

Ling Moor Primary Academy
Relationship and Sex Education (RSE) Overview

Year Group	Curriculum Coverage
Foundation Stage	How they have changed from a baby Self-care Differences between people, families Differences between children and adults
Year 1 – Covered through PSHE lessons	Private pants PSHE lesson Personal safety
Year 2 Covered through the RSE/PSHE curriculum	Spring Term - Boys, girls and families. <ul style="list-style-type: none"> • To understand and respect the differences and similarities between people. • The biological differences between male and female animals and their role in the lifecycle. • The biological differences between male and female children • Growing from young to old and that they are growing and changing • That everyone needs to be cared for and ways in which they can care for others. • Different types of home life and how their home life is special.
Year 3 Covered through the Science curriculum	Science curriculum – Human Body Revisiting some Year 2 knowledge.
Year 4 Covered through the RSE/PSHE curriculum	Summer – Growing and Changing <ul style="list-style-type: none"> • The way we grow and change throughout the human lifecycle. • Physical changes associated with puberty. • Menstruation and wet dreams. • The impacts of puberty on personal hygiene and strategies for managing this. • How puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty. • Strategies to deal with feelings in the context

	<p>of relationships.</p> <ul style="list-style-type: none"> • Answer each other's questions about puberty with confidence to seek support and advice where they need it.
<p>Year 5 Covered through the Science curriculum. Puberty Workshop delivered by Lincoln County Council provider.</p>	<p>Science curriculum – life cycles of different animals and how life starts with a male/female sex cell/fertilised egg.</p> <p>Puberty Workshop delivered.</p>
<p>Year 6 Covered through the RSE/PSHE curriculum. Puberty Workshop delivered by Lincoln County Council provider.</p>	<p>Summer term – Healthy Relationships / How a baby is made.</p> <ul style="list-style-type: none"> • The changes that occur during puberty. • To consider different attitudes and values around gender stereotyping and sexually and consider their origin and impact. • What values are important to them in relationships and to appreciate the importance of friendship in intimate relationships. • Human reproduction in the context of the human lifecycle. • How a baby is made and grows (conception and pregnancy) • Roles and responsibilities of parents and carers. • To answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it. <p>Puberty workshop delivered**</p>