

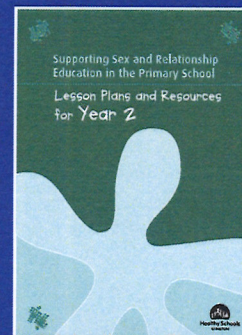
A whole primary school curriculum for

SEX and RELATIONSHIP EDUCATION

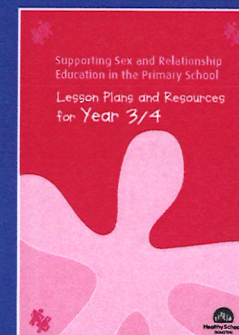
Interactive CD-ROM

- Introduction ▶
- How to use this resource ▶
- Using the lesson plans ▶
- Getting started ▶
- Assessment and evaluation ▶
- Glossary ▶
- Resources ▶

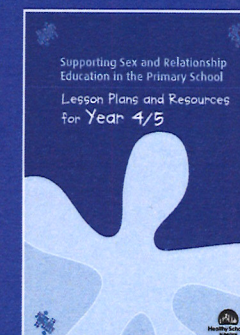
- National Curriculum links ▶
- Summary tables ▶
- Assessment statements ▶



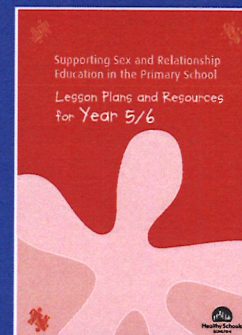
Year 2



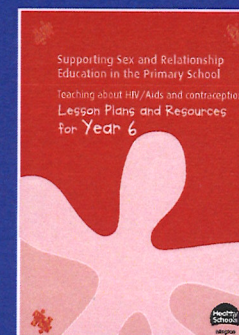
Year 3/4



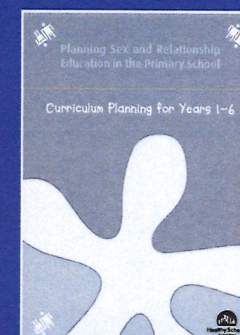
Year 4/5



Year 5/6



HIV/Aids/Contraception
(Year 6)



Curriculum Planning
(Years 1-6)

This CD-ROM is an interactive version of the 'Supporting Sex and Relationship Education in the Primary School' teaching resource

Use the bookmarks on the left hand side to access the guidance, lesson plans and resources or click on the links on this page (above)



Labelling male and female bodies – without clitoris

Teachers note: there are two versions of this lesson. One including the clitoris in the labelling of the female genitals and one which does not. This second version does not include the clitoris, and therefore does not use the **Living and Growing** video.

Lesson Intention:

- Children learn the biological differences between male and female children

Learning Outcomes: Children:

- Can identify and name the biological terms for the main male and female sex parts
- Understand that the male and female sex parts are related to reproduction
- Are able to label the main male and female sex parts with confidence

National Curriculum Links: Science: Sc2 - 2a, 4a PSHE and Citizenship: 2d, 3e, 4c

Materials and Preparation:

- 2 large hoops
- Copy and mount **Venn diagram labels: male, female and both** (pack: Yr2,Ln3,W/s3)
- Prepare **body part labels** (pack: Yr2,Ln3,W/s4)
- Copy **Same but different** worksheet for all, taking out the word 'clitoris' (Channel 4 **Living and Growing Unit 1 Resource Book, Activity Sheet 5**, page 15, 16)

Additional/Alternative Activities:

- Prepare **body part picture cards** (pack: Yr2,Ln3,W/s5)
- Copy **Naming Body Parts** worksheet for all (Channel 4, **Living and Growing, Unit 1 Resource Book, Activity Sheet 4**, page 15)

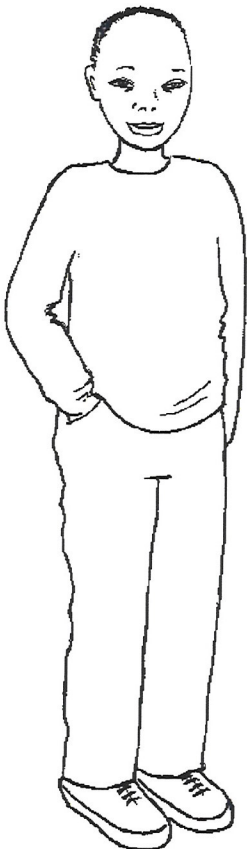
🕒 **1 Hour**

Introductory Activity

- **Simon says...** Use a Simon Says type format to review the learning that males are boys and men and females are girls and women. "All the males put your hands on your head" or "All the females point at the ceiling" Catch the children out by giving a simply command without identifying the sex , "Put your hand up"

