

# Relationships and Health Education

## Sex Education in Year 6 only (RSHE)

*Brookland Junior School*

# WHY do we need RSHE at Brookland?

- We want children to grow up healthy, happy and safe
- We want to equip our children with knowledge to make informed decisions about their wellbeing, health and relationships
- We also want to prepare them for a successful adult life
- RSHE is an integral part of our PSHE curriculum
- RSHE is a lifelong learning about physical, moral and emotional development which concentrates on 3 main areas:
  - Attitude and values
  - Personal and social skills
  - Knowledge and understanding

# Science:

## Government Requirements for schools

Through the statutory National Curriculum requirements for Science children are required to learn:

### Key Stage 2 Science

That life processes common to humans and other animals include nutrition, growth and reproduction

The main stages of the human life cycle

Summary - Human reproduction is part of the Science curriculum (Statutory requirement)

# Physical, Social and Health Education

Children need to:

- Develop confidence and responsibilities to make the most of their abilities
- Develop a healthy, safer lifestyle
- Develop good relationships and respect the differences between people

# Legal foundation

- September 2020 - relationships, sex and health education became statutory in all secondary schools in England and relationships and health education became statutory in all primary schools in England.
- Sex education is not statutory in primary schools, but we feel it is an important part the relationship education and that is why we choose to teach it in Year 6.
- The Children Act 2004- Schools have a duty to promote the wellbeing of their pupils
- The Ofsted School Inspection Handbook references RSE in its personal development section

# RSHE at Brookland

- The staff, with the support of Governors, have worked together to develop a policy and curriculum to implement at our school.
- We have chosen to follow the Jigsaw scheme for our RSHE curriculum. This is a recognised scheme for teaching RSHE.

## Rationale

- At Brookland Junior School, we believe that the essential aim of relationships, sex and health education should be to provide pupils with the knowledge and skills to enable them to make informed and responsible choices in later life, emphasising the benefits of a healthy lifestyle.
- We believe that relationships, sex and health education should contribute to promoting the social, moral, spiritual, cultural mental and physical development of pupils at school and of society and preparing pupils for the opportunities, responsibilities and experiences of adult life.
- We also believe that relationships, sex and health education should be taught within a climate of trust, respect and appropriate confidentiality, in which pupils and adults feel able to talk openly and honestly.

# Aims and objectives

- To provide a secure, sensitive and caring framework where learning and discussion can take place.
- To provide information which is easy to understand, relevant and appropriate for the needs, age and maturity of the pupils.
- Encourage the use of correct vocabulary.
- To foster self worth and awareness, together with a sense of moral responsibility.
- To help the children to acquire and practice important life skills such as critical thinking, decision making, communication and assertiveness.
- To ensure that sex education is available to all children regardless of gender, ability, cultural or religious background in line with the schools policy on equal opportunities.

# WHAT do we plan to deliver?

- The RSHE curriculum will be taught once a week, through PSHE lessons
- RSHE will be delivered in the Summer 2 term (after the May half term holidays)
- A curriculum that we have shared with Brookland Infant School, to offer a comprehensive curriculum throughout your child's primary education
- We follow the Jigsaw Scheme of Learning
- If you have any questions or queries, please email your class teacher no later than the end of the school day on Wednesday 4th June 2025.

# What Year 3 will learn

What the children will learn:

1. How babies grow
2. What babies need to grow
3. Family Stereotypes
4. Looking ahead to my next class

All lessons are taught using correct terminology, child-friendly language and diagrams.

# What Year 4 will learn

What the children will learn:

1. Unique Me
2. Why do people have babies?
3. Circles of change
4. Accepting change
5. Looking ahead

All lessons are taught using correct terminology, child-friendly language and diagrams.

# What Year 5 will learn

What the children will learn:

1. Self image and body image
2. Puberty for girls
3. Puberty for boys
4. Looking ahead 1
5. Looking ahead 2

All lessons are taught using correct terminology, child-friendly language and diagrams.

# What Year 6 will learn

What the children will learn:

1. My self image
2. Puberty revisited
3. Introduction to conception
4. Babies - Conception to birth
5. Relationships
6. Real self and ideal self
7. The year ahead

All lessons are taught using correct terminology, child-friendly language and diagrams.

**\*Year 6 parents, please read your letter (on the school website) which has further details about withdrawing from lesson 3 and 4.**