



Relationships Sex and Health Education (RSHE) Draft 2 July 2021

Primary Resources and Content



Seven Kings School

- Friendship Excellence Opportunity

What do we teach in Key Stage 1?

By the end of Key Stage 1, we want children to be able to talk about their bodies, understand about appropriate and inappropriate touch, know what a loving family is, know how to keep clean and understand that there are differences between males and females and stay safe.

Year 1 Lessons	Year 2 Lessons
Growing and Changing – Life Cycles	Keeping Clean (Hygiene)
Naming the basic anatomical body parts (Science)	Differences: Boys and Girls Stereotypes
Families and Care Staying Safe	Differences: Male and Female (Science – life cycles)
Senses (Science) Re-cap hygiene	PANTS – NSPCC Appropriate and Inappropriate Touch

What do we teach in Year 3

By the end of Key Stage 1, we want children to be able to talk about their bodies, understand about appropriate and inappropriate touch, know about different loving families, know how to keep clean and understand that there are differences between males and females but that they should challenge stereotypes. As the children missed some of this learning in Year 2, we will revisit some of this learning within the Year 3 lessons as well.

Year 3 Lessons

Differences: Male and Female – Gender Stereotypes

Personal Space

Safety and Peer Pressure

Help and Support Family differences/ different types of families

What do we teach in Year 4

In Year 4, there are 4 specific RSHE lessons that will be taught but many of the themes will be visited throughout different topics and assemblies. The focus of these lessons is relationships and health, not sex education.

Year 4 Lessons
Self Esteem
Growing and Changing (Simple body changes around hygiene) (Boys only)
Growing and Changing Menstruation (Girls only) Optional Respect/ Equal Rights
Feeling, Thinking and Doing – Changing Relationships - Caring friendships

What do we teach in Year 5

In Year 5, there are 4 specific RSHE lessons that will be taught but the puberty lessons will be taught separately.

Year 5 Lessons

Talking About Puberty (science Health) Science –life cycle taught in the science unit
(boys and girls taught separately – they will only learn about their changes).

Our body: Male and Female Physical Body Changes
(boys and girls taught separately – they will only learn about their changes).

Puberty and Hygiene / Feelings **(boys and girls taught separately) Both taught same lesson but the part relevant to them**

Girls Changes Lifecycle – Menstruation
(Girls only)

Boys Changes Lifecycle
(Boys only)

What do we teach in Year 6

In Year 6, there are 5 specific RSHE lessons that will be taught.

Year 6 Lessons

Body changes during puberty - Reviewed - Male changes

(Wet dream – called Wet Accident in Year 6 only) (Boys only)

Body changes during puberty Female Changes Reviewed – Menstruation

(Girls only)

Building good relationships/friendships / Different types of families

Relationships, Technology and Safety

Child Exploitation (2 lessons) E- Safety

Year 6

Lesson 1: Male changes during puberty

This lesson builds on what children learnt previously in Year 5.

Lesson 1: Female changes during puberty

This lesson builds on what children learnt previously in Year 4 and 5.

Lesson 2: Building good relationships

In this lesson, the children will think about different relationships they have experienced in their lives so far and how these relationships have helped them in different ways. They will think about how this might be different for different families and that we should respect everyone, no matter what their family looks like.

Lessons 4 and 5: Relationships, technology and safety

With children spending increasing amounts of time online and communicating through so many different channels, it is essential that we teach them how to use technology safely and responsibly. That is the focus of the two final lessons.

Year 1 and 2 Resources

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Resources for Years 1 and 2

The PANTS rules

PRIVATES ARE PRIVATE

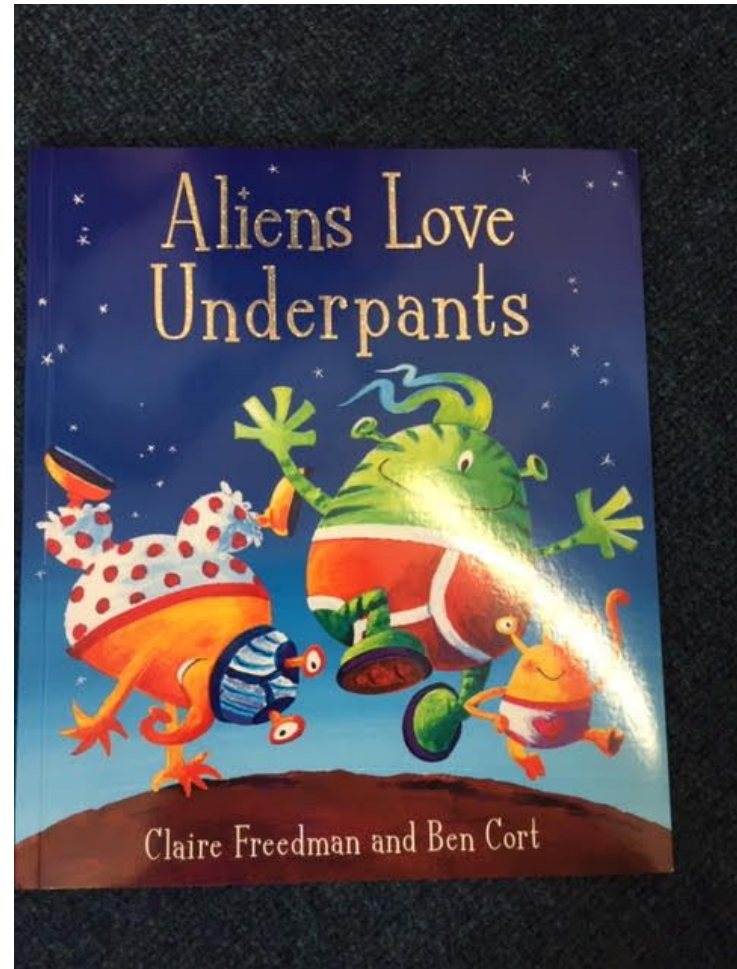
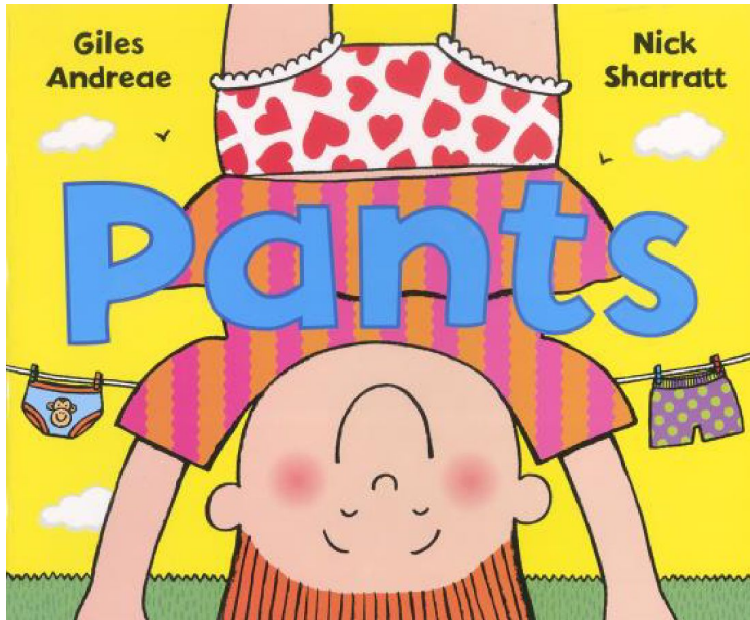
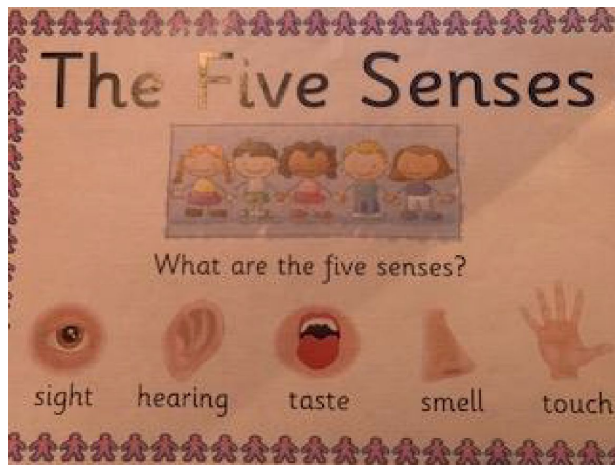
ALWAYS REMEMBER YOUR
BODY BELONGS TO YOU