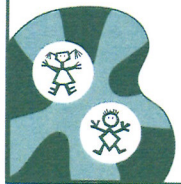
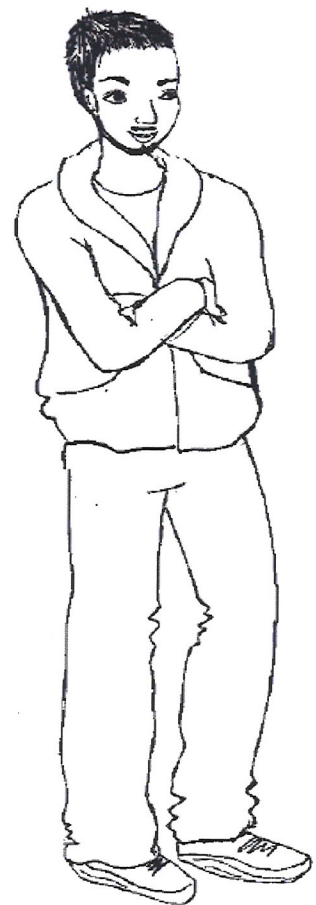


Human Life Cycle - Male

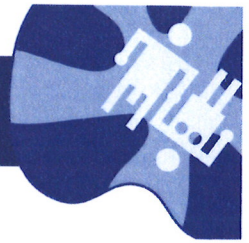


Yr2, Ln4, W/S6

Human Life Cycle - Male



Yr2, Ln4, W/S6



Understanding menstruation and wet dreams

Learning Intention:

- Children learn about menstruation and wet dreams

Learning Outcome: Children:

- Can describe menstruation and wet dreams
- Understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams
- Know and can explain effective methods for managing menstruation and wet dreams

National Curriculum: Science: 2f PSHE and Citizenship: 3c, 4g

Materials and Preparation:

- Prepare 5 or 6 sets of **menstruation and wet dreams card game** (pack: Yr4&5, Ln3, W/S3)
- **Sanitary wear:** ensure you have different types and size of tampons, sanitary towels and panty-liners
- Copy **Researching Puberty** worksheet for all groups. Ensure boys and girls groups get the correct version (pack: Yr4&5, Ln3, W/S4 and W/S5)

WET DREAMS

“Although babies and young boys often get erections – and obviously enjoy touching and playing with themselves – you might not have your first ejaculation until you’re 13 or 14. Often this is in the form of a wet dream. During the night it’s normal for your penis to grow hard and then soft again several times over. And it’s very common to wake up with an erection. Some things go even further and during the night you ejaculate – without even knowing about it. In the morning you find a wet or sticky patch on your pyjamas or bedclothes. You might even wonder if you’ve wet the bed. We don’t know whether this sort of sleeping ejaculation is to with... dreams or not. What we do know is that wet dreams are beyond your control. There’s nothing you can do about them.”

Everything you ever wanted to ask about willies and other boys’ bits T. Kreitman et al, Piccadilly, page 48

Additional/Alternative Activities:

- **Understanding Menstruation Sequencing Activity** (pack Yr4&5, W/s6)
- **Girl Talk** (Channel 4, **Living and Growing, Unit 3 ‘All About Us’, Programme 7**)
- **Boy Talk** (Channel 4, **Living and Growing, Unit 3 ‘All About Us’, Programme 8**)
- **Interactive whiteboard materials** designed for Key Stage 2 science or selected materials from teenage health websites to explain menstruation, e.g.
http://www.kidshealth.org/teen/sexual_health/girls/menstruation.html
<http://www.teenwire.com/infocus/1999/if-19991005p066.php>
<http://www.teenwire.com/infocus/1999/if-19991005p066.php>



One

Menstruation is the word used for when a girl has her period

Two

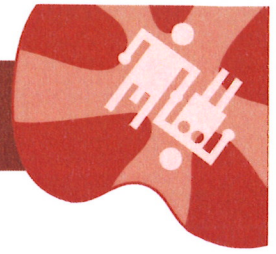
A period normally lasts 3 - 6 days

Three

A boy gets his first wet dream at age 12

Four

It is embarrassing to have an erection



Conception and Pregnancy

Learning Intention:

- Children learn how a baby is made and grows (conception and pregnancy)

Learning Outcomes: Children:

- Know the key male and female body parts associated with conception and pregnancy
- Can define conception and understand the importance of implantation in the womb
- Know what pregnancy is, where it occurs and how long it takes

