



By Brook Valley C of E Primary School
Sex and Relationships Scheme of work

'Nurturing every child as a learner and citizen'
Registered Address: By Brook Valley Academy Trust, The Street, Yatton Keynell, Wiltshire,
SN14 7BA
Registered in England and Wales
Company Registration No. 8020467

Year Reception

Subject Area	Learning Objectives	Content	Learning Outcomes	Resources
Science	<ul style="list-style-type: none"> Children know about differences in relation to living things I can make observations of animals and plants and explain why some things occur and talk about changes Children know the importance of being healthy and physical exercise Children can talk about ways to stay healthy and safe Children can manage their own basic hygiene – going to the toilet independently, washing and dressing themselves 	<p>Minibeast hunt. Welly walks. Grow plants/vegetables and discuss changes. Best places to grow? PE- hand on heart. How fast is your heart beating? http://www.bbc.co.uk/cbeebies/radio/radio-nina-bodies-heart Make healthy food plates with collage materials and paper plates. Road safety video. Think! Education Early Years. Role play crossing the road in the outside area use trikes and bikes. Safety in the home. Living for living book. Changing and unchanging for PE. Bathing the doll and their clothes.</p>	<ul style="list-style-type: none"> Know about differences in relation to living things Make observations of animals and plants and explain why some things occur and talk about changes Know the importance of being healthy and physical exercise Talk about ways to stay healthy and safe Manage their own basic hygiene – going to the toilet independently, washing and dressing themselves 	<p>Living and Growing DVD</p>
PSHE	<ul style="list-style-type: none"> Can talk about how they show feelings I understand that there are sometimes consequences to behaviour and that some behaviour is unacceptable I can work as part of a group or class and understand that I have to follow the rules I can change my behaviour for different situations 	<p>Use the feelings puppet. Discuss different feelings in circle time. Role play different scenarios.</p> <p>Create class golden rules. Reward systems. Class reward- marble jar.</p> <p>Assembly, visitors and trips.</p>	<ul style="list-style-type: none"> Can talk about how they show feelings I understand that there are sometimes consequences to behaviour and that some behaviour is unacceptable I can work as part of a group or class and 	<p>Living and Growing DVD and resource book</p> <p>Love and Sex matters – relationships and sex education in a context of</p>

	<ul style="list-style-type: none"> • I understand that sometimes my routine has to change 	<p>Expectations raised throughout the year. Transition into year 1. Role play adapting scenarios.</p>	<p>understand that I have to follow the rules</p> <ul style="list-style-type: none"> • I can change my behaviour for different situations • I understand that sometimes my routine has to change 	<p>Christian values</p>
SRE	<ul style="list-style-type: none"> • I can play co-operatively, taking turns with each other • Know how to listen to each other's ideas when organising their activity • Can show sensitivity to each other's needs and feelings • Form positive relationships with adults and other children 		<ul style="list-style-type: none"> • Are able to play co-operatively, taking turns with each other • Know how to listen to each other's ideas when organising their activity • Can show sensitivity to each other's needs and feelings • Form positive relationships with adults and other children 	

Year One

Subject Area	Learning Objectives	Content	Learning Outcomes	Resources
Science	<ul style="list-style-type: none"> Identify, name, draw and label the basic parts of the human body Say which parts of the human body is associated with which sense 	Body outlines and labels 'Senses' activities – feely box, tasting, listening game	<ul style="list-style-type: none"> Is able to identify, name, draw and label the basic parts of the human body Is able to say which parts of the human body is associated with which sense 	Cbeebies clips and games
PSHE	<ul style="list-style-type: none"> I know who my family and friends are I can make people I care about happy I have thought about the people who are important to me and how I feel about them 	Circle time Role play Big Book of Families Bubble Time	<ul style="list-style-type: none"> Understands who my family and friends are Is able to make people I care about happy Can consider the people who are important to me and how I feel about them 	Living and Growing DVD and resource book Learning for Living book
SRE	<ul style="list-style-type: none"> Identify different relationships – mother/ father sister/ brother friendships etc Name different external body parts 	Big Book of Families Science content	<ul style="list-style-type: none"> Understand the diverse range of relationships Appreciate there are different kinds of relationships Understand the concept of gender Recognise different parts of the human body 	Love and Sex matters – relationships and sex education in a context of Christian values

