

Changes to the curriculum



- In September 2020, statutory changes were made to the teaching of Relationship and Sex Education (RSE)
- This area of PSHE learning is called Relationships Education
- As a school, we consulted with parents and have also worked with Camden to develop our new planning and sequence of lessons, in line with the changes made by the Department of Education and to reflect our school community.

What is Relationships Education?



The requirements for teaching Relationship Education in primary school are described in the DfE statutory guidance and based on that guidance, we have defined Relationships Education as learning about:

- Different relationships (including online) and how to make and maintain healthy, caring and respectful relationships within families and friendships;
- The importance of families for caring for children;
- How to recognise when a relationship is unhealthy or unsafe and how to seek help and report concerns or abuse (including online);
- The importance of respecting others who are different from themselves whether physically, their family structure, their race, religion, belief, disability or sexual orientation;
- Different types of bullying and discriminatory language, the impact it has and how to prevent it and get help;
- Stereotypes and how they can lead to prejudice and discrimination e.g. based on gender, race, religion, disability or sexual orientation;
- How to recognise risk and be safe online.

Why do we teach Relationships Education?



- Prepares children for the physical and emotional changes that will take place at puberty
- Develop positive attitudes, values and self-esteem and challenges negative attitudes and prejudices
- Make sense of misinformation in the media and from peers
- Provides an opportunity to talk about feelings and relationships
- Promotes the skills necessary for effective communication and loving, caring, respectful and happy relationships
- Protects children from inappropriate on line content and exploitation
- Statutory part of the science curriculum covering the biological aspects of RSE

Values



We are committed to creating an **inclusive school** that **promotes diversity and equality** and **fundamental British Values**. Teaching Relationships Education will ensure that all children develop respect for others and for difference, and tolerance and understanding of all aspects of diversity. We want all children to understand and feel accepted in the society they are growing up in and for every child in Camden to thrive in modern Britain.

We believe that Relationships Education promotes the aims and values of our school, which include:

- Respect for self and others
- Kindness, empathy and consideration for others
- Commitment, trust and love within relationships
- Promoting equality and respecting rights and responsibilities in relationships
- Respecting and celebrating difference and diversity
- Preventing prejudice and discrimination based on religion or belief, disability, sexual orientation, gender and gender reassignment**
- Promoting gender equality, challenging gender stereotypes and inequality
- Valuing family life and stable, loving and caring relationships, including marriage and civil partnerships, for bringing up children
- Everyone has the right to a healthy and safe relationship
- Democracy, individual liberty, the rule of law and mutual respect and tolerance

**protected characteristics as enshrined in law through the Equality Act 2010

Relationships Education in Summer term



- We use a worry box in class for children to write down any questions or queries anonymously that can be discussed with the class
- We ask children not to discuss content in the playground which might not be age-appropriate for other children
- We encourage children to share what they have learned in school with parents and carers
- We use scientific language
- We depersonalise by using stories, dilemmas and problem pages.

What is taught in Year 1?



Name the main stages of human growth: baby, toddler, child, teenager, adult and older person.

Describe how they have grown since being a baby.

Describe how they are unique and special.

Describe how we can tell whether an animal is male or female.

Give scientific names for the parts that make males and females different.

Describe their family. Explain why families are special.

Describe who a friend is and what a friend does.

Lesson 1

To know that all animals (including humans) grow and change as they get older.

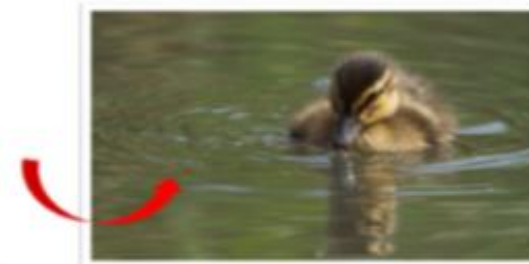
To know that animals (including humans) have babies.

Children will be asked to bring in baby photos of themselves and compare them to how they look now:

What has changed? How have you grown?

We will then discuss the different stages of our lives and the life cycle of animals.

Children will be given the opportunity to order the life cycle of different animals.



Lesson 2

To know that they are growing and changing.

To know that each of them is unique.



Children will order the human life cycle.

We will discuss what we can do now that we couldn't as a baby and what talents we have that have developed as we have grown.

Play a class version of 'Guess Who?' discussing what makes us unique.

Children will make 'all about me' outlines.

Lesson 3

To know ways to tell the difference between male and female animals, including humans.

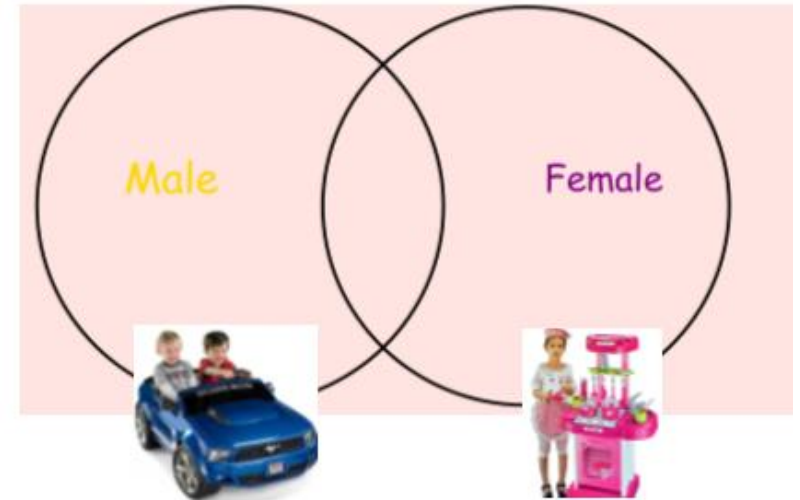
Give scientific names for the parts that make males and females different.

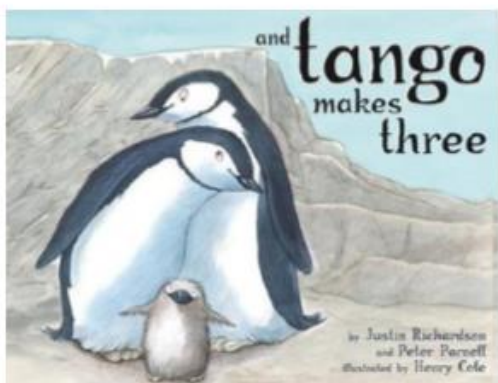
We will begin by exploring similarities between girls and boys and breakdown gender stereotypes- children will be asked to sort different toys, books, clothing into boys and girls- we will then discuss how a lot of these things can be for boys and girls.

Then we will discuss 'what it is to be a boy or a girl?' and learn that although there are many similarities, we also have some differences.

Relate this to animals- males and females don't always look the same.

Children will then sort body parts depending on whether they are male or female in a Venn diagram noting the many singularities between the two sexes.



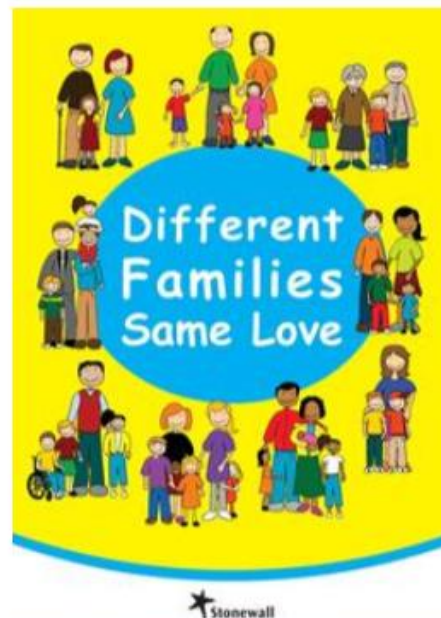


Lesson 4

Describe their family.

Explain why families are special.

Describe ways families take care of each other.



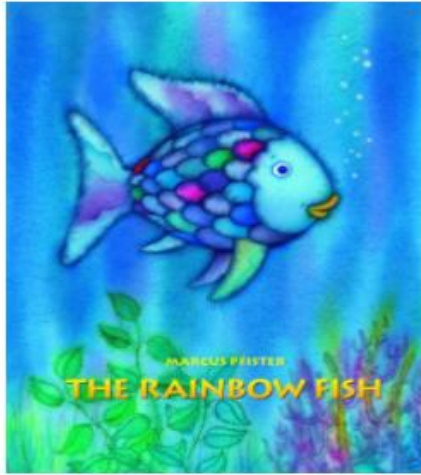
Using 'And Tango Makes Three' as a stimulus, we will discuss what a family is - who is in your family?

We will discuss how all families are different and each is special.



Write/decorate the names of the people in your family on the paper chain strips and join them together to form a chain using glue.





Lesson 5

Describe who a friend is and what a friend does.

Show some skills needed to make and maintain friends and resolve disagreements.

Using 'The Rainbow Fish' as a stimulus, we will explore how to be a good friend.

We will discuss the qualities we look for in our friends and explore how we can show these qualities ourselves.

We will then make a friendship pie recipe on how to be a good friend.

We will discuss how maintaining friendships are difficult. Children will be asked to think of a time they had a disagreement with a friend and how it made them feel.

Together, we will think of strategies we can use to resolve disagreements and make posters to be displayed in our classroom.

Friendship pie Recipe

INGREDIENTS:

a dash of _____

a cup of _____

a pinch of _____

a spoonful of _____

INSTRUCTIONS:

