



Relationship and Sex Education Programme of Learning 2024

ST LEONARDS PRIMARY SCHOOL BRIDGNORTH

2019 Secretary of state foreword...

- ▶ Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment children need to know how to be safe and healthy, and how to manage their academic, personal and social lives.
- ▶ In primary schools, we want the subjects (relationship and sex education) put in place the key building blocks of healthy respectful relationships, focusing on family and friendships in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

- ▶ Kapow Primary's scheme of work for RSE and PSHE for KS1 and KS2 that provides full coverage of the statutory and the non-statutory elements of the new national curriculum for relationships, sex and health education as well as covering the PSHE Association's guidance.

The logo for Kapow Primary is displayed in a blue, handwritten-style font. The word "Kapow" is on the top line and "Primary" is on the bottom line, with a small trademark symbol (TM) to the right of "Primary".

Kapow
Primary™

Kapow Primary™

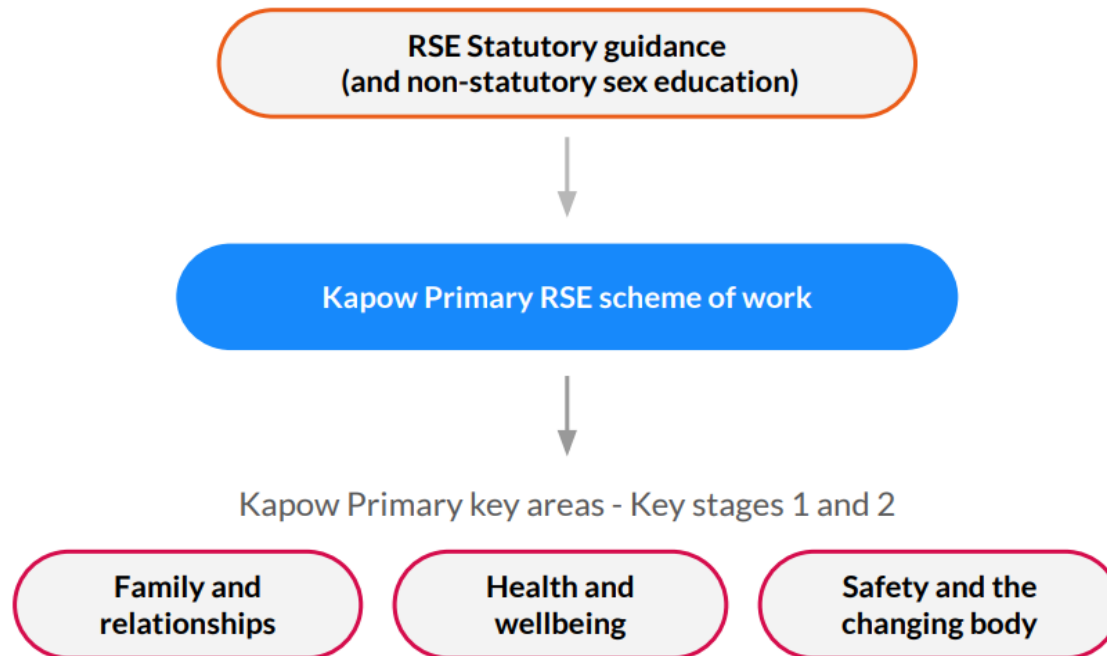
RSE & PSHE



Knowledge and skills developed

- ✓ Valuing different family structures
- ✓ Developing safe and respectful relationships
- ✓ Promoting good health and carrying out first aid
- ✓ Operating safely in a digital world
- ✓ Creating and maintaining positive friendships
- ✓ Understanding the changes that take place during puberty
- ✓ Learning to make independent choices and not be influenced by others

How Kapow Primary's RSE subject is structured



Year 1

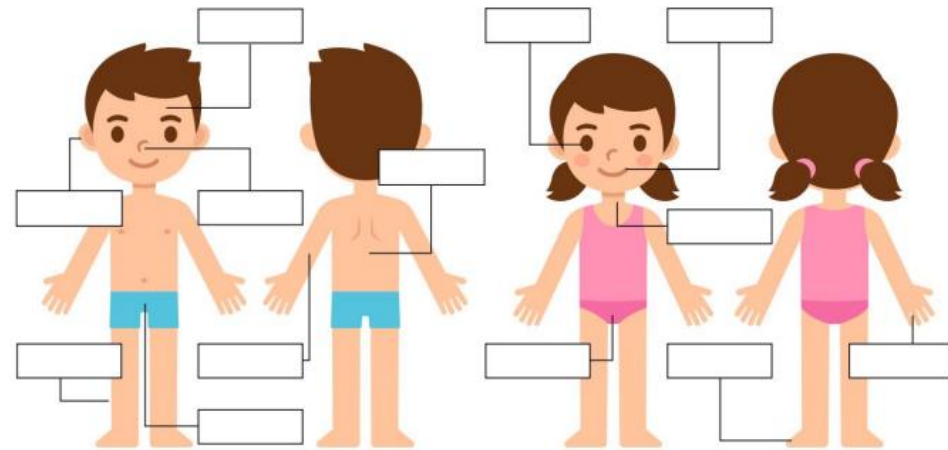
How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children of ages 5-6 are taught:

- Acceptable and unacceptable physical contact.
- The differences between boys' and girls' bodies.
- Scientific names for body parts (mixed-age lessons will also include the teaching of the following body part names: testicles, penis, vulva and vagina).

All lessons are taught using the correct, scientific terminology, child-friendly language and diagrams.



Year 2

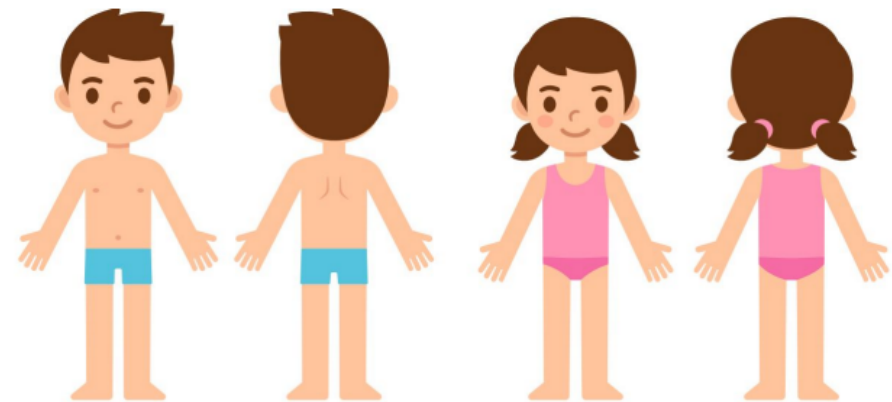
How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 6-7 will:

- Learn about 'boys' and girls' bodies.
- Scientific names for body parts.
- Understand that private parts are private.

All lessons are taught using the correct, scientific terminology, child-friendly language and diagrams.



Head Neck Hand Arm Leg Foot Eye
Ear Nose Mouth Back Penis Vulva

Year 3

Year 3: How is this covered in Kapow Primary's PSHE and RSE lessons?

Strands within the Kapow Primary scheme will explore the following topics and concepts:

Families and relationships:

- How to resolve relationship problems.
- Effective listening skills and about non-verbal communication.
- Looking at the impact of bullying and what action can be taken.
- Exploring trust and who to trust and that stereotyping can exist.

Safety and the changing body:

- Be a responsible digital citizen.
- Cyberbullying, identifying unsafe digital content.
- Influences and making independent choices.

Year 4

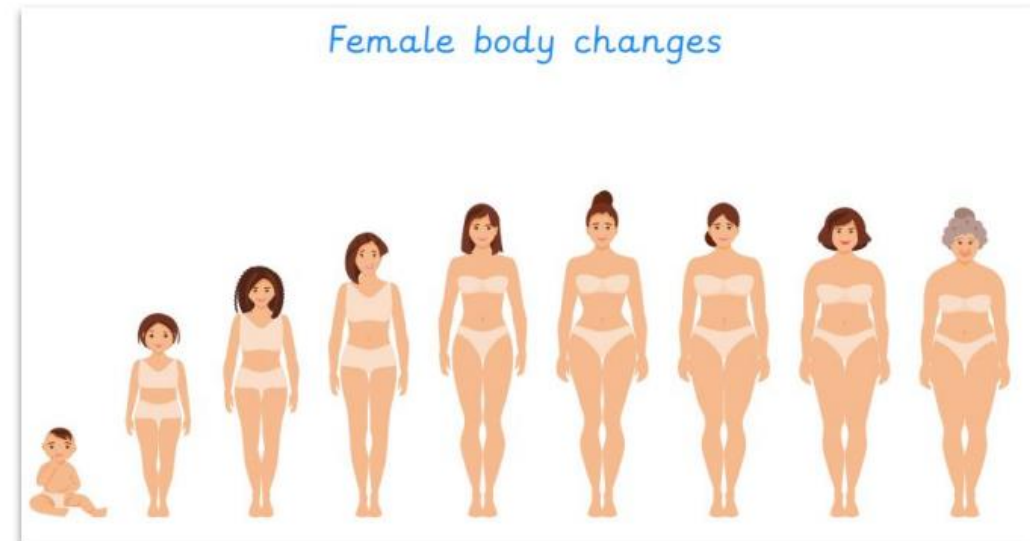
KS2 Yr 4 RSE/PSHE Introduction to Puberty - Kapow Primary

How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 8-9 will:

- Learn about some of the physical changes pupils will experience as they go through puberty.
- Understand that physical change is part of growing up.
- Identify the changes that males and females go through as they grow and develop from being a child to an adult.



Year 5

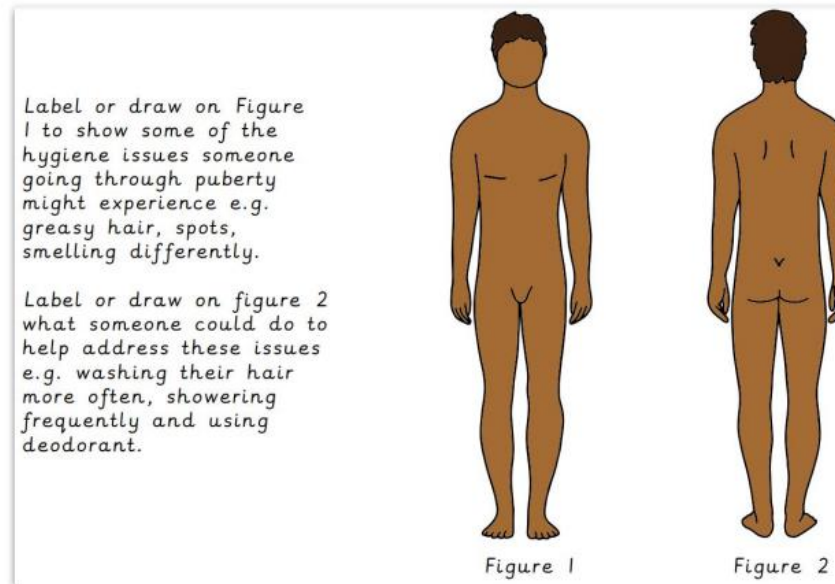
Y5 Safety and the changing body - Kapow Primary

How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 9-10 will learn about:

- The menstrual cycle and other changes that happen during puberty.
- Emotional changes that occur during puberty.



Year 6

PHSE RSE Safety and the Changing Body KS2 Y6 - Kapow Primary

How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 10-11 will:

- Further develop their understanding of the physical and emotional changes that happen during puberty.
- Learn about the biology of conception. (Parents have the right to withdraw their child from the 'Main event' part of this lesson.)
- Learn how a baby develops in the womb and is born. (Parents have the right to withdraw their child from the lesson.)

Why is important for us to teach RSE in Primary school....

- Sex crimes against under 11 s have increased by 20% since 2011. The NSPCC run the 'Underwear' campaign to help parents talk to their children about keeping safe.
- Pornography websites were accessed by at least 44,000 primary school children in Britain in December 2013. The Authority for Television on Demand (Atvod) tracked the actions of children, one in 35 of six- to 11-year-olds online clicked onto an adult website.
- Age of first periods. The age of menarche – first periods is coming down, some girls are starting periods as early as aged 8 /in year 4 (due to Western lifestyle, body mass index etc.)
- In a childline survey of 13-18 year olds 60% they had been asked for a sexual image or video of themselves
- In a NSPCC study one in three girls and 16% of boys reported that they had experienced sexual violence from a partner.

We aim to educate our children to ensure they understand what a healthy and happy relationship is and to give them resilience and keep them safe as they learn and grow.