National Curriculum Links: Science: Sc2 – 1a, 2f

Materials and Preparation:

- Talking object
- Copy **How does pregnancy begin?** cards, enough for one set per pair (pack: Yr5&6, Ln5, W/S5)
- Copy and cut out 6 sets of **Conception and Pregnancy quiz cards** (pack: Yr5&6, Ln5, W/S6)
- Copy **Big Words, Little Words** worksheet for all (Channel 4 Living and Growing, Unit 2, Activity Sheet 6, page 17)

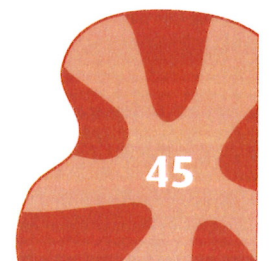
Additional/Alternative Activities:

- *How did I begin?* Mick Manning & Brita Granström, Watts
- *Let's talk about where babies come from*, Robie H. Harris, Walker
- **Conception and Pregnancy quiz** (pack: Yr5&6, Ln5, W/S6b)

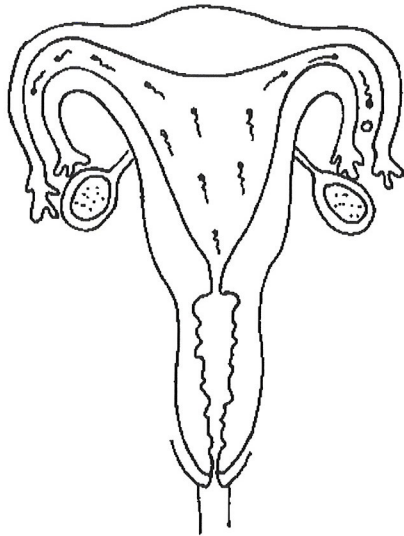
🕒 1¼ hour

Introductory Activity

- **Ask the children** to remind you of the rules for these sessions
- **To re-cap learning from last week:** As a whole class, draw a timeline on the board. Ask the class to suggest what the different stages are in forming a relationship that might lead to sexual intercourse. Record on the timeline, acknowledging that it will be different for all couples
- **In pairs:** Cut out and place in the correct order the sequencing activity **How does pregnancy begin?** Feedback correct order



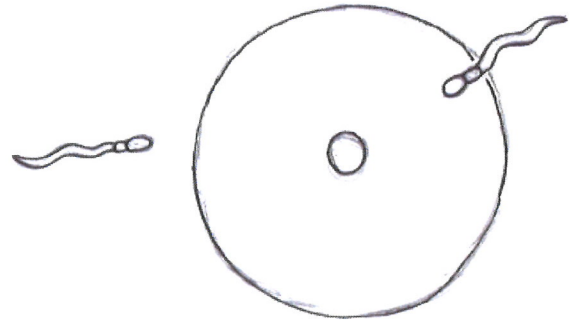
How does pregnancy begin?



The sperm swim into the woman's womb and then onto the fallopian tubes.

Yr5&6 • Ln5 • W/s 5

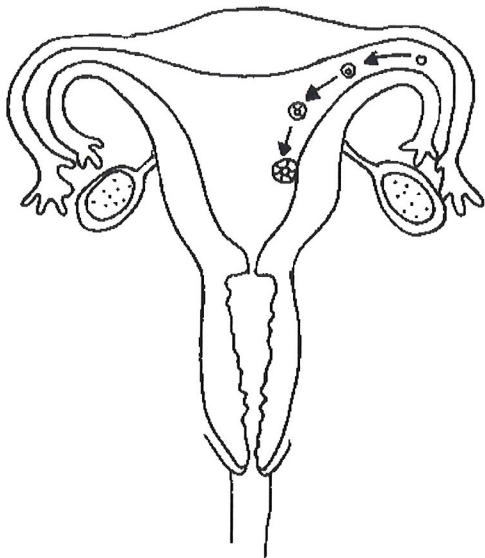
How does pregnancy begin?



If there is an egg in one of the tubes it may join up with one of the sperm. The egg is now fertilised.

Yr5&6 • Ln5 • W/s 5

How does pregnancy begin?



The fertilised egg travels down the tube to the womb. As it travels it grows. The 2 cells, one from the egg and one from the sperm, divide into 4 cells, then 8, then 16 and so on...

Yr5&6 • Ln5 • W/s 5

How does pregnancy begin?



About 8 days later the fertilised egg reaches the womb and attaches itself to the side. The woman is now pregnant. The baby should grow in the womb for 9 months until it is born.

Yr5&6 • Ln5 • W/s 5