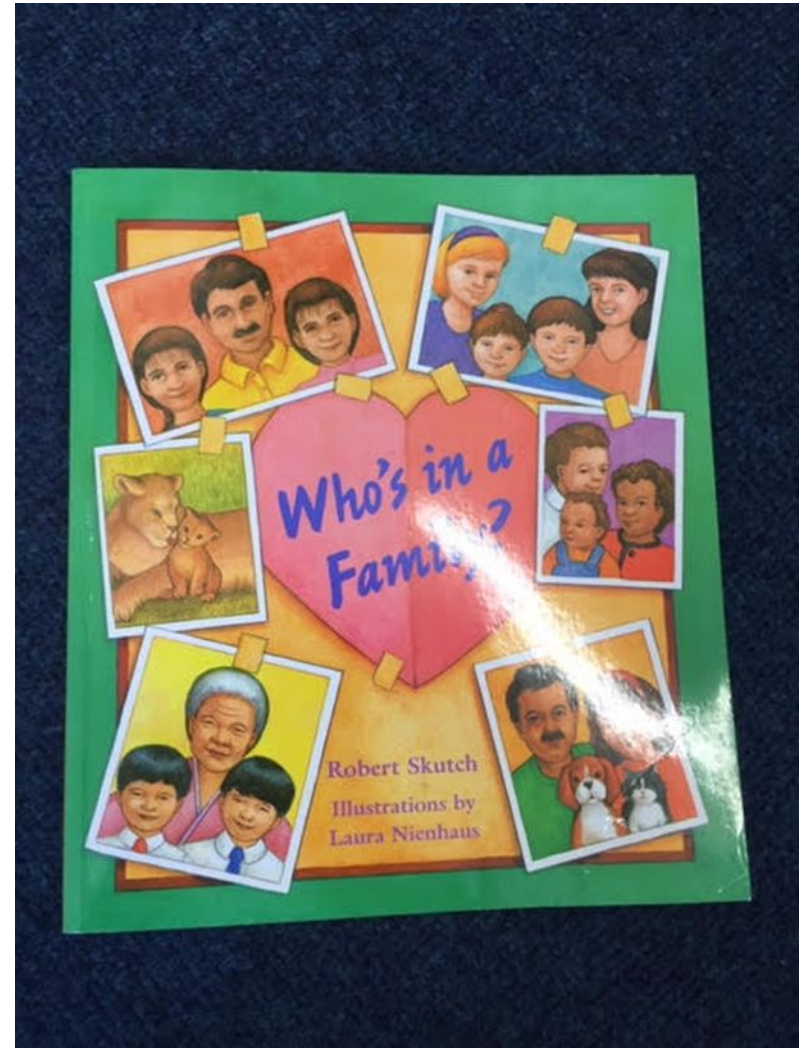
NO MEANS NO

TALK ABOUT SECRETS
THAT UPSET YOU

SPEAK UP, SOMEONE
CAN HELP







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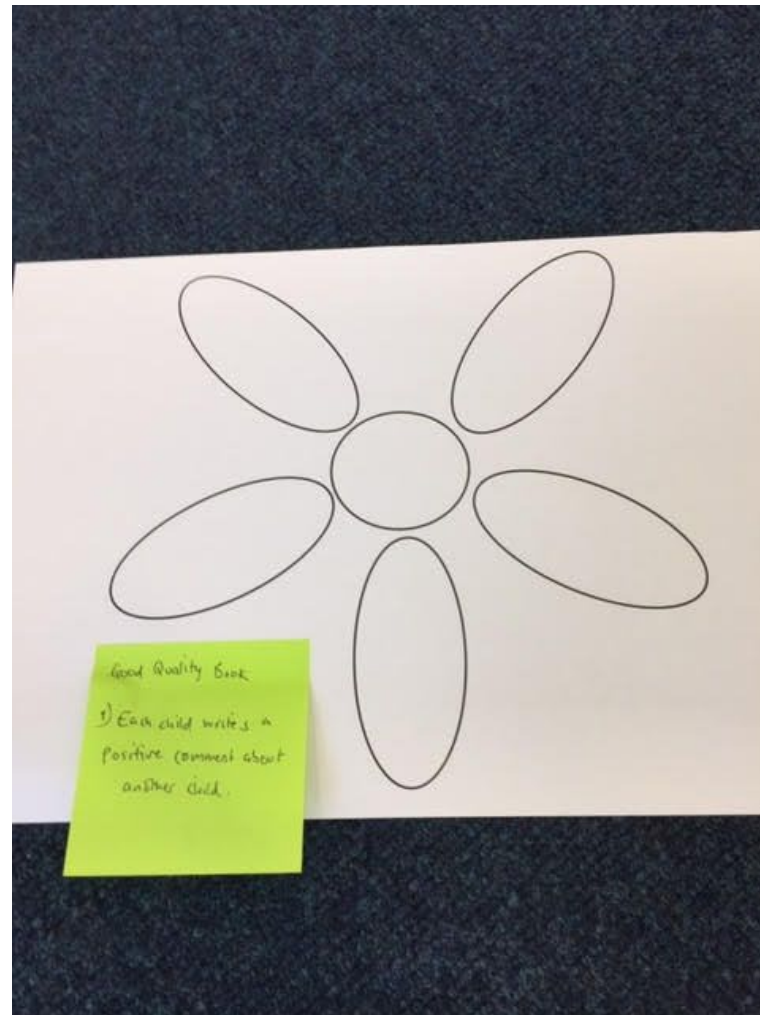
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Year 3 Resources

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Good Quality Book

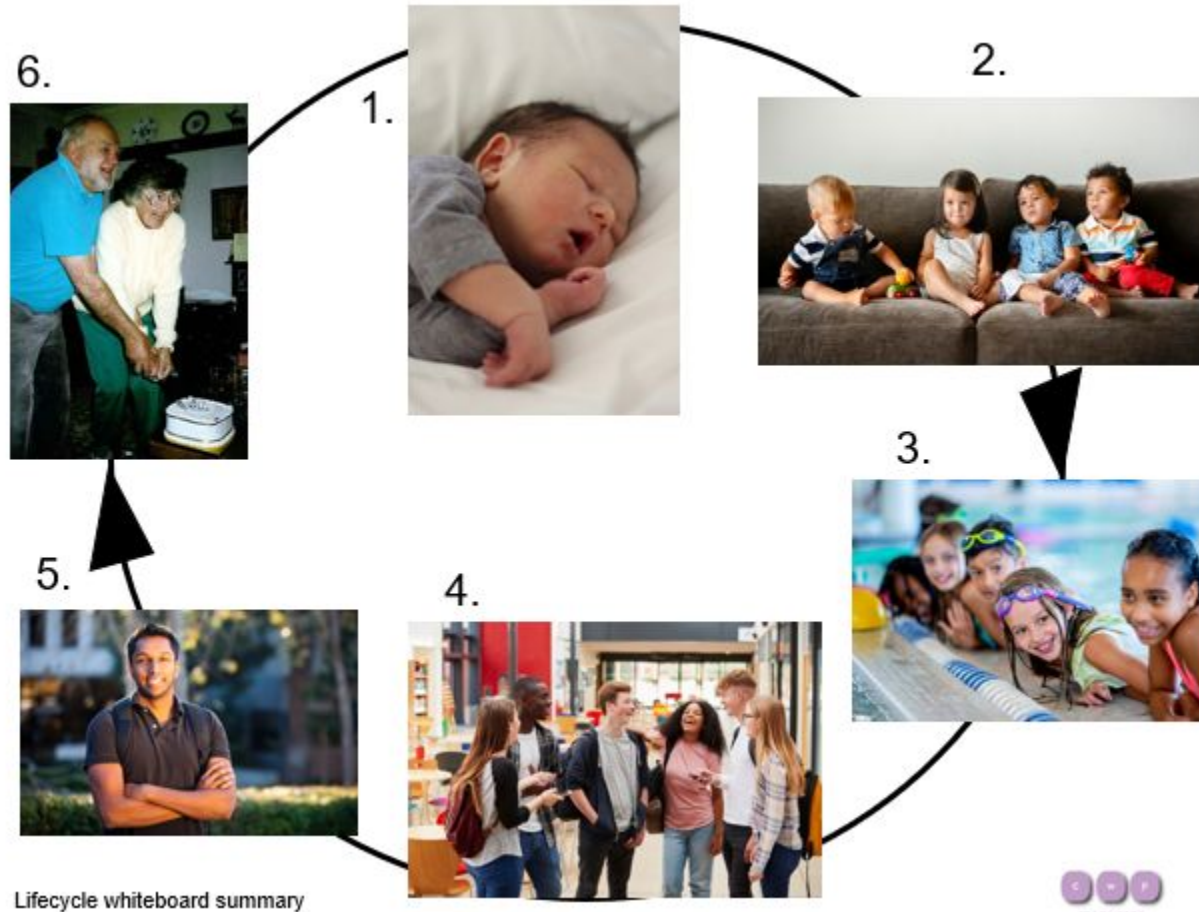
1) Each child writes a positive comment about another child.

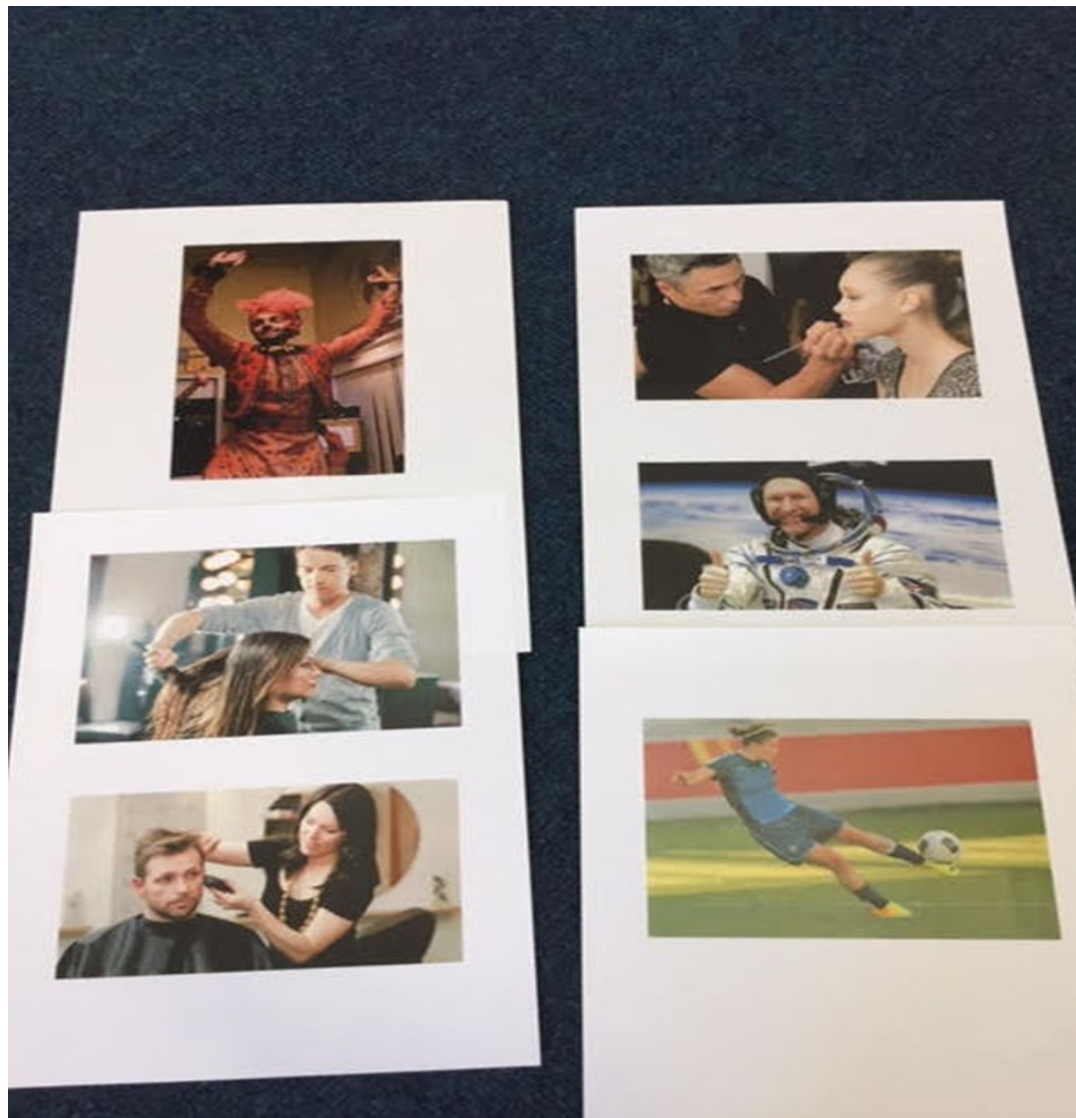
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Year 4 Resources

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Example resources for Year 4



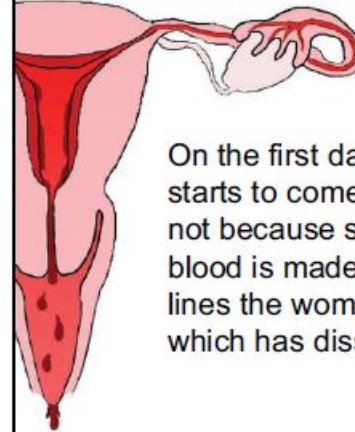


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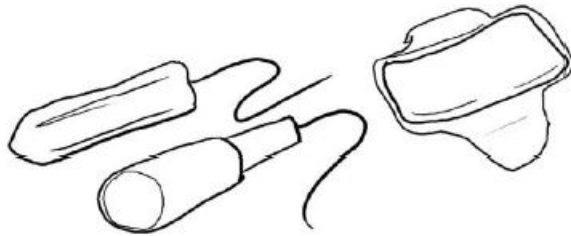
Example resources for Year 4



The menstrual cycle starts on the first day of a girl's period.



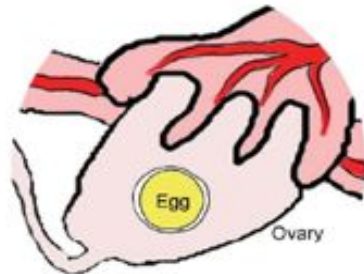
On the first day of a girl's period blood starts to come out of her vagina. This is not because she has been hurt. The blood is made up of special tissue that lines the womb and a tiny egg, which has dissolved.



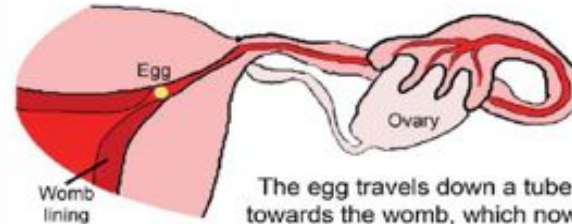
The bleeding can last from 2 to 7 days. Sometimes the blood comes out a bit at a time and sometimes there is quite a lot. Girls use sanitary protection to soak up the blood during their period

When the bleeding stops the period is over. Now the girl's body starts getting ready for a new egg. The womb makes a new lining and another egg develops in the ovary.

Example resources for Year 4

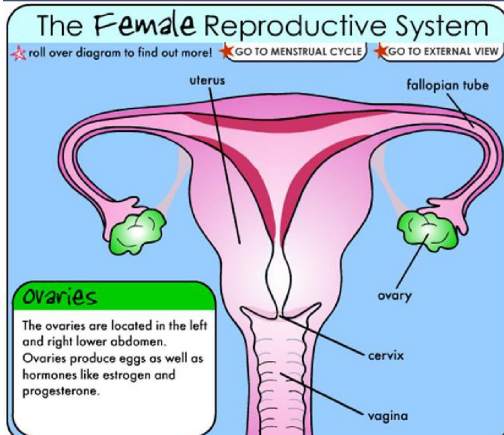


When the new egg is fully grown, it is released from the ovary.



