

Medway Primary RSE Lesson Plan Overview

Lesson	Learning objectives We are learning:	Intended learning outcomes We can:
Year 1 or 2 <i>My special people</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 2 Relationships Education – Statutory </div>	<ul style="list-style-type: none"> about the special people in our lives and how we care for one another 	<ul style="list-style-type: none"> identify our own special people explain what makes them special to us and why they are important in our lives describe the different ways our special people care for us recognise how we can care for them in return
Year 1 or 2 <i>We are growing: human life cycle</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 2 Health Education / Science Curriculum – Statutory </div>	<ul style="list-style-type: none"> about how we change as we grow 	<ul style="list-style-type: none"> recognise the main stages of the human life cycle (baby, child, adult) recognise that the process of growing takes time and describe what changes when people grow from young to old identify ways we are more independent now than when we were younger describe our feelings about growing and changing
Year 1 or 2 <i>Everybody's body</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 2 Sex Education – non- statutory </div>	<ul style="list-style-type: none"> about the differences and similarities between people <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> Naming male and female body parts </div>	<ul style="list-style-type: none"> describe similarities and differences between ourselves and others challenge simple stereotypes about boys and girls recognise and use the correct names for main parts of the body
Year 3 <i>What makes a good friend?</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 3 Relationships Education – Statutory </div>	<ul style="list-style-type: none"> about friendship – why it is important and what makes a good friend 	<ul style="list-style-type: none"> recognise the different types of friendships that are important to us (eg: family, friends, groups we belong to, neighbours) explain why friendship and having friends is valuable identify how friends show they care for and value each other describe what makes a good friendship and what is most important in a friendship
Year 3 <i>Falling out with friends</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 3 Relationships Education – Statutory </div>	<ul style="list-style-type: none"> how to maintain good friendships about solving disagreements and conflict amongst themselves and their peers 	<ul style="list-style-type: none"> identify what helps maintain friendships describe feelings when disagreements and conflict occur identify what can help and not help if there are friendship problems demonstrate strategies for solving arguments with peers
Year 4 or 5 <i>Puberty: time to change</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 4 Health Education – Statutory </div>	<ul style="list-style-type: none"> about some of the physical changes experienced during puberty 	<ul style="list-style-type: none"> identify some of the physical changes that happen to bodies during puberty explain that puberty begins and ends at different times for different people use scientific vocabulary for external male and female body parts/genitalia
Year 4 or 5 <i>Puberty: menstruation and wet dreams</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 4 Health Education – Statutory </div>	<ul style="list-style-type: none"> about the physical changes that happen to males and females during puberty 	<ul style="list-style-type: none"> use to use scientific vocabulary for external and internal male and female body parts/genitalia explain what happens during menstruation (periods) explain what is meant by ejaculation and wet dreams
Year 4 or 5 <i>Puberty: personal hygiene</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 4 Health Education – Statutory </div>	<ul style="list-style-type: none"> about the importance of personal hygiene during puberty to respond to questions about puberty 	<ul style="list-style-type: none"> explain how and why it is important to keep clean during puberty describe ways of managing physical change during puberty respond to questions and give advice to others about puberty
Year 4 or 5 <i>Puberty: emotions and feelings</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Year 4 - Health Education – Statutory </div>	<ul style="list-style-type: none"> how and why emotions may change during puberty about getting appropriate help, advice and support about puberty 	<ul style="list-style-type: none"> describe how emotions and relationships may change during puberty know where we can get the help and support we need in relation to puberty

Puberty is also revisited in Year 5 as part of the Science curriculum / Health Education - statutory.

<p>Year 6 <i>Puberty: recap and review</i></p> <p>Year 6 Health Education – Statutory</p>	<ul style="list-style-type: none"> more about the changes that happen at puberty (recap from year 4 or 5) 	<ul style="list-style-type: none"> describe the physical and emotional changes that occur during puberty and how to manage these identify myths and facts about puberty, and what is important for a young person to know demonstrate how to begin conversations (or ask questions) about puberty with people that can help us
<p>Year 6 <i>Puberty: change and becoming independent</i></p> <p>Year 6 Health Education – Statutory</p>	<ul style="list-style-type: none"> about managing change - new roles and responsibilities as we grow up 	<ul style="list-style-type: none"> describe some changes that happen as we grow up identify the range of feelings associated with change, transition to secondary school and becoming more independent describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities
<p>Year 6 <i>Positive and healthy relationships</i></p> <p>Year 6 Relationships Education – Statutory</p>	<ul style="list-style-type: none"> about what constitutes a positive, healthy relationship that relationships can change over time 	<ul style="list-style-type: none"> describe some changes that happen as we grow up identify the range of feelings associated with change, transition to secondary school and becoming more independent describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities
<p>Year 6 <i>How babies are made</i></p> <p>Year 6 Sex Education – Non-statutory</p>	<ul style="list-style-type: none"> about adult relationships and the human life cycle about human reproduction (how a baby is made and how it grows) 	<ul style="list-style-type: none"> identify the links between love, committed relationships / marriage and conception explain what sexual intercourse is and explain that this may be one part of an intimate relationship between consenting adults explain what pregnancy means, how long it lasts and where it occurs i.e.: that a baby is made when a sperm (male) meets an egg /ovum (female) and then the fertilised egg settles into the lining of the uterus (or womb) (female)