

## Relationships, Sex and Health Education

All pupils must be taught the aspects of sex education outlined in the primary science curriculum – which includes teaching about the main external parts of the human body, how the human body changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.

Within the statutory guidance document for RSHE, the DfE also encourages schools to deliver age-appropriate sex education. At Creech St Michael Primary School, we feel that it is crucial for our children to have the option to learn about the themes of conception and reproduction in additional age-appropriate detail than that which is delivered via the science curriculum.

We intend to teach this non- statutory content in the 'Changing Me' Unit of our Jigsaw PSHE programme.

Year Group	Changing Me Overview Summer Term 2
R	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
1	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
2	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
3	How babies grow Understanding a baby's needs Outside body changes Family stereotypes Challenging my ideas Preparing for transition
4	Being unique Having a baby Inside body changes (moved from year 3) Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
5	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception Growing responsibility Coping with change

	Preparing for transition
6	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

In particular, the additional lessons to that which is required by law will take place in the following year groups:

Year Group and lesson:	Learning intentions:
Year 4 lesson 1 (Unique Me)	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.
Year 4, Lesson 2 (Having a baby)	I can correctly label the internal and external parts of female and male bodies that are necessary for making a baby.
Year 5, Lesson 4 (Conception)	I understand the sexual intercourse can lead to conception and that is how babies are usually born.
Year 6, Lesson 4 (Conception, birth)	I can describe how a baby develops from conception through the nine months of pregnancy and how it is born.

Please see the RSHE policy for further details.