The egg travels down a tube towards the womb, which now has a new lining.

This means that blood will come out of her vagina again.



The menstrual cycle is now back at the beginning and everything is repeated. It usually takes about 28 days.

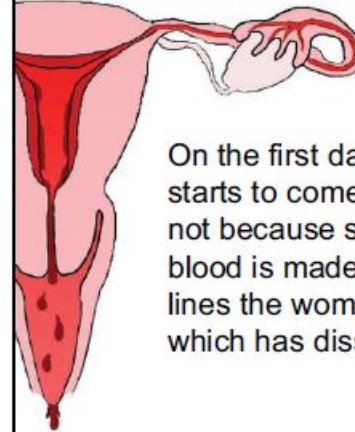
Year 5 and 6 Resources

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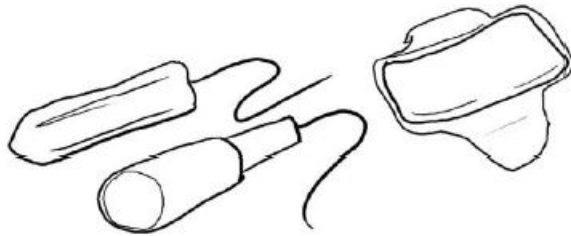
Example resources for Year 5



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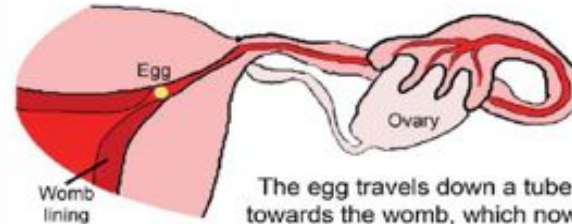
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Example resources for Year 5