Year Two

Subject Area	Learning Objectives	Content	Learning Outcomes	Resources
Science	<ul style="list-style-type: none"> • Notice that animals, including humans have offspring • Find out about the basic needs of animals, including humans, for survival • Describe the importance of exercise, eating the right amounts and different types of food • Importance of hygiene 	<p>Compare and sort animals and their offspring</p> <p>What we need for survival – compare with other animals</p> <p>Healthy eating – Healthy plate – fruit and veg</p>	<ul style="list-style-type: none"> • Notice that animals, including humans have offspring • Find out about the basic needs of animals, including humans, for survival • Describe the importance of exercise, eating the right amounts and different types of food • Importance of hygiene 	
PSHE	<ul style="list-style-type: none"> • I know the stages of a life cycle • I can identify some of the people who care for me • I have thought about ways of keeping healthy 	<p>Look at pictures – what are the differences</p> <p>Knowing a trusted adult in school and at home</p> <p>Adults who help us</p> <p>Cyber safety and fire safety</p> <p>Eating a balanced diet</p>	<ul style="list-style-type: none"> • I know the stages of a life cycle • I can identify some of the people who care for me • I have thought about ways of keeping healthy 	<p>Living and Growing DVD and resource book</p> <p>Learning for Living book</p>
SRE	<ul style="list-style-type: none"> • How things grow • The life cycle • How babies are made • Explore the changes that happen from birth • Explore what makes relationships – communication, trust, honesty, 	<p>Link to PSHE and Science</p> <p>Look at pictures for discussion</p> <p>Compare good and bad relationships</p>	<ul style="list-style-type: none"> • Identify the stages of life and how things grow • Understand the basics of human reproduction • Able to identify the changes that take place and why • Able to identify good and bad relationships • Able to practise good relationships 	<p>Love and Sex matters – relationships and sex education in a context of Christian values</p>

Year Three

Subject Area	Learning Objectives	Content	Learning Outcomes	Resources
Science	<ul style="list-style-type: none"> Identify that humans need the right types and amount of nutrition and they get nutrition from what they eat Identify that humans and some other animals have skeletons and muscles for support and movement 	Research food groups and what keeps us healthy Balanced diet Life processes – MRS GREN Knowing different body parts and their functions Identify and group animals with and without skeletons Observe and compare different movements	<ul style="list-style-type: none"> Identify that humans need the right types and amount of nutrition and they get nutrition from what they eat Identify that humans and some other animals have skeletons and muscles for support and movement 	
PSHE	<ul style="list-style-type: none"> I know that some families are different from one another I can say no to peer pressure I have thought about the importance of caring for myself and keeping myself clean 	Discuss different kinds of families – Big Book of Families Role Play scenarios Draw and label own families – celebrate differences	<ul style="list-style-type: none"> I know that some families are different from one another I can say no to peer pressure I have thought about the importance of caring for myself and keeping myself clean 	Living and Growing DVD and resource book Learning for Living book
SRE	<ul style="list-style-type: none"> Identify external parts of the reproductive system Identify gender differences Understand how emotions change as we grow Understand how relationships change as we grow Explore the meaning of personal space and personal safety Explore the meaning of personal hygiene and its importance 	Role play scenarios Labelling body outlines Circle time discussions Comparing and celebrating similarities and differences	<ul style="list-style-type: none"> Able to explain how the body functions Able to identify male and female external reproductive parts Identify different relations and emotions and they change as we get older Understand the concepts of personal space and safety Able to keep themselves clean and hygienically safe 	Love and Sex matters – relationships and sex education in a context of Christian values Big Book of Families

Year Four

Subject Area	Learning Objectives	Content	Learning Outcomes	Resources
Science	<ul style="list-style-type: none"> Describe the simple functions of the basic parts of the digestive system in humans Identify the different types of teeth and their simple functions Construct and interpret a variety of food chains, identifying producers, predators and prey. 	<p>Looking at teeth models, differences and functions.</p> <p>Observe own teeth.</p> <p>Tooth timeline.</p> <p>Demonstration of digestion using tights and food etc.</p>	<ul style="list-style-type: none"> Describe the simple functions of the basic parts of the digestive system in humans Identify the different types of teeth and their simple functions Construct and interpret a variety of food chains, identifying producers, predators and prey. 	<p>Teeth timeline website</p> <p>Demonstration of the digestive system website</p>
PSHE	<ul style="list-style-type: none"> I know the names for male and female body parts I can take responsibility for what I choose to do I have tough about how and why my body will change 	<p>Diagrams and labelling the body parts.</p> <p><i>'Hair in funny places'</i> by Babette Cole.</p> <p>Drawing a personal jigsaw, showing the changes they will face.</p>	<ul style="list-style-type: none"> I know the names for male and female body parts I can take responsibility for what I choose to do I have tough about how and why my body will change 	<p>Living and Growing DVD and resource book</p> <p>Learning for Living book</p> <p>Love and Sex matters – relationships and sex education in a context of Christian values</p>
SRE	<ul style="list-style-type: none"> Identify internal reproductive system for males and females Understand why humans reproduce Introduction of puberty – getting ready to reproduce How and why relationships change Dealing with changes 	<p>Lifecycle of a human.</p> <p>Interactive changing body.</p> <p>Speed Dating activity using human cut outs.</p>	<ul style="list-style-type: none"> Able to name parts of the reproductive system Able to explain how and why humans reproduce Able to identify how and why relationships change around puberty 	<p>Love and Sex matters – relationships and sex education in a context of Christian values</p>

