevance to them. So we allow children to ask more questions in these year groups, to ensure they understand what they have been taught and fill in any gaps in knowledge. They will often want more details on conception, how babies develop (including twins) and are born. Sometimes they ask how people can get germs from sex and how they can be prevented, or there may be curiosity about feelings or body image – each group is different.

Things to consider

- Church School Values – what does the bible tell us about sex before marriage?