

## HEALTHY BODIES, HEALTHY MINDS –End Points Sex Education



### Statutory Guidance 2019

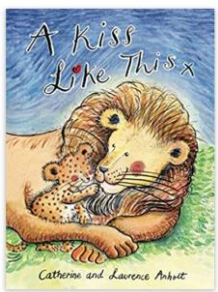
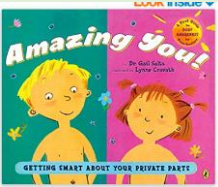
67. It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The Department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born. As well as consulting parents more generally about the school's overall policy, primary schools should consult parents before the final year of primary school about the detailed content of what will be taught. This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school. Meeting

these objectives will require a graduated, age-appropriate programme of sex education. Teaching needs to take account of the developmental differences of children.

68. Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered. Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, head teachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science. Schools will want to draw on the good practice for conversations with parents around the right to withdraw as set out in paragraphs 45 and 46. Schools must also ensure that their teaching and materials are appropriate having regard to the age and religious backgrounds of their pupils. Schools will also want to recognise the significance of other factors, such as any special educational needs or disabilities of their pupils.



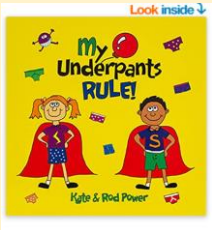
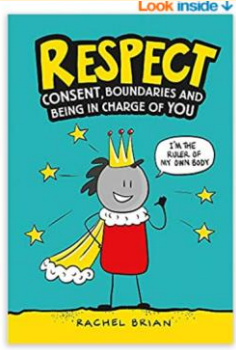
## HEALTHY BODIES, HEALTHY MINDS –End Points Sex Education

Year 1 PRIOR LEARNING						
HEALTHY BODIES, HEALTHY MINDS Y1:		<b>Healthy Me</b> Parts of body that are visible to everyone and basic ways to keep our bodies healthy <b>Changing Me</b> Growing up and being more independent in caring for themselves.				
SCIENCE Y1		<b>Animals Including Humans</b> identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.				
Year 1	Theme	Books	Learning Objectives <i>We will be learning about...</i>	Success Criteria <i>We will be able to...</i>	Vocabulary	Resources
Amazing Bodies	Choices and Challenges		Our likes and dislikes of physical contact. Our feelings about physical contact Recognising situations where they have a right to say no even if it is to grow up, order children or friends.	Say what I like and dislike about being touched. Talk about why people who look after and care for us might touch us. Say what I should do if I feel uncomfortable about being touched. Identify parts of my body that is OK to be touched. Identify parts of my body that someone should ask permission to be touched.	Safe touch Unwanted touch uncomfortable comfortable permission	Respect Yourself Choices and Challenges KS1 Lesson  (Book – A Kiss Like this)
	Private Body Parts		The correct words to describe the private parts of our bodies How people's bodies look similar and different.	Use the correct words to describe the private parts of our bodies Describe some of the ways in which people's bodies are similar and different.	private, penis, testicles, vulva, vagina, similar, different	DE Healthy Bodies, Healthy Minds Y1 Lesson 2  Watch video and use presentation  <b>(no need to use genital picture cards)</b>

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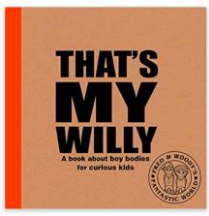


Year 2 PRIOR LEARNING						
HEALTHY BODIES, HEALTHY MINDS Y2:		<p><b>Healthy Me</b> Staying safe and healthy</p> <p><b>Changing Me</b> How growth and change is part of a natural life cycle How we will continue to grow That change is something that everyone experiences Feeling positive about changes that will happen</p>				
SCIENCE Y2		<p><b>Animals Including Humans</b> notice that animals, including humans, have offspring which grow into adults describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>				
Year 2	Theme	Suggested Books	Learning Objectives <i>We will be learning about...</i>	Success Criteria <i>We will be able to...</i>	Vocabulary	Resources
Our Bodies - Same but different	The differences between male and female bodies		<p>The names of the main parts of the body including external genitalia</p> <p>Growing and changing from young to old and how people's needs change</p> <p>Recognizing that some things are private and the importance of respecting privacy</p> <p>That parts of their body covered by underwear are private</p>	<p>Use the scientific names for parts of the body.</p> <p>Name the differences between girls' and boys' bodies.</p>	male, female, private parts, genitals, penis, testicles, vulva, vagina	TWINKLE KS1 Growing Up Lesson 1
	Is it ok?		<p>To recognise that some things are private and the importance of respecting privacy.</p> <p>That parts of the body covered by underwear is private</p> <p>Things to do to resist pressure to do things that make them feel unsafe.</p> <p>How to respond if physical contact makes them feel uncomfortable.</p> <p>What to do if they feel unsafe or worried for themselves or others</p> <p>Who to ask for help and vocabulary to use when asking for help.</p>	<p>Understand what "no" and "stop" mean.</p> <p>Know that people's bodies and feelings can be hurt.</p> <p>Say who to tell if I am worried that the rules about respecting people's bodies have been broken.</p>	Respect, consent, trusted adult, safe, advice, no, stop, rules, touch, comfortable, uncomfortable, hurt, OK bodies, feelings, scenario.	TWINKLE KS1 Growing Up Lesson 2  See also video from DE Healthy Bodies, Healthy Minds Y1 Lesson 2

