

## Overview of RSE Learning at Golden Valley School

Year group Piece (lesson)	Number and Name	Learning Intentions relating to Puberty and Human Reproduction
Reception		<ul style="list-style-type: none"> <li>• To identify and use the correct names for the parts of the body that make boys different to girls: penis, testicles, vulva, anus, breasts, nipples (a simple drawn outline of a body and body parts will be used to illustrate)</li> <li>• To respect their own body and understand which parts are private</li> </ul>
Year 1	Piece 1 Life Cycles	<ul style="list-style-type: none"> <li>• To start to understand the life cycles of animals and humans</li> <li>• To understand that changes happen as we grow and that this is OK</li> </ul>
	Piece 2 Changing Me	<ul style="list-style-type: none"> <li>• To explain that some things about me that have changed and some things about me that have stayed the same</li> </ul>
	Piece 3 My Changing Body	<ul style="list-style-type: none"> <li>• To explain how my body has changed since I was a baby</li> <li>• To understand that growing up is natural and that everybody grows at different rates</li> </ul>
	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>• To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</li> <li>• To respect my body and understand which parts are private</li> </ul>
Year 2	Piece 1 Life Cycles in Nature	<ul style="list-style-type: none"> <li>• To recognise cycles of life in nature</li> <li>• To understand there are some changes that are outside my control and to recognise how I feel about this</li> </ul>
	Piece 2 Growing from Young to Old	<ul style="list-style-type: none"> <li>• To be able to explain about the natural process of growing from young to old and understand that this is not in my control</li> <li>• To identify people I respect who are older than me</li> </ul>
	Piece 3 The Changing Me	<ul style="list-style-type: none"> <li>• To recognise how my body has changed since I was a baby and where I am on the continuum from young to old</li> <li>• To be able to feel proud about becoming more independent</li> </ul>
	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>• To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus, breast, nipples) and appreciate that some parts of the body are private</li> <li>• To be able to explain what they like/don't like about being a boy/girl</li> </ul>

Year 3	Piece 1 How Babies Grow	<ul style="list-style-type: none"> <li>• To understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby</li> <li>• To express how they feel when they see babies or baby animals</li> </ul>
	Piece 2 Babies	<ul style="list-style-type: none"> <li>• To understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow (uterus /womb)</li> <li>• To express how they might feel if they had a new baby in their family</li> </ul>
	Piece 3 Outside Body Changes	<ul style="list-style-type: none"> <li>• To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</li> <li>• To identify how boys' and girls' bodies change on the outside during this growing up process (introduce term puberty)</li> </ul>
	Piece 4 Inside Body Changes	<ul style="list-style-type: none"> <li>• To identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/ Ova, womb/uterus, vagina and period)</li> <li>• To recognise how they feel about these changes happening to them and how to cope with these feelings</li> </ul>
Year 4	Piece 1 Unique Me	<ul style="list-style-type: none"> <li>• To understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</li> </ul>
	Piece 2 Having A Baby <b><i>Parents have the right to withdraw children from this session as it is classed as human reproduction.</i></b>	<ul style="list-style-type: none"> <li>• To correctly label the internal and external parts of male and female bodies that are necessary for making a baby and in simple terms how this happens</li> <li>• To understand that having a baby is a personal choice and express how they feel about having children when they are adults</li> </ul> <p>Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes 'an especially close and loving embrace which allows the sperm to be released through the penis into the vagina.'</p>
	Piece 3 Girls and Puberty	<ul style="list-style-type: none"> <li>• To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> <li>• To know that they have strategies to help me cope with the physical and emotional changes they will experience during puberty</li> </ul>

Year 5	Piece 2 Puberty for Girls	<ul style="list-style-type: none"> <li>• To explain how girls' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>• To understand that puberty is a natural process that happens to everybody and that it will be OK for them</li> </ul>
	Piece 3 Puberty for Boys	<ul style="list-style-type: none"> <li>• To be able to describe how boys' and girls' bodies change during puberty</li> <li>• To express how I feel about the changes that will happen to me during puberty</li> </ul>
	Piece 4 Conception <b><i>Parents have the right to withdraw children from this session as it is classed as human reproduction.</i></b>	<ul style="list-style-type: none"> <li>• To understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby</li> <li>• To appreciate how amazing it is that human bodies can reproduce in these ways</li> </ul>
Year 6	Piece 2 Puberty	<ul style="list-style-type: none"> <li>• To be able to explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</li> <li>• To express how I feel about the changes that will happen to me during puberty</li> </ul>
	Piece 3 Babies – Conception to Birth <b><i>Parents have the right to withdraw children from this session as it is classed as human reproduction.</i></b>	<ul style="list-style-type: none"> <li>• To describe how a baby develops from conception through the nine months of pregnancy, and how it is born</li> <li>• To recognise how they feel when they reflect on the development and birth of a baby</li> </ul>
	Piece 4 Attraction	<ul style="list-style-type: none"> <li>• To understand how being physically attracted to someone changes the nature of the relationship</li> <li>• To express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this</li> </ul>