



Phoenix
FEDERATION

Relationships and Sex Education (RSE) Policy

Date agreed: May 2024

Date to be reviewed: May 2026

Introduction

Our key aim in providing RSE throughout the school is to safeguard our pupils. RSE is lifelong learning about physical, moral and emotional development. Through RSE children learn, at an age-appropriate level, about healthy relationships, different families, respect, love and care, reproduction, puberty, hygiene and the body. In the primary school we are building the foundations of skills and knowledge that will be developed further at secondary level and prepare them for adult life.

Aims

The aims of RSE at the Phoenix Federation are to:

- Provide a framework in which sensitive discussions can take place.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and adults.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Know and understand what is and is not appropriate in different relationships.
- Give children the skills and knowledge to safeguard themselves.
- Be inclusive and accessible to all.

Government Guidance

The Department for Education introduced compulsory relationships education for primary pupils from 2020. We are also required to teach the elements of sex education contained in the Science National Curriculum. At the Phoenix Federation, we want our pupils to learn the key knowledge and skills to help keep them safe and prepare them for adult life. Therefore, we teach age-appropriate sex education alongside relationships education.

Documents that inform the school's RSE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st Century (2014)
- Children and Social Work Act (2017)
- DfE: Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (2019)
- Keeping children safe in education – statutory safeguarding guidance (2019)

Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. It draws together the biological aspects of the Science National Curriculum and the PSHE curriculum. Pupils receive stand-alone lessons delivered in the summer term. This involves a gradual progression from the EYFS curriculum to Year 6. This scheme of work can be found in Appendix 1.

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
 - Recognising and assessing potential risks and safeguarding themselves
 - Seeking help and support when required
 - Informed decision-making
 - Self-respect and empathy for others
 - Recognising and maximising a healthy lifestyle

- Managing conflict
- Discussion and group work

Parents

We believe that RSE should be a partnership with parents and carers. Parents will be routinely consulted and informed about RSE through letters to explain when RSE will take place in different year groups. Whilst we always try to work with parents to accommodate their wishes, parents do have the right to withdraw their children from all or part of the Sex Education that is not part of the Science National Curriculum. Those parents wishing to exercise this right are invited to see the Federation Headteacher or Deputy Headteacher and PSHE lead who will explore any concerns. All children must however attend RSE health and relationship lessons.

Appendix 1

Reception

Our Lives EYF5

Word Box: Dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad.

Scheme of Work

Early Learning Goals Prime Areas	Learning Intentions and Learning Outcomes	Title	Resources
Physical Development Health and self-care	<p>Learning Intention To consider the routines and patterns of a typical day</p> <p>Learning Outcomes Understand some areas in which the children can look after themselves e.g. dressing and undressing</p>	Lesson 1 Our Day	<p>Glove puppet Our Day pictures</p>
Physical Development Health and self-care	<p>Learning Intention To understand why hygiene is important</p> <p>Learning Outcomes Explain why it is important to keep clean Understand some basic hygiene routines</p>	Lesson 2 Keeping Ourselves Clean	<p>Glove puppet Items related to hygiene, e.g. flannel, sponge, towel, toothbrush, toothpaste, shampoo, soap, comb, brush Keeping Clean pictures <i>The Smelly Book</i>, Babette Cole Additional Activities Anatomically correct dolls Suggested reading: <i>The Boy Who Hated Toothbrushes</i>, Zehra Hicks</p>
Personal, Social and Emotional Development Making Relationships	<p>Learning Intention To recognise that all families are different</p> <p>Learning Outcomes Identify different members of the family Understand how members of a family can help each other</p>	Lesson 3 Families	<p>The Family Book, Todd Parr Families pictures Paper for drawing pictures Additional Activities Suggested reading: <i>All Kinds of Families!</i> Mary Ann Hoberman <i>I'll take you to Mrs Cole</i>, Nigel Gray</p>

Year 1

Growing & Caring For Ourselves Key Stage 1

Scheme of Work

Word Box: Clean, similar, different, family, boy, girl, male, female, private parts, penis, vagina

<p>PSHE Programme of Study Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> the importance of and how to maintain personal hygiene about the process of growing from young to old and how people's needs change the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them 	<p>Learning Intentions and Learning Outcomes</p> <p>Learning Intention To understand some basic hygiene principles</p> <p>Learning Outcomes Know how to keep clean and look after oneself</p>	<p>Lesson Title</p> <p>Lesson 1 Keeping Clean</p>	<p>Resources</p> <p>Talking object Story bag containing sponge, toothbrush and soap (and a school jumper or shirt if available) Keeping Clean pictures</p>
<p>Learning Intention To introduce the concept of growing and changing</p> <p>Learning Outcomes Understand that babies become children and then adults Know the differences between boy and girl babies</p>	<p>Lesson 2 Growing and Changing</p>	<p>Talking object Story bag containing Pictures of newborn babies Lifecycle picture cards Lifecycle word cards Lifecycle whiteboard summary</p>	
<p>Learning Intention To explore different types of families and who to ask for help</p> <p>Learning Outcomes Know there are different types of families Know which people we can ask for help</p>	<p>Lesson 3 Families and Care</p>	<p>Talking object Story bag - containing plaster and skipping rope Families pictures The Family Book, Todd Parr Additional Activities Suggested reading: Happy Families, Allan Ahlberg Who's in a Family? Robert Skutch</p>	

Year 2

Differences

Key Stage 1

Scheme of Work

Word Box: Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vagina

PSHE
Programme of Study
Core Theme 1: Health and Wellbeing

- about the process of growing from young to old and how people's needs change
- the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls

Science Attainment
Targets

- notice that animals, including humans, have offspring which grow into adults

Learning Intentions and Learning Outcomes

Learning Intention

To introduce the concept of male and female and gender stereotypes
To identify differences between males and females
Learning Outcomes
Understand that some people have fixed ideas about what boys and girls can do
Describe the difference between male and female babies

Lesson Title

Lesson 1

Differences: Boys & Girls

Resources

2 large PE hoops
[Boy/Girl/Both labels](#)
Bag of objects and clothing to explore male and female or [Pictures of objects and clothing](#)
[Clothed Babies picture cards](#)
[Clothed Babies whiteboard summary](#)
[Pictures of newborn babies](#)

Additional Activities
Recommended reading:
Happy Families, Allan Ahlberg,
Princess Smartypants, Babette Cole
William's Doll, Charlotte Zolotow
Amazing Grace, Mary Hoffman and Caroline Binch

Lesson 2

Differences: Male and Female

Talking object

[Pictures of male and female animals](#)
[Cats and Kittens worksheet](#)
Anatomically correct toy farm animals
www.toysnfun.co.uk

Learning Intention

To focus on sexual difference and name body parts
Learning Outcomes
Describe the physical differences between males and females
Name the male and female body parts

Lesson 3

Naming the Body Parts

2 large PE Hoops

[Hoop labels](#)
[Body Parts picture cards](#)
[Female x-ray picture](#)
[Body Parts worksheet](#)
Additional Activities
Recommended reading:
Cinderella's Bum, Nicholas Allan
Shapesville, Andy Mills
It's OK to be Different, Todd Parr

Year 3

Valuing Difference and Keeping Safe Key Stage 2

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship

Scheme of Work

PSHE

Programme of Study

Core Theme 1:

Health and Wellbeing

- the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls

- to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong

Core Theme 2: Relationships

- to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage
- to judge what kind of physical contact is acceptable or unacceptable and how to respond

Learning Intentions and Learning Outcomes

Learning Intention

To explore the differences between males and females and to name the body parts

Learning Outcomes

Know some differences and similarities between males and females
Name male and female body parts using agreed words

Learning Intention

To consider touch and to know that a person has the right to say what they like and dislike

Learning Outcomes

Identify different types of touch that people like and do not like
Understand personal space
Talk about ways of dealing with unwanted touch

Learning Intention

To explore different types of families and who to go to for help and support

Learning Outcomes

Understand that all families are different and have different family members
Identify who to go to for help and support

Lesson Title

Lesson 1

Differences: Male and Female

Lesson 2

Personal Space

Lesson 3

Family Differences

Resources

[Clothed Babies picture cards](#)
[Pictures of male and female bodies](#)
[Male and female matching cards](#)
Additional Activities
Cinderella's Bum, Nicholas Allan
Shapesville, Andy Mills
Let's Grow with Nisha and Joe, fpa
www.fpa.org.uk/Shop

A bag of textured objects to touch, for example sandpaper, cotton wool, play dough, silky material, a pebble etc.
[Year 3 Problem Pages](#)

Families pictures

[Who can I talk to? worksheet](#)
The Family Book, Todd Parr
Additional Activities
Tell Me Again About The Night I Was Born, Jamie Lee Curtis
Who's in a Family? Robert Skutch
Happy Families, Allan Ahlberg
Spark Learns to Fly, Judith Foxon
Stranger Danger, Anne Fine

Year 4

Growing Up Key Stage 2

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

PSHE

Programme of Study Core Theme 1: Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them
- about human reproduction

Science Attainment Targets

- describe the changes as humans develop to old age

Learning Intentions and Learning Outcomes

Learning Intention
To explore the human lifecycle

Learning Outcomes
Describe the main stages of the human lifecycle
Describe the body changes that happen when a child grows up

Learning Intention

To identify some basic facts about puberty

Learning Outcomes
Discuss male and female body parts using agreed words
Know some of the changes which happen to the body during puberty

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes
Know about the physical and emotional changes that happen in puberty
Understand that children change into adults so that they are able to reproduce

Lesson Title

Lesson 1
[Growing and Changing](#)

Resources
[Lifecycle pictures](#)
[Lifecycle word cards](#)
[What has changed? worksheet](#)
[Lifecycle Quiz slides](#)
[Lifecycle Quiz answers](#)
[Additional Activities](#)
[Babies and Children worksheet](#)

Lesson 2

[What is Puberty?](#)

[Body Part Bingo cards](#)
[Bingo Flash cards](#)
[Body Changes pictures](#)
[Our Bodies worksheet](#)

Lesson 3

[Puberty Changes and Reproduction](#)

Story bag items (see lesson plan)
Book: *Hair in Funny Places*, Babette Cole
[Body Changes worksheet](#)
Additional Activities
Suggested reading:
Where Willy Went, Nicholas Allan
Amazing You! Gail Saltz
http://www.bbc.co.uk/science/humanbody/body_interactives/lifecycle/teenagers/

Years 5

Puberty

Key Stage 2

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.

<p>PSHE Programme of Study</p> <p>Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> • how their body will, and emotions may, change as they approach and move through puberty • to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them <p>Core Theme 2: Relationships</p> <ul style="list-style-type: none"> • to feel confident to raise their own concerns, to recognise and care about other people's feelings <p>Science Attainment Targets</p> <ul style="list-style-type: none"> • describe the changes as humans develop to old age 	<p>Learning Intentions and Learning Outcomes</p> <p>Learning Intention</p> <p>To explore the emotional and physical changes occurring in puberty</p> <p>Learning Outcomes</p> <p>Explain the main physical and emotional changes that happen during puberty</p> <p>Ask questions about puberty with confidence</p>	<p>Lesson Title</p> <p>Lesson 1</p> <p>Talking About Puberty</p>	<p>Resources</p> <p>Puberty Changes Teacher Guide</p> <p>Pictures of male and female reproductive organs</p> <p>Anonymous questions template</p> <p>Additional Activities</p> <p>Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, http://www.channel4learning.com/</p> <p>Sheets of flipchart paper for body outlines</p>
<p>Learning Intention</p> <p>To understand male and female puberty changes in more detail</p> <p>Learning Outcomes</p> <p>Understand how puberty affects the reproductive organs</p> <p>Describe how to manage physical and emotional changes</p>	<p>Lesson 2</p> <p>Male and Female Changes</p>	<p>Resources</p> <p>Pictures of male and female reproductive organs</p> <p>Puberty Changes Teacher Guide</p> <p>Menstrual cycle animation</p> <p>Male pictures</p> <p>Puberty Card Game</p> <p>Puberty Card Game answer sheet</p> <p>Puberty Card Game whiteboard summary</p> <p>Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs)</p> <p>Selection of sanitary wear (tampons, sanitary towels, panty liners)</p> <p>Anonymous questions from Lesson 1</p> <p>Additional Activities</p> <p>www.bbc.co.uk/science/humanbody</p> <p>What is the Menstrual Cycle? cards</p> <p>What is the Menstrual Cycle? whiteboard summary</p> <p>The Menstruation Card Game for Girls and Answers</p> <p>Menstruation Card Game whiteboard summary</p>	
<p>Learning Intention</p> <p>To explore the impact of puberty on the body & the importance of hygiene</p> <p>To explore ways to get support during puberty</p> <p>Learning Outcomes</p> <p>Explain how to keep clean during puberty</p> <p>Explain how emotions change during puberty</p> <p>Know how to get support and help during puberty</p>	<p>Lesson 3</p> <p>Puberty and Hygiene</p>	<p>Resources</p> <p>Kim's Game items and a cloth to cover them (see lesson plan)</p> <p>Kim's Game Teacher Guide</p> <p>Year 5 Puberty Problem Page</p> <p>Year 5 Puberty Problem Page cut-outs</p> <p>Problem Page Teacher Guide</p> <p>Anonymous questions from Lesson 1</p> <p>Additional Activities</p> <p>Puberty Bingo</p>	

Year 6

Puberty, Relationships and Reproduction Key Stage 2

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety.

<p>PSHE Programme of Study</p> <p>Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> • how their body will, and emotions may, change as they approach and move through puberty • about human reproduction • the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others <p>Core theme 2: Relationships</p> <ul style="list-style-type: none"> • to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage • to recognise what constitutes positive healthy relationships and develop the skills to form them 	<p>Learning Intentions and Learning Outcomes</p> <p>Learning Intention To consider puberty and reproduction</p> <p>Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence</p> <p>Learning Intention Consider physical & emotional behaviour in relationships</p> <p>Learning Outcomes Discuss different types of adult relationships with confidence Know what form of touching is appropriate</p> <p>Learning Intention To explore the process of conception and pregnancy</p> <p>Learning Outcomes Describe the decisions that have to be made before having a baby Know some basic facts about pregnancy and conception</p> <p>Learning Intention To explore positive and negative ways of communicating in a relationship</p> <p>Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong</p>	<p>Lesson Title</p> <p>Lesson 1 Puberty and Reproduction</p> <p>Lesson 2 Understanding Relationships</p> <p>Lesson 3 Conception and Pregnancy</p> <p>Lesson 4 Communicating in Relationships</p>	<p>Resources</p> <p>Puberty Changes Teacher Guide Puberty Body Part cards Reproduction question sheet Reproduction answer cards Reproduction whiteboard summary</p> <p>Additional Activities Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide</p> <p>Relationship pictures Squares of paper/sticky notes Anonymous Questions template</p> <p>Additional Activities How Babies are Made DVD programme: All About Us: Living and Growing Alternative, Unit: 3 Programme 7: http://www.channel4learning.com/</p> <p>How Does A Baby Start? cards How Does A Baby Start? whiteboard summary Anonymous Questions from previous lesson</p> <p>Additional Activities Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Pictures of male and female reproductive organs Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)</p> <p>Relationship Question cards Communication Scenario Cards Communication Scenarios answers Communication Scenarios whiteboard summary</p> <p>Additional Activities Film clip from www.thinkuknow.co.uk</p>
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