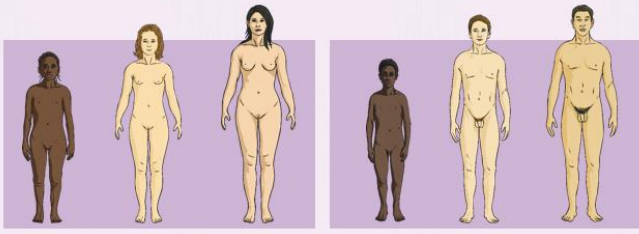
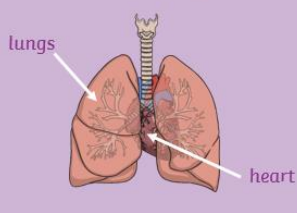
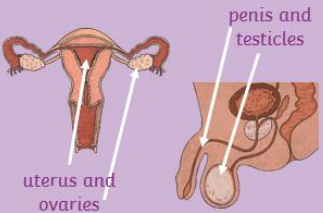
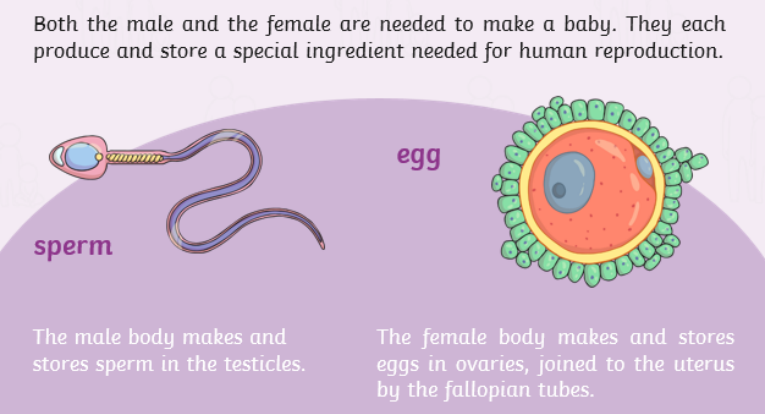
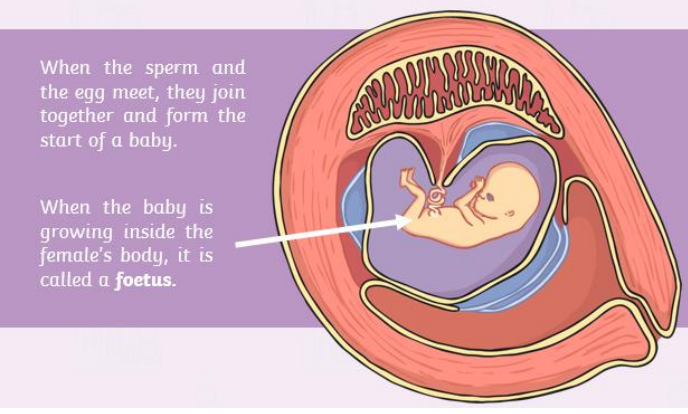
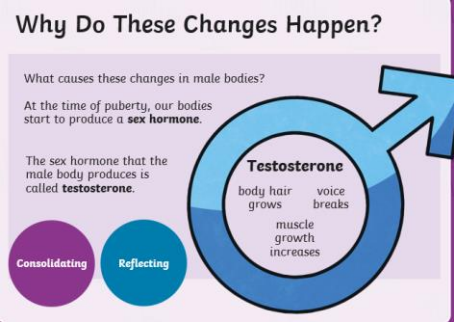



This appendix highlights the Sexual Education unit of work embedded within our Relationships and Sex Education and Health Education curriculum. The content highlighted in **red** are the non-statutory elements to our curriculum and therefore parents have a right to withdraw from these specific aspects taught in school. All of the text in **black** is statutory guidance and therefore children must be taught those aspects in line with their peers.

This document provides you with the lesson objectives and lesson content also indicating which year group it will be taught in and at what point in the academic year.


Year Group	Term	Lesson Information
Year 4	Summer Term 2	<p><u>Human Reproduction</u></p> <p>The children will discuss the difference between male and female bodies (linking back to naming the parts of the body from KS1). The children will then discuss what reproduction means linking to plants reproducing to make new plants and animals reproducing to make baby animals. The children will then look at diagrams of both male and female bodies and understand that as we grow older the bodies change but are still different to each other. We will find out that there are other similarities and differences that you can't see as these are on the inside. E.g. lungs = similarities, uterus and ovaries = different. The children will understand that male and female produce a special ingredient needed for human reproduction. The male body makes sperm which is stored in the testicles and the female body makes and stores eggs in the ovaries. They will be told when the sperm and egg meet together, they join to form the start of a baby (foetus). The children will find out that male and female bodies have different jobs so that humans can reproduce.</p> <div> <div> <p>Boys and Girls Growing and Changing</p> <p>You discussed the differences between female and male bodies at the start of the lesson. You have probably been aware of these differences since you were very young. As children grow into adults, their bodies change. Adult female and male bodies are still different.</p>  </div> <div> <p>There are other similarities and differences between the male and female body that you can't see, because they are inside.</p> <div> <p>Some things inside are the same in males and females.</p>  </div> <div> <p>But some things inside are quite different.</p>  </div> </div> </div>

		<p>Both the male and the female are needed to make a baby. They each produce and store a special ingredient needed for human reproduction.</p>  <p>The male body makes and stores sperm in the testicles.</p> <p>The female body makes and stores eggs in ovaries, joined to the uterus by the fallopian tubes.</p> <p>When the sperm and the egg meet, they join together and form the start of a baby.</p> <p>When the baby is growing inside the female's body, it is called a foetus.</p> 
Year 4	Summer Term 2	<p><u>Changes in Boys</u></p> <p>Children to think about the changes to happen to boys' bodies as they grow up and why they might happen. Children will try to list the differences between boys and men (thinking about men they know dads, uncles etc). Children will find out that boys' bodies start changing from around the age of 12 but it can be earlier or later and not all the changes happen at once. This change is called puberty and the changes are – deeper voice, Hair will grow (arms, chest, face etc.), sweat more, spots and mixed feelings and mood changes caused by hormones. Our body changes so that one day, if we want to, we can be parents. Children will understand that testosterone (sex hormone) causes the changes in the male bodies. The children will then think about what they are looking forward to as they grow up (jobs, skills, experiences etc).</p> 




Your body will start to sweat more – and that means you get more smelly!

