**OVERVIEW OF THE LESSONS**

**KEY STAGE ONE**

**My special people**

The unit of work focuses on early learning about healthy, happy relationships, which is later built on in key stage 2. Pupils explore the ways people care for each other and what makes them special. In addition, pupils think about the special people in their own lives, friendship, family and what it means to care for each other.

**Growing up: the human life cycle**

The unit of work introduces the concept of the human life cycle. Pupils begin to understand how we grow and change as we get older. We focus on young children growing and changing (puberty is not mentioned until key stage 2). Pupils compare the differences between a baby and a child—what they look like and what they can do. The focus is on becoming independent; how we look after ourselves and each other as we grow, and some of the feelings that accompany the process of growing up.

**Everybody’s body**

Pupils may have been using a variety of different words to name the male and female genitalia/ sex parts, but this unit directly teaches the correct terminology. It is important for younger pupils to know how to name their body parts correctly as this contributes to safeguarding—helping them to take care of their bodies and keep themselves safe. This is built on later in key stage 2, when pupils learn about puberty and the changes when growing from children to adults. This unit is taught within the context of other learning about similarities and differences (e.g. growing and changing, people and animals). The unit also begins to address the issue of gender stereotypes.

**KEY STAGE TWO (YEAR 3 and 4)**

**What makes a good friend?**

This unit builds on pupils’ learning from key stage one about special people and extends their learning about their close networks and friendships. The focus is on the qualities of being a good friend and the importance of friendship in all our lives. This unit will help to develop pupils’ understanding of positive, healthy relationships, and is written at a level appropriate for pupils in year3 or 4. This concept is re-visited in Year 5/6.

**Falling out with friends**

This lesson follows on from the previous lesson - What makes a good friend? Sometimes, even good friends have disagreements or ‘fall out’ – it is important that pupils learn that there are ways to manage this if it happens to them. Pupils should understand that a quarrel does not always mean the end of a friendship and that there are things they can do that might help to mend or strengthen their friendship. To further develop their understanding, pupils explore strategies they can use to try

to solve problems that can arise in friendships and to seek help if they need it.

**KEY STAGE TWO (YEAR 5 and 6)**

**PUBERTY LESSONS**

**Time to change**

Focuses on some of the external changes that happen to the body.

**Physical hygiene**

This session helps pupils to recognise the importance of personal hygiene during puberty, and to consider some of the questions young people may have about the physical changes at puberty.

**Emotions and feelings**

This session focuses in more detail on some of the emotional changes that may take place during puberty and outlines some of the changes that may occur in friendships and other relationships. It teaches pupils where and how to get help and support.

**Puberty: change and becoming independent**

This sesson extends pupils’ thinking about puberty and the concept of change throughout our lives. It explores in more detail, some of the feelings associated with change. It helps pupils to consider changes that might occur alongside puberty, including moving to secondary school and the new roles and responsibilities that this might bring.

**Positive, healthy relationships**

Increasing pupils’ understanding of what is meant by a positive, healthy and loving relationship is an important part of safeguarding their health and wellbeing. This lesson looks at different kinds of relationships, and the values, expectations and responsibilities within healthy, positive relationships. The sesson also explores some ways that changing relationships can be managed—ensuring behaviour is respectful, even when things do change.

**How babies are made**

By year 6, it is likely that pupils will have some idea about how babies are made through sexual intercourse. The session emphasises that having sexual intercourse or the decision to have a baby is something for when they are much older. It also emphasises the importance of consent in this context. The sesson enables pupils to reflect on the values and responsibilities within healthy adult relationships and is therefore set clearly within RSE— as part of the wider PSHE education curriculum.