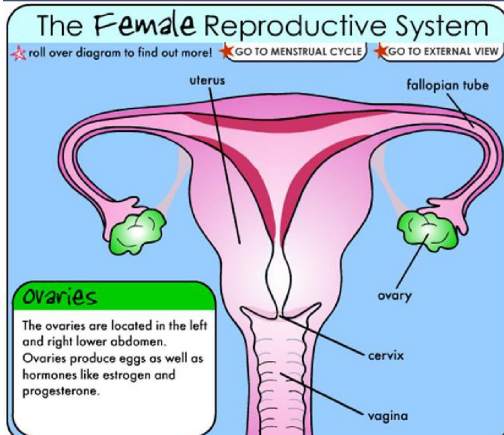


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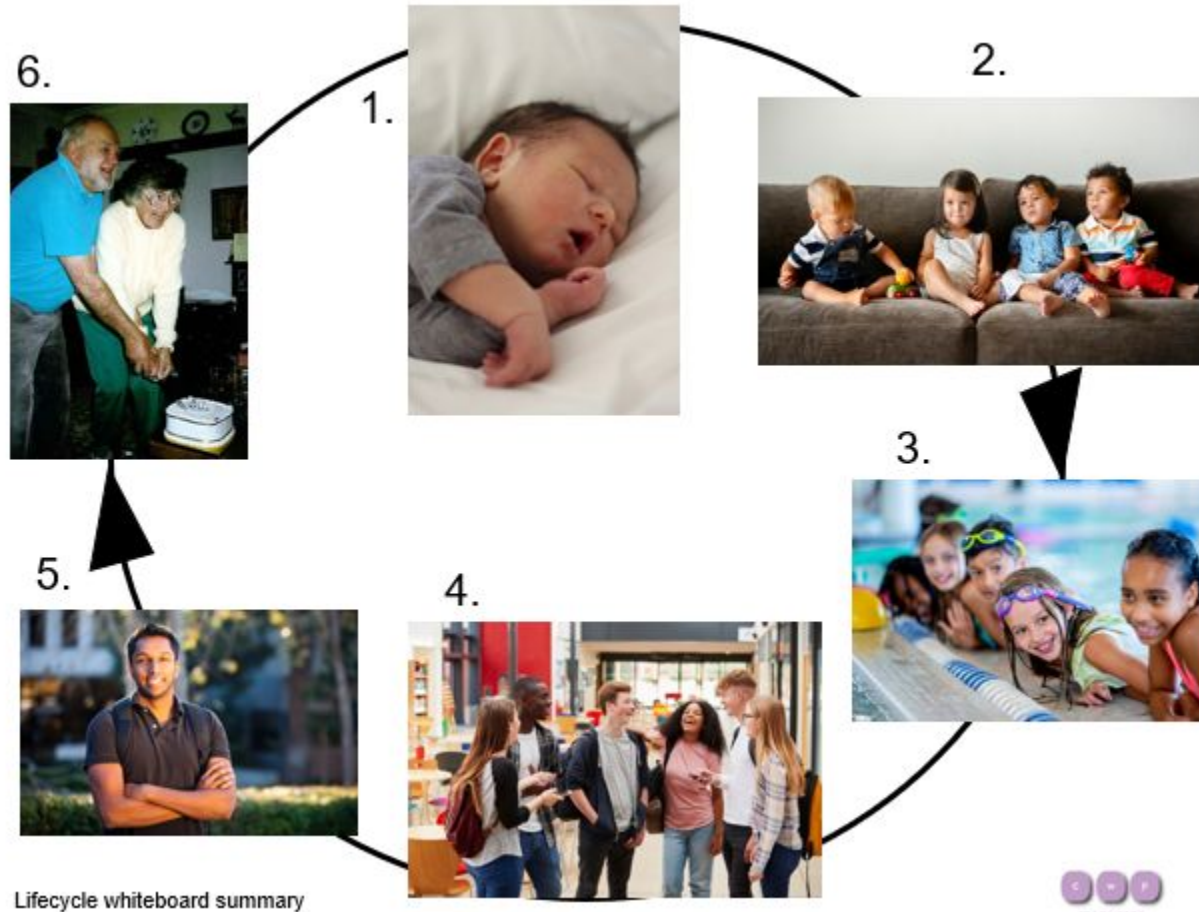
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