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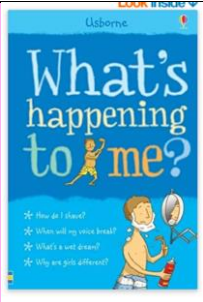




Year 3 PRIOR LEARNING						
HEALTHY BODIES, HEALTHY MINDS Y3:		<b>Healthy Me</b> Staying safe and healthy <b>Changing Me</b> Thinking about the changes they have experienced or may experience in the future, and to articulate their feelings about these. Ways to help themselves feel happier and more positive if they are experiencing challenges.				
Year 3	Theme	Suggested Books	Learning Objectives <i>We will be learning about...</i>	Success Criteria <i>We will be able to...</i>	Vocabulary	Resources
My Body My Choice  What is puberty?	Using the correct vocabulary for male and female body parts.		The importance of using the correct names of the main parts of the body including external genitalia  Choice and privacy with regards to my body and how I can get help with any concerns.	Use the scientific names for parts of the body. Explain why it is important to use the correct names for private parts. Explain my rights with respect to the privacy of my body. Explain the sort of touch I am happy with and what sort I am not happy with	male, female, private parts, genitals, penis, testicles, vulva, vagina  respect, consent, trusted adult, safe, advice, no, stop, rules, touch, comfortable, uncomfortable, hurt, OK bodies, feelings,	Part 1 Revision of Body Parts Our Bodies PP  Part 2 Twinkle LKS2 – My Body My Choice
	Introduction to puberty.		The changes that happen to our bodies naturally during puberty The different changes that happen to boys and girls during puberty Where to get help and advice about our bodies and how they change and develop if we need it	Identify the changes in our bodies since Nursery or Reception class Discuss the physical changes that happen during puberty Distinguish between the changes that happen to girls and boys.	puberty hormones breasts periods	DE Coping with Change Y4 Lesson 1 Use presentation board in DE (not video)

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Year 4 PRIOR LEARNING						
HEALTHY BODIES, HEALTHY MINDS Y4:		<b>Healthy Me</b> Personal Hygiene – protection against germs				
Year 4	Theme	Suggested Books	Learning Objectives <i>We will be learning about...</i>	Success Criteria <i>We will be able to...</i>	Vocabulary	Resources
Puberty and Hygiene	Single sex lessons: The functions of different body parts.  Changes that happen to boys / girls bodies during puberty.	  	How and why boys and girls bodies change as they go through puberty.	<p>Explain what the word puberty means.</p> <p>Name the differences between a boy's / girl's body and a man's / women's body.</p> <p>Explain why boy's and girl's bodies change.</p>	puberty hormones breasts periods menstruation ovaries / eggs / fallopian tubes body hair facial hair pubic hair erection sweat greasy hair / spots  sex hormones testosterone oestrogen reproduction	BOYS Revision of Body Part Names (PP) Changes to Boys (PP) Changes to Boys activity Changes to Girls (PP) How do we change activity  GIRLS Revision of Body Part Names – (PP) Changes to Girls (PP) Changes to Girls activity Changes to Boys (PP) How do we change activity
	Understanding Periods Girls ONLY		What periods are and why females have them.	<p>Explain what periods are and why females have them</p> <p>Identify and dispel common myths around having periods</p>	menstruation, eggs, sanitary pads, periods	DE Coping with Change Y4 Lesson 2 Use presentation board in DE <i>(replace letter activity for period tray discussion)</i>
	Keeping Clean as we grow and change			The importance of bodily hygiene as we get older Ways to keep ourselves clean as we get older The products we need to be hygienic and how to maintain a regular cleaning routine.	<p>Identify and describe the difference between essential and luxury products for hygiene</p> <p>Explain the need for certain products and how to use them</p> <p>Explain the importance of bodily hygiene as we grow and change.</p>	hygiene, hormones, sweat, health

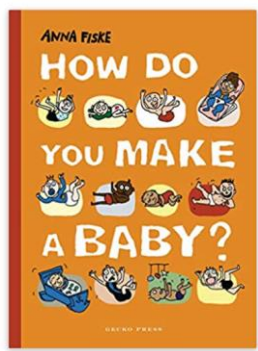


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Year 5 PRIOR LEARNING						
HEALTHY BODIES, HEALTHY MINDS Y5:		<b>Healthy Me</b> The importance of good emotional health and wellbeing, and where to go for further support if they need help, or to talk about looking after their emotional health				
SCIENCE Y5		<b>Animals Including Humans</b> Describe the changes as humans develop to old age The changes experienced in puberty.				
Year 5	Theme	Suggested books	Learning Objectives <i>We will be learning about...</i>	Success Criteria <i>We will be able to...</i>	Vocabulary	Resources
Puberty and Emotions	What is puberty? – recap from Year 4 and add more details.		The physical and emotional changes that take place during puberty Ways to manage these changes	Identify changes that happen during puberty and why they happen Describe ways to manage these changes, and where to get help if needed	hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty	DE Coping with Change Y5 Lesson 1 Use presentation board in DE (not video)
	The range of emotional changes we may experience during puberty and ways we can identify and respond to these.		Emotional changes that people experience at puberty The range of emotions and feelings that we may experience Ways to recognise and manage these emotions.	Identify emotional changes that may happen during puberty Describe ways in which our emotions may change and how to respond.	emotions, hormones, changes, feelings, support	DE Coping with Change Y5 Lesson 2 Use presentation board in DE (not video)
	The emotions we experience during puberty and into early adulthood, and ways to manage and support others in managing these.		That during puberty there are changes we cannot control, but that we can learn ways to manage these changes About techniques to cope with our emotions during puberty How to support one another when things feel difficult or challenging.	Identify changes during puberty that we cannot control, and ways to manage these Identify and describe to whom and where we can go for advice and support if we need it Give advice and support to others who might need it.	control, emotions, feelings, hormones, puberty	DE Coping with Change Y5 Lesson 3 Use presentation board in DE (not video)
Periods	Understanding Periods Girls ONLY		What periods are and why females have them.	Explain what periods are and why females have them Identify and dispel common myths around having periods	menstruation, eggs, sanitary pads, periods	DE Coping with Change Y4 Lesson 2 Use presentation board in DE – recap WATCH Video DE Y5 (Elise explain periods) Period Tray discussion



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Year 6 PRIOR LEARNING						
HEALTHY BODIES, HEALTHY MINDS Y6:		<p><b>Changing Me</b> The impact that the changes that puberty brings can have on close relationships.</p> <p><b>Relationships</b> Understand peer pressure and how to make informed choices to resist peer pressure even if it comes from friends. Personal safety and how to recognise risk. Different risks and the choices we can make about them. What commitment to a relationship means and characteristics of a committed relationship.</p>				
SCIENCE Y5		<p><b>Living Things and their habitats</b> Describe the differences in life cycles of a mammal, an amphibian, an insect and a bird. Describe the life process of reproduction in some plants and animals.</p>				
Y6	Theme	Book	Learning Objectives <i>We will be learning about...</i>	Success Criteria <i>We will be able to...</i>	Vocabulary	Resources
Starting a Family	Human reproduction and other ways to start a family.		Human reproduction: how babies are made.	Dispel myths about human reproduction Explain the facts of human reproduction	sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, Caesarean section	DE Families and Committed Relationships Y6 Lesson 1 Use presentation board in DE WATCH VIDEO
	The significance of making the decision to start a family, and how life-changing having a baby can be.		Why deciding to start a family is such a big and important decision How life-changing starting a family can be. The costs associated with a new baby.	Explain the impact having a baby can have. Explain why it is important that people are ready for and committed to this new change.	baby, commitment, responsibility, need, budget	DE Families and Committed Relationships Y6 Lesson 2 Use presentation board in DE
	How age restrictions for having sex (the age of consent) are there to keep children safe.		The importance of being ready to start a family in the future Legal age restrictions, and why these are in place.	Explain why age restrictions are in place for particular activities. Identify the age of consent for sexual intercourse and its importance in helping children stay safe from risk and harm.	Law legal, age restriction, age of consent, safe	DE Families and Committed Relationships Y6 Lesson3 Use presentation board in DE
Periods	Understanding Periods Girls ONLY		What periods are and why females have them.	Explain what periods are and why females have them Identify and dispel common myths around having periods	menstruation, eggs, sanitary pads, periods	DE Coping with Change Y4 Lesson 2 Use presentation board in DE – recap / WATCH Video DE Y5 (Elise explain periods) Period Tray discussion

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