

Relationships and sex education (RSE): Route Map

RSE curriculum is based upon the Channel 4 series, Living and Growing, with the videos as the main input along with class discussion.

Year Group	Programme	Objectives
1	1 – Differences (Unit 1)	<ul style="list-style-type: none"> • Introduce children to life-cycles • Explore differences between male and female • Reflect on differences between male and female – other than physical differences
2	2- How did I get here?	<ul style="list-style-type: none"> • Explain that a baby develops inside its mother’s womb and that both the male and female sex parts are needed to make a baby. • Enable children to reflect on their development from babies • Inform children about conception and the growth of the baby in the womb.
2	3- Growing up	<ul style="list-style-type: none"> • Shows that we grow and change, as do all living things • Show that some changes are social, that we become more independent and able to think about others as well as ourselves • Look at identity and self-esteem, and reinforce the belief that we are special.
3	4- Changes (Unit 2)	<ul style="list-style-type: none"> • Introduces children to the physical and emotional changes that occur during puberty • Consider some of the changes over which we have no control and the choices we can make concerning those which we do have control
4	5 – Girl Talk	<ul style="list-style-type: none"> • Consider the physical and emotional changes that take place as girls go through puberty • Address the concerns and worries of young women • Make boys more aware of the changes that occur as girls become young women
4	6- Boy Talk	<ul style="list-style-type: none"> • Consider physical and emotional changes that take place as boys go through puberty • Address the concerns and worries of young men
5	7 – How babies are made	<ul style="list-style-type: none"> • Explain how babies are made • Explore the idea of relationships, including friendships, parent-child and family relationships and adult sexual relationships. <p>Year 5 should also revisit girl and boy talk – may watch the video again at the start of RSE Unit.</p>
6	8 – How babies are born	<ul style="list-style-type: none"> • Explain how babies develop in the womb during pregnancy and how babies are born. • To consider the needs of babies before and after birth • To enable children to reflect on roles and relationships within the family. <p>Year 6 can also explore the themes in the Leicestershire scheme of work Y6.</p>

Footnote:

Under the [National Curriculum](#), the basics of sex education fall within the science curriculum.

In Year 2, children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs.

In Year 5, children are taught about the life cycles of humans and animals, including reproduction. They also learn about the changes that happen in humans from birth to old age. This includes learning what happens in puberty.

In March 2017, the Government announced that RSE become mandatory in all schools in England. **In primary schools, the emphasis will be on teaching children about safe and healthy relationships and staying safe.** This will be included in the curriculum right from Reception, through to Year 6. At an appropriate age, likely to be Year 5 or Year 6, children will also be taught about sex.