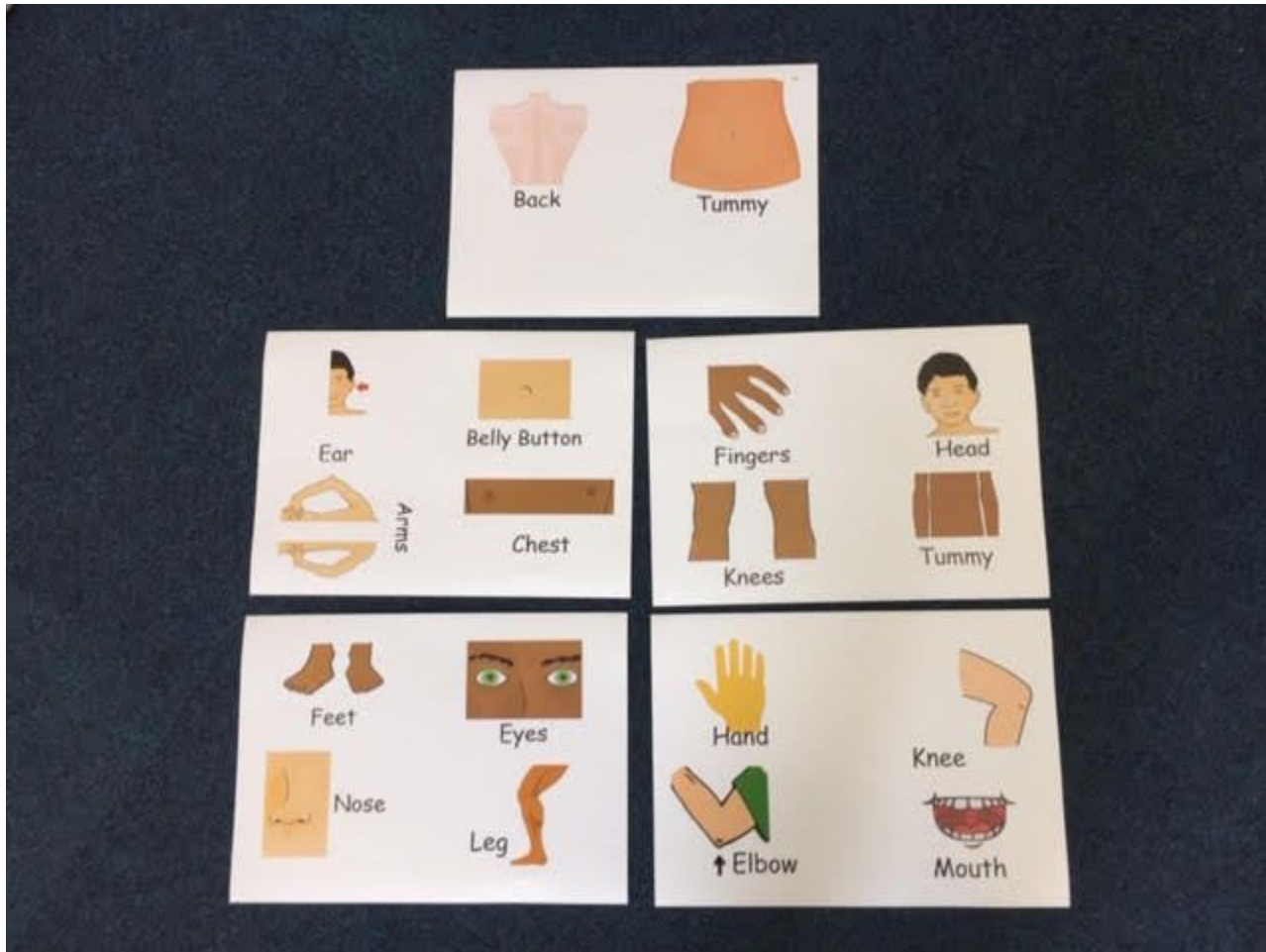
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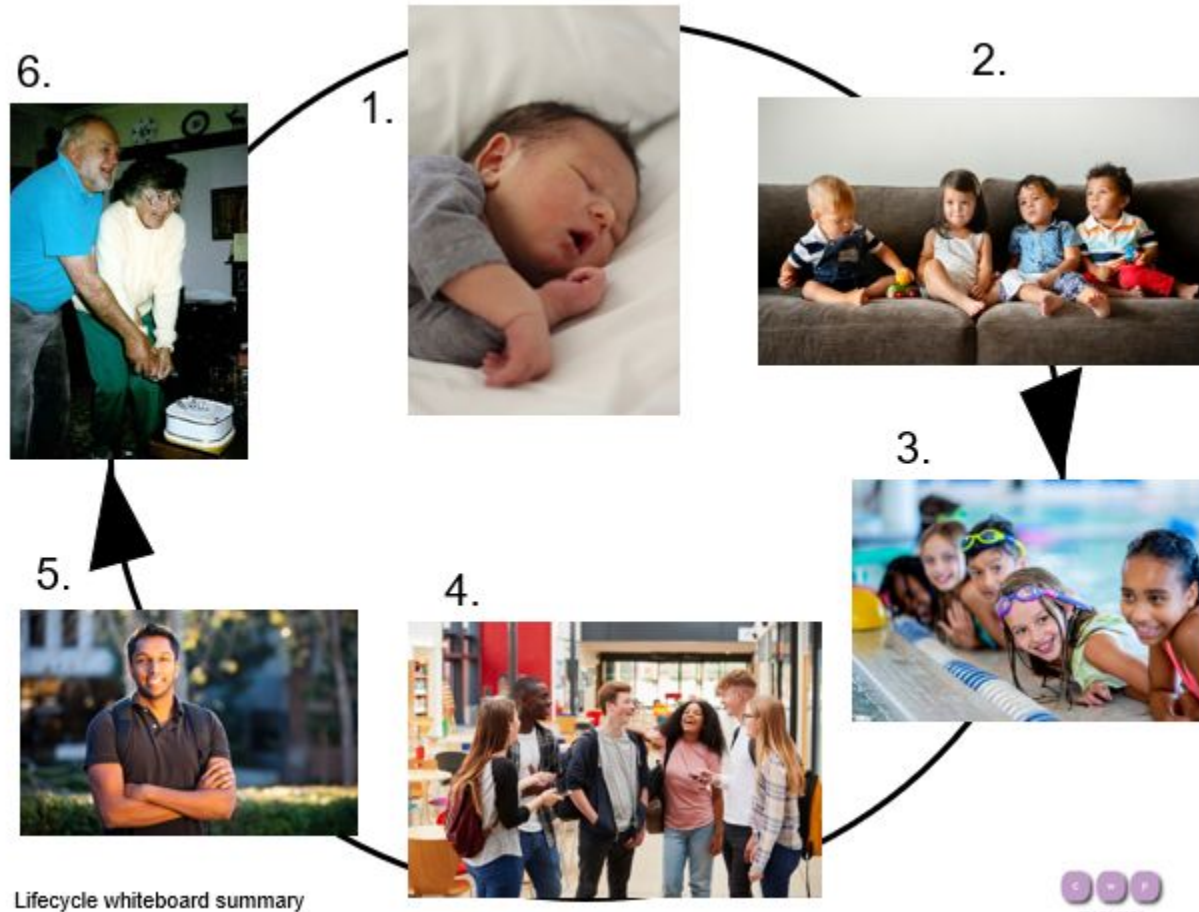
Example resources for Year 5



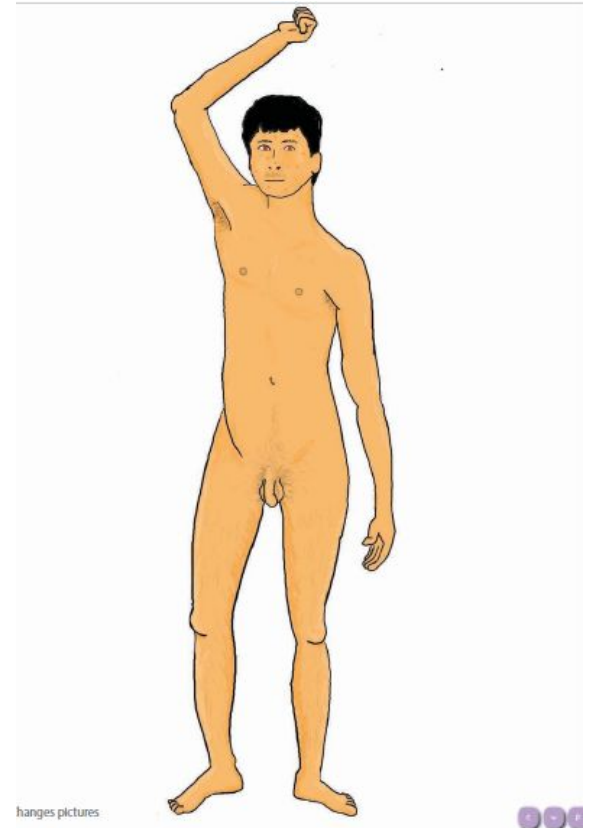
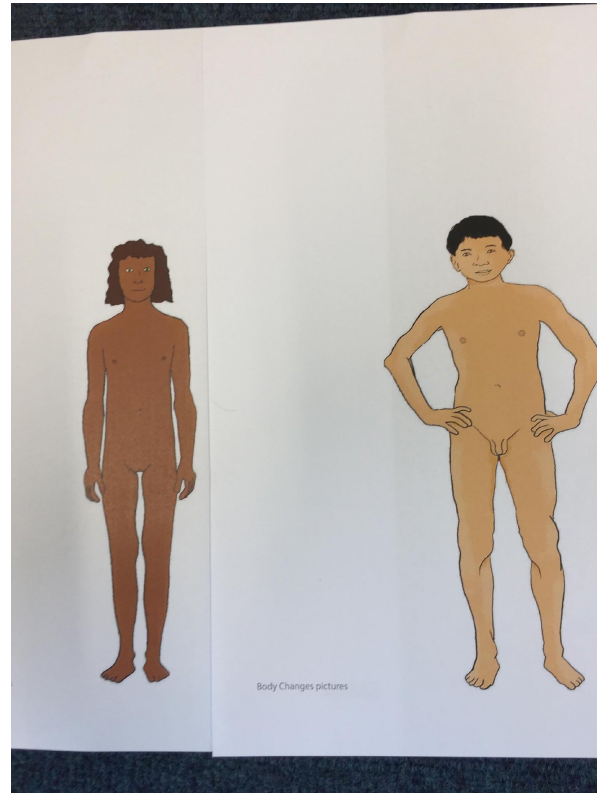
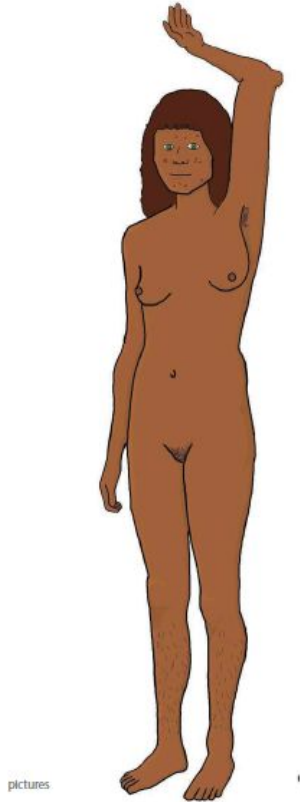


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Example resources for Year 5



Example resources for Year 5






Example resources for Year 5

Puberty Card Sort

1. Between the ages of 8 and 16 the human body changes a lot both inside and out. This is called puberty.	8 - 16
2. Chemicals called hormones make the changes happen. We all change at different times and in different ways because we are all unique.	Hormones
3. People get more hair on their bodies including facial hair, armpit hair and hair around the private parts.	
4. Armpits start to smell, and people might choose to use a deodorant.	

Puberty Card Sort

5. The skin becomes oilier and teenagers may get spots.	
6. Teenagers' moods can go up and down.	
7. Females develop breasts. They start to have their period, a tiny egg is released each month and there is a small amount of bleeding.	

Girls only – not boys for the picture below

Example resources for Year 5

Puberty Problem Page

A problem shared . . .

Hold The Phone

Dear Problem Page,

All of my friends have a mobile phone and I don't. They all text each other and I feel really left out. My mum says I can't have one because they are expensive and dangerous. I don't understand what she means. Why is she being like this? How can I make her change her mind?

R, age 11

A spot of bother

Dear Problem Page,

I used to think I was nice looking but now I have huge spots everywhere. They are on my face and on my shoulders and I hate them. I don't like going to school anymore because I feel so ugly. Why is this happening to me and what can I do about it?

R, age 13

Mood Swings

Dear Problem Page,

I used to be a really happy person. Now I'm 13 and I sometimes feel really miserable. I go up and down and people are beginning to notice. At home they keep calling me moody and tell me to snap out of it. Is this normal and how can I stop it happening?

L, age 13

"Are my bodily changes normal?"

Dear Problem Page,

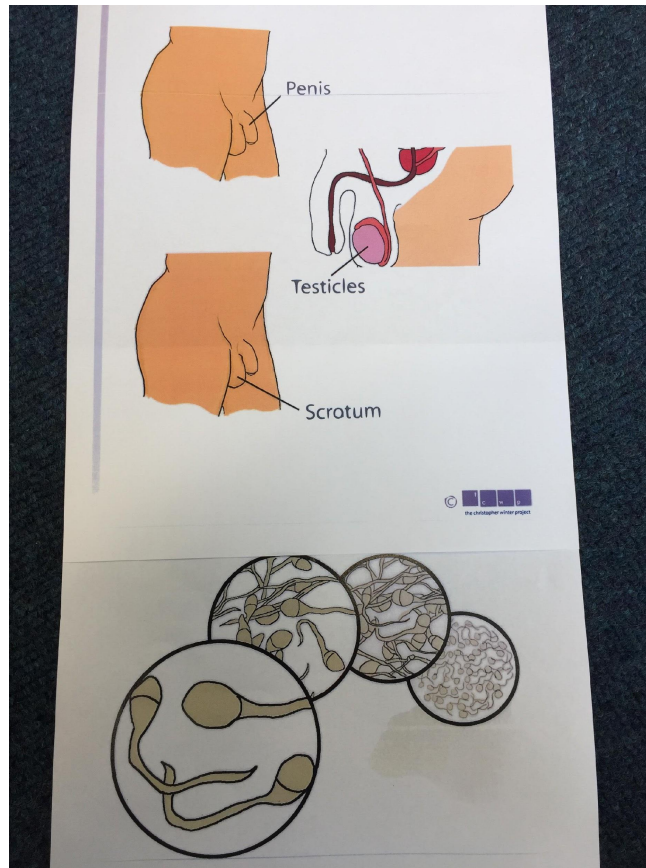
I learnt about puberty in primary school but now I'm 12 and I feel really confused about things and have lots of questions. I don't know if these things are normal. I'm really worried. What should I do?

C, age 12



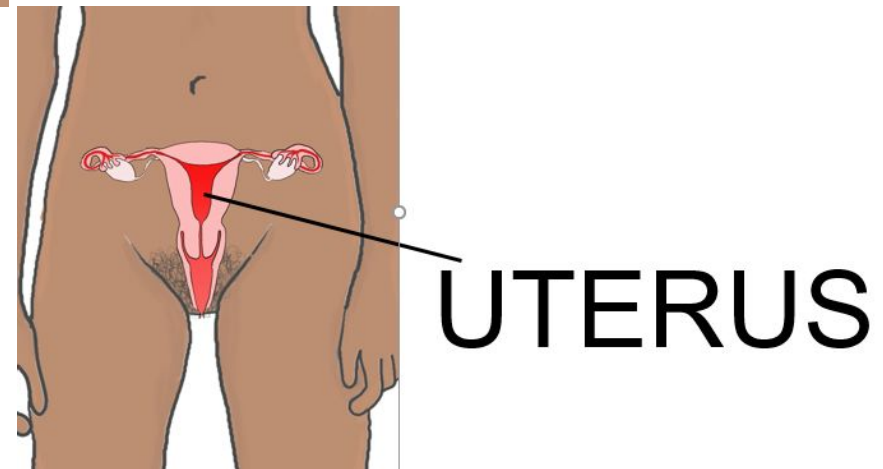
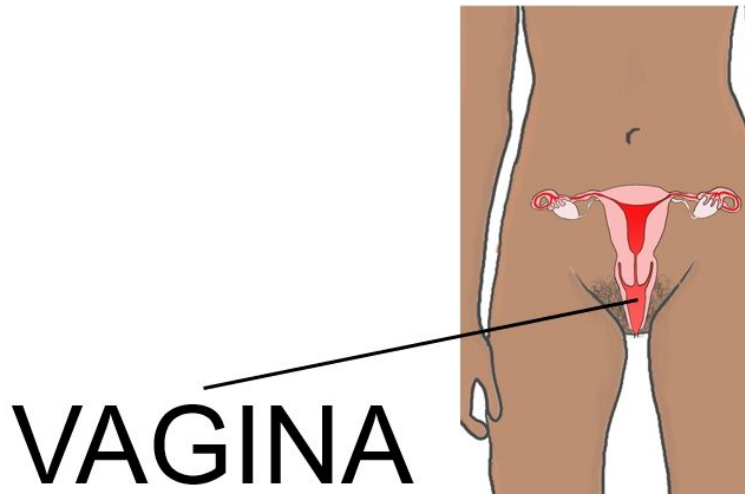
the christopher wheel project

Resources for Year 5 boys only



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Resources for Year 5 girls only



Example resources for Year 6

Puberty resources same as Year 5 and some added vocabulary. See resources

Any questions or comments?

If you have any questions or comments about the teaching of RSHE in Year 5 or Year 6, please ask.



If you have any questions or comments about the teaching of RSHE at SKS, the resources used or would like further clarification on RSHE at Seven Kings then staff will be available to answer them.