



Western Road Relationship and Sex Scheme of Work

SRE	Early Learning Goals
Foundation	<ul style="list-style-type: none">• Find out about and identify some features of living things and objects and events they observe• Have a developing awareness of their own needs, views and feelings and be sensitive to the needs, views and feelings of others• Form good relationships with adults and peers• Dress and undress independently and manage their own personal hygiene
Knowledge, skills and attitudes	<ul style="list-style-type: none">• What does my body look like?• How has my body changed as it has grown?• Who are the members of my family and trusted people who look after me?• What differences and similarities are there between our bodies?• How can I look after my body and keep it clean?• What can my body do?• How am I learning to take care of myself and what do I still need help with?• How do I feel about growing up?
Living and Growing DVD sections to watch	N/A

SRE	Statutory Science Curriculum	Current non-statutory PSHE Curriculum most relevant to SRE
Year 1	<ul style="list-style-type: none"> • that animals, including humans, move, feed, grow and reproduce • that humans and other animals can produce offspring and these grow into adults • recognise and compare the main external parts of the bodies of humans and other animals • recognise similarities and differences between themselves and others, and to treat others with sensitivity 	<ul style="list-style-type: none"> • Know the names of the main external parts of the body, including agreed names for sexual parts (penis and vagina) • Know the similarities and differences between boys and girls • Understand that babies become children and then adults • Recognise similarities and differences between self and others • Know about the process of growing from young to old and how people's needs change • Know the importance of how to maintain personal hygiene • Rules for, and ways of, keeping safe...and about people who can help them to stay safe • Understand the difference between secrets and surprises e.g. understanding not to keep adults' secrets • Identify and respect the differences and similarities between people • That families and friends should care for each other
Knowledge, skills and attitudes	<ul style="list-style-type: none"> • What are the names of the main parts of the body? • How can I keep my body clean? • How can I stop common illnesses and diseases spreading? • How do babies change and grow? • What do babies and children need? • What can my body do? • How have I changed since I was a baby? • What are my responsibilities now I'm older? 	
Living and Growing DVD sections to watch	N/A	

SRE	Statutory Science Curriculum	Current non-statutory PSHE Curriculum most relevant to SRE
Year 2	<ul style="list-style-type: none"> • that animals, including humans, move, feed, grow and reproduce • that humans and other animals can produce offspring and these grow into adults • recognise and compare the main external parts of the bodies of humans and other animals • recognise similarities and differences between themselves and others, and to treat others with sensitivity 	<ul style="list-style-type: none"> • About the process of growing from young to old and how people's needs change • Know the names of the main parts of the body • Begin to develop confidence to talk about body parts and how they work. • Begin to understand the concept of male / female and human development from birth to five. • Recognise what they like/dislike, how to make real and informed choices that improve their health, wellbeing and personal hygiene. • Begin to recognise possible threats to personal safety and safe/unsafe touches – know what kind of physical contact is acceptable and how to respond • Recognise how their own behaviour affects other people • Identify and respect the differences and similarities between people • Know that families and friends should care for each other
Knowledge, skills and attitudes	<ul style="list-style-type: none"> • What are the names of the main parts of the body? • How can I keep my body clean? • How can I stop common illnesses and diseases spreading? • How do babies change and grow? • What do babies and children need? • What can my body do? • How have I changed since I was a baby? • What are my responsibilities now I'm older? 	
Living and Growing DVD sections to watch	Unit 1 Programme 1	

SRE	Statutory Science Curriculum	Current non-statutory PSHE Curriculum most relevant to SRE
Year 3	<ul style="list-style-type: none"> • that the life processes common to humans and other animals include nutrition, movement, growth and reproduction • about the main stages of the human life cycle • that micro-organisms are living organisms that are often too small to be seen, and that they may be beneficial or harmful [for example, in causing disease]. 	<ul style="list-style-type: none"> • Recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way. • Deal in a positive way with their feelings towards themselves, their families and others as they approach puberty • Children can recognise changing emotions in friends and family and be able to express feelings positively. • Name male and female body parts using agreed words • Know about ways of keeping safe • Know about parts of the body which are private and should not be touched without permission • Understand personal space • Talk about ways of dealing with unwanted touch • Be aware of different types of relationships, including marriage • Know that there are different types of family. • Develop appropriate challenging attitudes to stereotyping and prejudice e.g. can discuss gender stereotypes
Knowledge, skills and attitudes	<ul style="list-style-type: none"> • How are males and females different and what are the different parts called? • What are the main stages of the human life cycle? • How do different illnesses and diseases spread and what can I do to prevent this? • Why is it important to keep clean? • What am I responsible for now and how will this change? • What can I do for myself to stay clean and how will this change in the future? 	
Living and Growing DVD sections to watch	Unit 1 Programme 1, 2, 3	

SRE	Statutory Science Curriculum	Current non-statutory PSHE Curriculum most relevant to SRE
Year 4	<ul style="list-style-type: none"> • that the life processes common to humans and other animals include nutrition, movement, growth and reproduction • about the main stages of the human life cycle • that micro-organisms are living organisms that are often too small to be seen, and that they may be beneficial or harmful [for example, in causing disease]. 	<ul style="list-style-type: none"> • Recognise as they approach puberty, how people’s emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way • Know that during puberty the body changes from a child into a young adult • Know what a period is. • Know why washing is important. • Know about the physical and emotional changes that happen in puberty • Know that each person experiences puberty differently. • Develop the confidence to talk about personal health related. • Recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships. • Know about different types of relationships, including marriage and to understand more about the benefits of positive, caring relationships and the sometimes changing nature of those relationships • Develop basic techniques for resisting pressure to do something dangerous or unhealthy – resilience strategies
Knowledge, skills and attitudes	<ul style="list-style-type: none"> • How are males and females different and what are the different parts called? • What are the main stages of the human life cycle? • How do different illnesses and diseases spread and what can I do to prevent this? • Why is it important to keep clean? • What am I responsible for now and how will this change? • What can I do for myself to stay clean and how will this change in the future? 	
Living and Growing DVD sections to watch	Unit 2 Programme 3&4	

SRE	Statutory Science Curriculum	Current non-statutory PSHE Curriculum most relevant to SRE
Year 5	<ul style="list-style-type: none"> • that the life processes common to humans and other animals include nutrition, movement, growth and reproduction • about the main stages of the human life cycle • that micro-organisms are living organisms that are often too small to be seen, and that they may be beneficial or harmful [for example, in causing disease]. 	<ul style="list-style-type: none"> • Recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way • About how the body changes as they approach puberty • Judge what kind of physical contact is acceptable or unacceptable and how to respond • Understand the concept of keeping something a secret – when we should or should not agree to this and when it is right to break a confidence/share a secret • Know about people who are responsible for keeping them safe and ways in which they can help • Develop basic techniques for resisting pressure to do something dangerous or unhealthy – resilience strategies • That their actions affect themselves and others, to care about other people's feelings and to try to see things from their point of view • Begin to know about drugs — that not all drugs are medicines and some aspects of the law relating to substance use, potential risks and reasons for use and people who can help with concerns about drugs. • Be aware of different types of relationship, including marriage and those between friends and families, and to develop the skills to be effective in relationships
Knowledge, skills and attitudes	<ul style="list-style-type: none"> • What are male and female sexual parts called and what do they do? • What happens to the bodies of boys and girls when they reach puberty? • How are babies made? • How can I keep my growing and changing body clean? • How can I express my feeling positively as I grow up? • What should adults think about before they have a baby? • What influences my view of my body? • What are families like? • When am I responsible for how others feel? 	
Living and Growing DVD sections to watch	Unit 2 Programme 4, 5 & 6 Unit 3 Programme 7&8	

SRE	Statutory Science Curriculum	Current non-statutory PSHE Curriculum most relevant to SRE
Year 6	<ul style="list-style-type: none"> • that the life processes common to humans and other animals include nutrition, movement, growth and reproduction • about the main stages of the human life cycle • that micro-organisms are living organisms that are often too small to be seen, and that they may be beneficial or harmful [for example, in causing disease]. 	<ul style="list-style-type: none"> • Recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way • About how the body changes as they approach puberty • Recognise the different risks in different situations and then decide how to behave responsibly, including....judging what kind of physical contact is acceptable and unacceptable • That their actions affect themselves and others, to care about other people's feelings and to try to see things from their point of view • That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong • Be aware of different types of relationship, including marriage and those between friends and families, and to develop the skills to be effective in relationships • Recognise ways in which a relationship can be unhealthy and who to talk to if they need support. • Know about change in relationships e.g. divorce, separation, bereavement. • Develop basic techniques for resisting pressure to do something dangerous or unhealthy – resilience strategies • That differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability
Knowledge, skills and attitudes	<ul style="list-style-type: none"> • What are male and female sexual parts called and what do they do? • What happens to the bodies of boys and girls when they reach puberty? • How can I keep my growing and changing body clean? How can the spread of viruses and bacteria be stopped? • How can I express my feeling positively as I grow up? • How are babies made? What should adults think about before they have a baby? • What influences my view of my body? • What are families like? • When am I responsible for how others feel? 	
Living and Growing DVD sections to watch	Unit 2 Programme 5 & 6 Unit 3 Programme 7&8	

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