		Creating a memory box, although things will change we have our memories.	<ul style="list-style-type: none"> • Able to negotiate new relationships and the changes in existing relationships 	
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Year Five

Subject Area	Learning Objectives	Content	Learning Outcomes	Resources
Science	<ul style="list-style-type: none"> • Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird • Describe the life process of reproduction in some animals (and plants) • Describe the changes as humans develop to old age 	<ul style="list-style-type: none"> - Animal classification - Animal study linked to topic or Livello - Compare/contrast animals and their life cycles - Look at photographs of humans and analyse differences – why do they happen? Do they happen to everyone? 	<ul style="list-style-type: none"> • Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird • Describe the life process of reproduction in some animals (and plants) • Describe the changes as humans develop to old age 	Tom Robson Primary Science Trust
PSHE	<ul style="list-style-type: none"> • I know some things to do when I feel embarrassed • I can describe some of the physical changes of puberty • I have thought about how my body will change during puberty, how I may feel, and what to do about those feelings 	<ul style="list-style-type: none"> - Discuss different scenarios - Advice/agony aunt letters - What are hormones? - Periods - Importance of Bubble time - Selecting a trusted adult 	<ul style="list-style-type: none"> • I know some things to do when I feel embarrassed • I can describe some of the physical changes of puberty • I have thought about how my body will change during puberty, how I may feel, and what to do about those feelings 	Living and Growing DVD and resource book Learning for Living book
SRE	<ul style="list-style-type: none"> • How to communicate effectively in relationships • How to deal with changes in relationships and where to get help and advice • What is body image and how does it affect people 	<ul style="list-style-type: none"> - E- safety – online relationships and how to keep safe - What is a healthy relationship? - Different types of relationships and how we act in them 	<ul style="list-style-type: none"> • Able to identify problems and deal with them • Know places to go to get help • Have respect for themselves and others • Able to identify changes in their own body and how to deal with it 	Love and Sex matters – relationships and sex education in a context of Christian values

	<ul style="list-style-type: none"> • Creating an appropriate body image and gaining self-respect • What is puberty, what happens to males and females and why is it necessary 	<ul style="list-style-type: none"> - Confidence and self-esteem – what are they and how do they affect us? - Looking at magazines and the way celebrities look 	<ul style="list-style-type: none"> • Understand the process of puberty 	
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Year Six

Subject Area	Learning Objectives	Content	Learning Outcomes	Resources
Science	<ul style="list-style-type: none"> • Identify the main parts of the human circulatory system, describe the functions of the heart, blood vessels and blood • Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function • Describe the ways in which nutrients and water are transported within animals including humans 	<ul style="list-style-type: none"> • Practical investigations – heart rates and effects of exercise • Study of the human life cycle • Analysing the journey of a piece of food through the human digestive system 	<ul style="list-style-type: none"> • Identify the main parts of the human circulatory system, describe the functions of the heart, blood vessels and blood • Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function • Describe the ways in which nutrients and water are transported within animals including humans 	
PSHE	<ul style="list-style-type: none"> • I know some of the feelings that people have when someone close dies • I can recognise and challenge stereotypes • I have thought about how the media can influence the way we think and feel about people and situations 	<ul style="list-style-type: none"> • Circle time discussions • Role play scenarios • Investigate stereotypes – boys are better than girls, boys don't cry, • Use magazines to investigate how images are portrayed – what is 	<ul style="list-style-type: none"> • I know some of the feelings that people have when someone close dies • I can recognise and challenge stereotypes • I have thought about how the media can influence the way we think and feel about people and situations 	<p>Living and Growing DVD and resource book</p> <p>Learning for Living book</p>

		right wrong with these images		Love and Sex matters – relationships and sex education in a context of Christian values
SRE	<ul style="list-style-type: none"> • Revisit puberty and reproduction • Importance of personal hygiene • Deal with the pressures relating to body image • Dealing with peer pressure • Dealing with the changing relationships around and the importance of communication 	<ul style="list-style-type: none"> • Understand the changes that happen to boys and girls bodies – periods, wet dreams, breasts developing, pubic hair, hygiene • Pressures faced as moving on to secondary school – what the children perceive to be the problems – plus making new friends, influence of drugs, pressure to do things like shop lifting • How relationships change as people get older 	<ul style="list-style-type: none"> • Recognise the changes in own body in relation to puberty • Understand human reproduction • Understand why personal hygiene is important • Understand the effect of peer pressure • Recognise and deal positively with peer pressure • Understand the importance of communication in relationships. 	

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