

Sex Education Curriculum

Sex education is not compulsory in primary schools. As recommended in [Relationships Education, Relationships and Sex Education and Health Education guidance](#) at Holmer Lake Primary School we teach sex education in years 5 and 6.

Parents are consulted annually about the content of sex education lessons. This process includes offering parents support in talking to their children about sex education and how to link this with what is being taught in school.

Following consultation, parents are informed of their right to request withdrawal from the following lessons taught.

Year Group Lesson	Lesson Overview	Key Vocabulary	Knowledge Outcomes	Social and Emotional Outcomes
Year 5 Conception	This sex education lesson teaches children how babies are conceived through sexual intercourse whilst acknowledging alternative routes to parenthood. Children explore different types of relationships and use diamond ranking to prioritise considerations before having a baby, discussing factors like financial stability, loving relationships and readiness for responsibility. The lesson explains conception as the fertilisation of an egg by sperm during sexual intercourse, emphasising this occurs between consenting adults in loving relationships, with the age of consent being 16 in England. Children learn that contraception exists as a way to prevent pregnancy and that there are fertility treatments for those who need medical assistance to conceive. Through card sorting activities, children consolidate understanding of pregnancy development over nine months, learning about the embryo's growth in the womb connected via umbilical cord. The lesson ensures all children feel valued regardless of how they were conceived.	Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Contraception Fertility treatment	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways

Year Group Lesson	Lesson Overview	Key Vocabulary	Knowledge Outcomes	Social and Emotional Outcomes
Year 6 Conception to Birth	This sex education lesson teaches children about conception through to birth, and if possible it is recommended as a two-hour session or split across two lessons. Children discover facts about foetal capabilities including hearing, responding to light and recognising voices as part of the nine-month pregnancy journey as babies develop from embryo to foetus, connected to the mother through the placenta and umbilical cord. Children learn about labour, contractions and birth through the vagina, and that some babies are born by Caesarean sections. Activities include sequencing conception to birth cards and discussing the mixed emotions parents experience, from joy and pride to exhaustion and anxiety, helping children appreciate the miraculous yet commonplace nature of human reproduction.	Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby

Sex Education	Non-statutory. Parental right to withdraw when taught as part of PSHE/RSHE.
What it is:	<p>In the primary context, Sex Education means teaching about human reproduction – specifically, what happens in order for babies to be conceived and born.</p> <p>Although sex education is not compulsory in primary schools, the DfE recommends that primary schools teach Sex Education in Years 5 and/or 6, aligned with the National Curriculum for Science content on reproduction.</p> <p>Jigsaw PSHE considers this content to be in 2 lessons in the programme: one in Year 5 and one in Year 6.</p> <ul style="list-style-type: none"> • Ages 9-10, Changing Me, Piece 4 - Conception • Ages 10-11, Changing Me, Piece 3 - Babies: Conception to Birth
What it is NOT	Sex Education does not include puberty (which is statutory Health Education) or teaching about families and relationships (which is Relationships Education).
Parental withdrawal:	<p>Parents do have the right to withdraw their children from Sex Education within RSHE</p> <p><i>See more detailed explanation on parental right to withdraw from RSHE or Science on page 6.</i></p>