

**WJS Scheme of Work for Sex and Relationships Education
Year 6: Overview**

**Title: Preparing For Change
Commencing: Week 2 Term 6**

Week	Lesson Heading	Lesson Content	Learning outcomes	Lesson contributes to the following outcomes
2	The importance of maintaining personal hygiene	<ul style="list-style-type: none"> ▪ The importance of personal hygiene as you get older. ▪ Why/when and where we smell ▪ What to do about it (clothing, washing, deodorant) 	Children: <ul style="list-style-type: none"> ▪ Understand why personal hygiene is important ▪ Understand how to keep themselves clean ▪ Understand the changes that will be occurring during puberty for both sexes ▪ Understand how to support one another 	Relationships & Health Education: Changing Adolescent Body 1. key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes Recognising the importance of families and how some families look different in their set up to others. How to recognise and establish caring friendships and respectful relationships. How to conduct online relationships and know how to be safe both online and in person.
3	To understand effect of puberty	<ul style="list-style-type: none"> ▪ Discuss that hormones trigger puberty- boys have more testosterone and girls have more oestrogen – all these chemicals have different effects... go through the changes experienced by each gender. Different ages, effects, changes etc.. the reasons behind acne and spots, the different signs to look out for. What to do. ▪ Use books for reference - What's happening to me? ▪ Delivery as a discussion based lesson. Encourage children to think about the basic physical changes and mental changes in 		How to recognise and establish caring friendships and respectful relationships. How to conduct online relationships and know how to be safe both online and in person. PSHE: H13. How their body will, and their emotions may, change as they approach and move through puberty Drivers: Curiosity - willingness to reflect on their experiences-sense of enjoyment and fascination in learning about themselves, others and the world around them Resilience – ability to cope with change.

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		<p>pairs, open out to table for discussion then whole class, encourage children to think about things that they don't understand, are afraid of etc.</p> <ul style="list-style-type: none"> ▪ Ask it basket as used in previous RSE lessons further down the school. Children have the opportunity to put questions into a box on post-its and teacher will answer selected questions at an appropriate time. ▪ Revisit menstruation as this was only touched upon in Year 4 with this cohort. 		<p>Community – understanding how we can support each other through times of change.</p>
4	Being body kind	<ul style="list-style-type: none"> ▪ Dealing with the pressures relating to body image ▪ The impact and reality of Face-tune verses real-life. (Photos of celebrities going make-up free) ▪ Show photos of people with makeup and without – write feelings/thoughts ▪ Air brushing 	<ul style="list-style-type: none"> ▪ Understand the effect of peer pressure ▪ Are assertive in their choices about body image ▪ Understand that what they see either online or in print is not necessarily real. ▪ They shouldn't compare themselves with others ▪ They shouldn't make that the beauty standard as it isn't real ▪ Make-up can be an expression of self- don't follow the crowd – all end up looking very similar 	
5	Changing Relationships	<ul style="list-style-type: none"> ▪ Discussing the different types of relationships that we have – but that they should always be loving and concenting ▪ Dealing with peer pressure. ▪ Dealing with the changing 	<p>Children:</p> <ul style="list-style-type: none"> ▪ Recognise and deal positively with peer pressure ▪ Understand the importance of communication within relationships ▪ Understand and embrace cultural variety ▪ Understand that relationships change 	

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		<p>relationships with those around you, especially parents/ carers and the importance of communication</p> <ul style="list-style-type: none"> ▪ Discussion of arranged marriages and different cultures. ▪ Discussing different family set ups-second marriages, fostering, extended families and 3 or more generations living together. ▪ Same sex parenting ▪ How their feelings towards their peers begins to change – that can be towards the opposite or same sex or both. ▪ How to overcome difficult times / where to go to seek help. 	<ul style="list-style-type: none"> ▪ Understand and accept their feelings ▪ To understand the importance of a loving trustworthy and healthy relationship and be able to recognise when one is not 	
6	Reproduction	<ul style="list-style-type: none"> ▪ Revisit reproduction – Where Willy went!! ▪ Reinforce the importance of loving and healthy relationships and what to do should they ever feel pressured or vulnerable ▪ Reinforce purpose of child-line ▪ Discuss the age of consent and the reasons behind this ▪ Ensure children understand what sexual intercourse is. 	<p>Children:</p> <ul style="list-style-type: none"> ▪ Understand human reproduction including sex ▪ Understand why there is an age restriction ▪ Understand what is safe sex and how to avoid transmitted diseases ▪ Understand that in some cultures there is still ritual practices such as FGM ▪ To understand that there is a consequence for their actions despite their age ▪ Understanding sexting is a criminal offense. To ensure they understand the importance of not sending/recieving images of themselves and others 	

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