

Sex and Relationships Education

Years 3 and 4



resources

Primary schools

- 1.12** The Department recommends that all primary schools should have a sex and relationship education programme tailored to the age and the physical and emotional maturity of the children. It should ensure that both boys and girls know about puberty and how a baby is born – as set out in Key Stages 1 and 2 of the National Science Curriculum. Section 3 gives further information on what should be taught at these stages and how this should be rooted in the PSHE framework.
- 1.13** All children, including those who develop earlier than the average, need to know about puberty before they experience the onset of physical changes. In the early primary school years, education about relationships needs to focus on friendship, bullying and the building of self-esteem.
- 1.14** Meeting these objectives will require a graduated, age-appropriate programme of sex and relationship education. Teaching methods need to take account of the developmental differences of children and the potential for discussion on a one-to-one basis or in small groups. Schools should set a framework for establishing what is appropriate and inappropriate in a whole-class setting. Teachers may require support and training in answering questions that are better not dealt with in front of a whole class.
- 1.15** It is important that the transition year before moving to secondary schools supports pupils' ongoing emotional and physical development effectively. As well as consulting parents more generally about the school's overall policy, primary schools should consult with parents before the transition year about the detailed content of what will be taught. This process should include offering parents



The Education Act 2002 sets out the statutory duties which all schools, including academies, are required to meet: 'Every state-funded school must offer a curriculum which is balanced and broadly based and which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life'

Under the Children Act 2004 schools have a duty to promote the well-being of their pupils and good quality SRE contributes to this duty.

The National Curriculum Framework Document (2013) states that: 'All maintained schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

Parents/carers have the right to withdraw their children from all or some of the SRE provided.

The Legislation

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Sex education to be compulsory in England's schools

By Katherine Sellgren
BBC News education reporter

1 March 2017



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resources

Reception Our Lives

Lesson 1: **Our Day**

Lesson 2: **Keeping Ourselves Clean**

Lesson 3: **Families**

Year 1 Growing and Caring For Ourselves

Lesson 1: **Keeping Clean**

Lesson 2: **Growing and Changing**

Lesson 3: **Families and Care**

Year 2 Differences

Lesson 1: **Differences: Boys and Girls**

Lesson 2: **Differences: Male and Female**

Lesson 3: **Naming the Body Parts**

Year 3 Valuing Difference and Keeping Safe

Lesson 1: **Differences: Male and Female**

Lesson 2: **Personal Space**

Lesson 3: **Family Differences**

Year 4 Growing Up

Lesson 1: **Growing and Changing**

Lesson 2: **What is Puberty?**

Lesson 3: **Puberty Changes and Reproduction**

Year 5 Puberty

Lesson 1: **Talking about Puberty**

Lesson 2: **Male and Female Changes**

Lesson 3: **Puberty and Hygiene**

Year 6 Puberty, Relationships and Reproduction

Lesson 1: **Puberty and Reproduction**

Lesson 2: **Understanding Relationships**

Lesson 3: **Conception and Pregnancy**

Lesson 4: **Communication in Relationships**



Core Theme 1: Health and Wellbeing

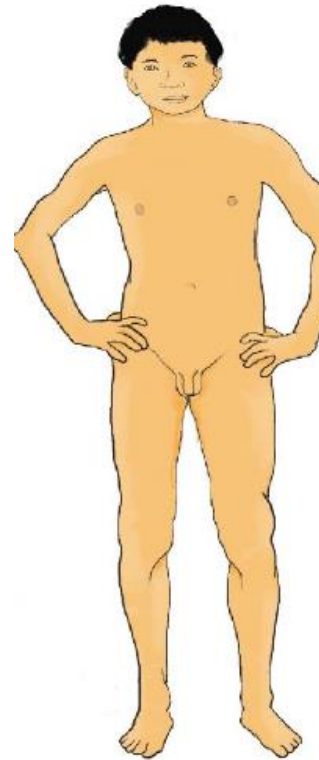
- The names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
- To recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong

Core Theme 2: Relationships

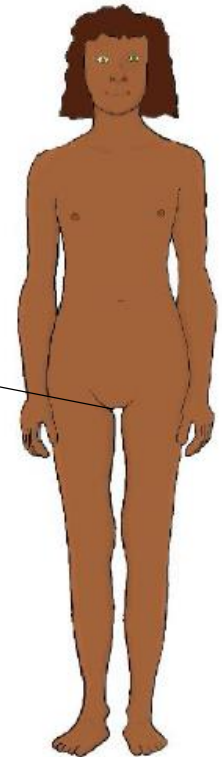
- To be aware of different types of relationship, including those between friends and families, civil partnerships and marriage
- To judge what kind of physical contact is acceptable or unacceptable and how to respond



Male



Female



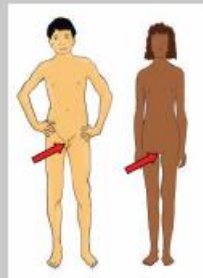
Key Words: penis, testicles, vagina and womb.

Male and female matching cards

1.
Males and females have lots of body parts that are the same



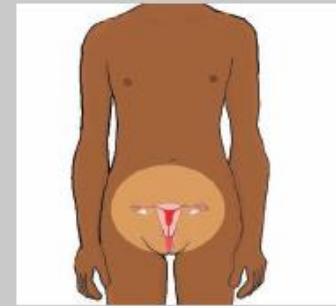
2.
One difference between male and female bodies is their private parts



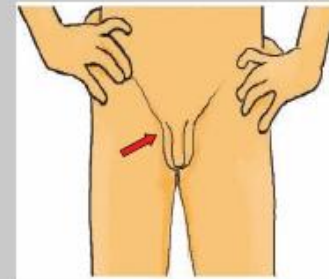
3.
Only females have a vagina



4.
The vagina is inside the body and leads to the womb



5.
Only males have a penis and two testicles



6.
Males and females need their different private parts if they choose to have a baby when they grow up



Identify different types of touch that people like and do not like

Understand personal space

Talk about ways of dealing with unwanted touch

- Ask the person to stop
- Tell an adult they trust
- Move away from the person
- Tell another adult if the first one doesn't believe them

Core Theme 1: Health and Wellbeing

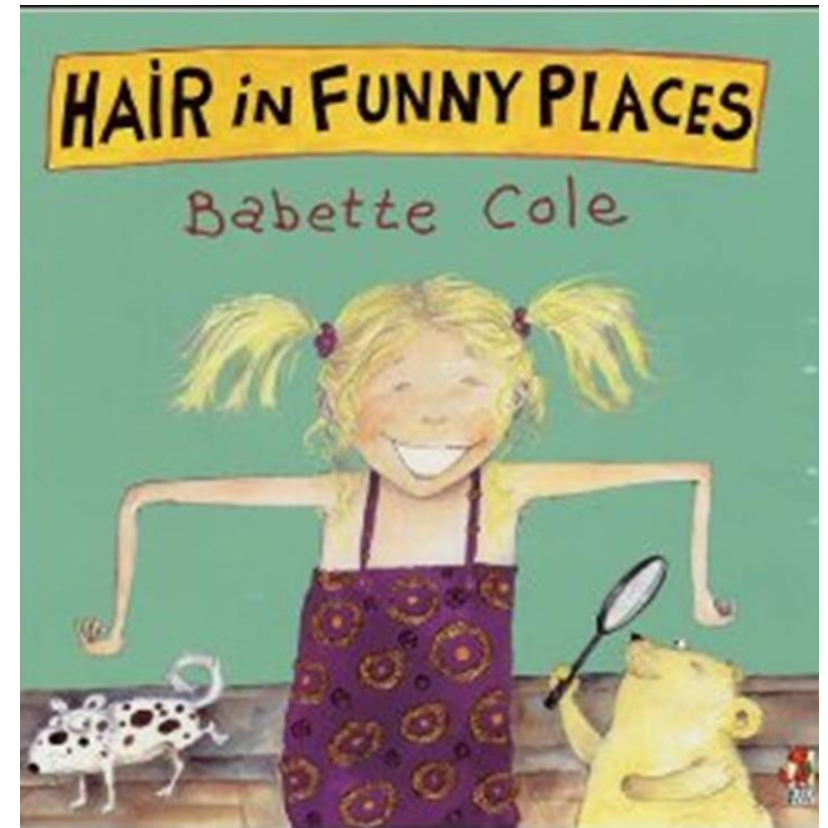
- How their body will, and emotions may, change as they approach and move through puberty
- To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them
- About human reproduction

Science

- Describe the changes as humans develop to old age

Lesson 3: The lesson will also explore how puberty affects our emotions and how we might feel as these changes happen.

- *When does puberty happen?*
- *Why do these changes happen?*
- *Can we choose whether these changes happen or not?*



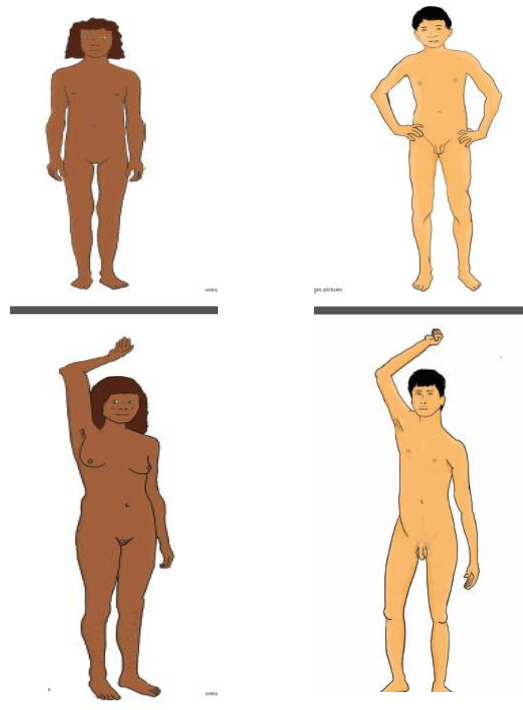


Lesson 1: Ground Rules and Life Cycles

In a circle, ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, no put downs, no personal questions); only say things you don't mind people knowing about.

Lesson 2: Identify Basic Facts about Puberty

In a circle, ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, no put downs, no personal questions); only say things you don't mind people knowing about.



It is a special time when a child gradually grows and develops into a young adult and both their bodies and feelings change a great deal. It can start as young as 8 and carries on during the teenage years.

Fill in the missing word from the word box

puberty vagina hair penis womb testicles pubic

1. As we grow up we get taller and grow more
on our bodies.
2. is the time when a child grows and changes
to become an adult.
3. The hair around the private parts is called hair.
4. Males have a and females have a
5. Behind the penis a male has two
6. The vagina leads up to the woman's which
is where the baby grows.

Lesson 3:

Explain that one of the most important differences to start inside the body during puberty is that males produce a seed, called sperm, and females produce a special kind of egg, called an ovum; a male and female need these to make a baby. Ask the class what particular thing happened to the girl and the boy in the story which meant that one day they could become a mum or a dad. Explain that the 'drop of blood' means the girl is able to produce eggs and the 'sticky stuff' means the boy is able to produce sperm. When they become adults and decide to have a baby together, as in the story, the egg and the sperm join together inside the woman's body to help make a baby.

You do not need to explain at this age how the sperm gets from the man's body into the woman's body to join

with the egg; if pupils are interested, you could tell them they will learn more about this in Year 6.

Body Changes

Changes that happen in puberty...	Male	Female	Both
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend			