

Sex and Relationship Education – a Progression of Knowledge

RSE will deliver a spiral curriculum that enables pupils to build on their prior learning by revisiting themes to enable pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues. Clee Hill Community Academy follows the PSHE Association PSHE scheme of work, which includes SRE elements in the Growing and Changing section of Health and Wellbeing. In Years 4,5 and 6 SRE is taught as a standalone series of lessons. Parental guidance is offered beforehand – see SRE policy for more details

	Nursery & Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Key Stage 3
Growing and Changing	PSED, PD (Health and self care) UW (People and communities) (The world)	<ul style="list-style-type: none"> to recognise what makes them special and unique including their likes, dislikes and what they are good at how to manage and whom to tell when finding things difficult, or when things go wrong how they are the same and different to others about different kinds of feelings how to recognise feelings in themselves and others how feelings can affect how people behave 	<ul style="list-style-type: none"> about the human life cycle and how people grow from young to old how our needs and bodies change as we grow up about change as people grow up, including new opportunities and responsibilities preparing to move to a new class and setting goals for next year <p><i>Note: H25 has been removed from the PSHE planning as naming the main body part will not be a specific lesson for Year 2 pupils. The correct terminology will be used as situations arise.</i></p>	<ul style="list-style-type: none"> the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally that regular exercise such as walking or cycling has positive benefits for their mental and physical health about the things that affect feelings both positively and negatively strategies to identify and talk about their feelings about some of the different ways people express feelings e.g. words, actions, body language to recognise how feelings can change overtime and become more or less powerful 	<ul style="list-style-type: none"> how to identify external genitalia and reproductive organs about the physical and emotional changes during puberty key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams strategies to manage the changes during puberty including menstruation the importance of personal hygiene routines during puberty including washing regularly and using deodorant how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty 	<ul style="list-style-type: none"> about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes that for some people their gender identity does not correspond with their biological sex how to recognise, respect and express their individuality and personal qualities ways to boost their mood and improve emotional wellbeing about the link between participating in interests, hobbies and community groups and mental wellbeing 	<ul style="list-style-type: none"> to recognise some of the changes as they grow up e.g. increasing independence about what being more independent might be like, including how it may feel about the transition to secondary school and how this may affect their feelings about how relationships may change as they grow up or move to secondary school practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school identify the links between love, committed relationships and conception what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb that pregnancy can be prevented with contraception² about the responsibilities of being a parent or carer and how having a baby changes someone's life <p><i>Note: H20 – female genital mutilation (FGM) has been removed from the PSHE curriculum coverage for CHCA</i></p>	<ul style="list-style-type: none"> about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them indicators of positive, healthy relationships and unhealthy relationships, including online about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation the difference between biological sex, gender identity and sexual orientation to recognise that sexual attraction and sexuality are diverse that marriage is a legal, social and emotional commitment that should be entered into freely, and never forced upon someone through threat or coercion how the media portrays relationships and the potential impact of this on people's expectations of relationships that the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex R9. to clarify and develop personal values in friendships, love and sexual relationships the importance of trust in relationships and the behaviours that can

								<ul style="list-style-type: none"> • undermine or build trust • to evaluate expectations about gender roles, behaviour and intimacy within romantic relationship • that everyone has the choice to delay sex, or to enjoy intimacy without sex
Vocabulary for SRE	boy, girl,	family, same, different,	babies, male, female, new life cycle, birth, body parts, timeline, order, growing, changing. vagina, penis,	Baby, toddler, school aged, teenager, adult, elder, age, difference,	vagina, penis, physical changes, puberty, menstruation, periods, change strategies, emotions relationships, support , advice	reproduction, menstruation, periods, wet dreams, masturbation, relationship, sex cells, sperm, egg, hygiene, grooming, clean, strategies. anxious, lifecycle grow,	puberty, emotional, physical, behavioural, changes, attitudes, values, gender, stereotyping, age, religion, culture, values, relationships, friendships, differences, love, reproduction, human life cycle, reproductive organs, conception, pregnancy, womb, uterus, egg, ovum, menstruation, periods, responsibilities, parents, skills, qualities, erection, vagina, contraception, lifecycle, roles, sex, support, advice.	puberty, menstrual cycle, outer labia, hymen, perineum, vulva, inner labia, anus, urethra, cervix, eggs, uterus, fallopian tubes, ovaries, vagina
Specific SRE lessons					<ul style="list-style-type: none"> • how to identify external genitalia and reproductive organs • about the physical and emotional changes during puberty • key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams • strategies to manage the changes during puberty including menstruation • the importance of personal hygiene routines during puberty including washing regularly and using deodorant • how to discuss the challenges of puberty with a trusted adult • how to get information, help and advice about puberty 	<p>Recap of Year 4 learning objectives (taught with Year 4 pupils) PLUS:</p> <ul style="list-style-type: none"> • about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes • that for some people their gender identity does not correspond with their biological sex • how to recognise, respect and express their individuality and personal qualities • ways to boost their mood and improve emotional wellbeing • about the link between participating in interests, hobbies and community groups and mental wellbeing 	<p>Recap of Year 4 learning objectives (taught with Year 4 & 5 pupils) PLUS:</p> <ul style="list-style-type: none"> • to recognise some of the changes as they grow up e.g. increasing independence • about what being more independent might be like, including how it may feel • about the transition to secondary school and how this may affect their feelings • about how relationships may change as they grow up or move to secondary school • practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school • identify the links between love, committed relationships and conception • what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults • how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb • that pregnancy can be 	<ul style="list-style-type: none"> • Reproduction – Science coverage PLUS: • strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing • about the purpose, importance and different forms of contraception; how and where to access contraception and advice • that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs)

				prevented with contraception ² <ul style="list-style-type: none"> • about the responsibilities of being a parent or carer and how having a baby changes someone's life 	
	<ul style="list-style-type: none"> • NSPCC assembles and workshops with NSPCC bi annually (2023/ 2025/ 2027) • PANT assemblies annually • SRE committee of parents, governors & staff review policy and materials every 3 years (2023/ 2026/ 2029) 				•