



# SMITH'S WOOD PRIMARY RSE CURRICULUM



## WHAT IS RSE?

# Year 6

## THE RIGHT TO WITHDRAW.

RSE is Relationships, Health and Sex Education.

From September 2020, Relationships and Health Education became compulsory for all primary schools. This includes primary aged children learning about the 'changing adolescent body'. We believe that effective Relationships and Health Education makes a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables our pupils to make responsible and informed decisions about their health and well-being.

Sex Education is not compulsory at primary school, however schools can choose to teach it and at Smith's Wood Primary, we have made the decision that Sex Education will only be taught in Years 4, 5 and 6.

### HOW WE TEACH RELATIONSHIPS, HEALTH AND SEX EDUCATION

At Smith's Wood we use JIGSAW. This popular and widely used scheme of work is used for all our PSHE lessons. RSE forms part of PSHE. During the second half of the Summer Term, all year groups complete the 'Changing Me' unit of work. Each year group is taught appropriate to their age and developmental stage. **At no point will a child be taught something that is age inappropriate.**

Parents and Carers are fully supportive of our Curriculum at Smith's Wood Primary Academy, however you do have the right to withdraw your child from the non statutory Sex Education provided at Smith's Wood, which is taught in Years 4, 5 and 6.

#### Parents in Reception, Years 1, 2 and 3.

You cannot withdraw your child from any part of the statutory National Curriculum Science or any aspect of the Relationships and Health Education detailed below.

#### Parents in Years 4, 5 and 6.

You can only request to withdraw your child from the lessons highlighted in red below. If you wish to exercise this right (**having reviewed your child's year group overview below**) you are invited to make an appointment with the RSE Curriculum lead Mr Taylor—Assistant Head, who will explore any concerns and clarify the nature and purpose of the curriculum.

#### Please note, there are no non-statutory parts of the curriculum that you can withdraw from until Year 4.

Once those discussions have taken place, unless specific safeguarding reasons state otherwise, the school will respect the parents' request to withdraw the child.

Once a child has been withdrawn they cannot take part in the specific sex education lessons until the request for withdrawal has been removed.

Please see an overview below of what is taught in each session and some example vocabulary used with each lesson.

#### Lesson 1: My Self Image

**Overview:** I am aware of my own self-image and how my body image fits into that

**Key Vocabulary:** Self-image, Self-esteem, Real self, Celebrity

#### Lesson 2: Puberty

**Overview:** I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally

**Key Vocabulary:** Freedoms, Responsibilities, voice break, period, vagina, penis, erection

#### Lesson 3: Babies: Conception to Birth

**Overview:** I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born

**Key Vocabulary:** Pregnancy, Embryo, Fetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife

#### Lesson 4: Boyfriends and Girlfriends

**Overview:** I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend

**Key Vocabulary:** Attraction, Relationship, Pressure, Love, Sexting

#### Lesson 5: Real self and ideal self

**Overview:** I am aware of the importance of a positive self-esteem and what I can do to develop it

**Key Vocabulary:** Self-esteem, Negative body-talk, Choice, Feelings/emotions, Challenge, Mental health

#### Lesson 6: The Year Ahead

**Overview:** I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.

**Key Vocabulary:** Transition, Secondary, Looking forward, Journey, Worries, Anxiety, Hopes, Excitement

Please contact your child's class teacher if you have any further questions.

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