Washing more often is a good idea and you might want to start using a deodorant to keep you smelling fresh.




You may find your hair is more greasy.

You start to grow hair on your face.



You may get spots on your face or other parts of your body, such as your chest, back or shoulders.



It's best to leave spots alone. Keep clean and maybe try treating acne with special spot cream.

Changes in Boys



You may notice you are getting an Adam's apple – this is your voice box getting larger, which makes your voice deeper.

Your testes (or testicles) will grow bigger and your penis grows longer and wider.



You grow more hair on your body, such as under your arms, around your penis and on your chest.

You may notice your penis getting hard sometimes. This is called an erection. It's nothing to worry about and it doesn't last long.



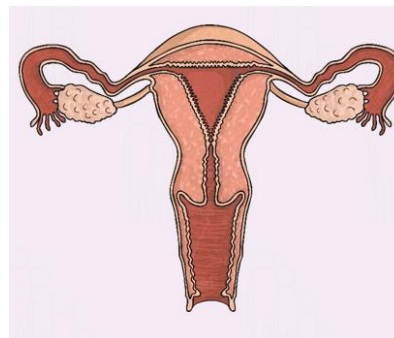
Your body will grow bigger and stronger.

Year 4

Summer
Term 2

Changes in girls

Children to think about the changes to happen to girls' bodies as they grow up and why they might happen. Children will try to list the differences between girls and women (thinking about females they know, mums, aunties etc). Children will be shown an image (shown below) of the inside of a female body. They will discuss how they think this links to periods. Children will find out that girls' bodies start changing from around the age of 9 but it can be earlier or later and not all the changes happen at once. This change is called puberty and the changes are – release eggs from the ovaries, start your periods, breasts will grow bigger and hips wider, sweat more, spots and mixed feelings and mood changes caused by hormones. **Our body changes so that one day, if we want to, we can be parents. Children will understand that testosterone (sex hormone) causes the changes in the female bodies. The female sex hormone is called oestrogen.** The children will then think about what they are looking forward to as they grow up (jobs, skills, experiences etc).



Why do These Changes Happen?

What causes these changes in our bodies?

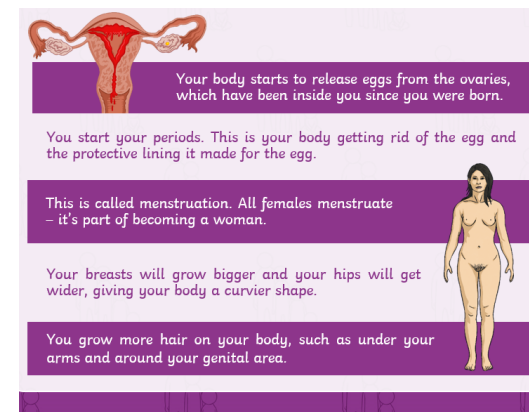
Well, our body starts to produce sex hormones.

The female sex hormone is called **oestrogen** and is responsible for the changes that happen in girls, such as breasts growing and starting periods.

Consolidating

Reflecting





Year 4

Summer
Term 2


Changing Emotions

The children will recap the changes to both boys and girls from the previous two lessons. They will work together to sort statements into both boy changes, girl changes and changes for both. We will discuss the different changes of emotions due to puberty. We will understand that emotions can change suddenly and be completely different. We will look at a variety of facial expressions and explain what emotion they are showing. We will then reinforce that the changes in emotions are due to hormones which are responsible for all the changes as our body goes through puberty. Testosterone in boys and Oestrogen in girls are the chemical messengers in our body (recap on prior learning). We will then link these changes to having different feelings towards other people: liking them as a friend, having a crush on them (discussion on what a crush is). The children will then understand how to manage their emotions and explain what we can do to cope or overcome these.

It's Just a Crush!

As you get older, you might start to have different feelings towards other people around you. Instead of just liking a person as a friend, you might start feeling stronger feelings for that person. You might love being with them and want to spend more time with them. You might feel a bit nervous and shy, but excited at the same time when you see them. You might want to get to know them more, or do the things they do, or dress more like them. You might feel attracted to them, or some might say that you fancy them.

This is what a **crush** feels like. A crush sometimes only lasts a short while, but sometimes it lasts longer.



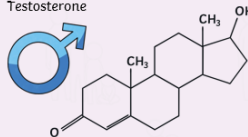
Changing Emotions

Remember those things called **hormones**, which are responsible for all the changes your body goes through during puberty?

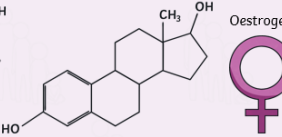
Well, your changing emotions are because of those hormones, too!

Testosterone in boys and **oestrogen** in girls are the chemical messengers that travel through your body at the time of puberty, telling it to grow and change and to start turning into an adult.

Testosterone



Oestrogen



Year 4

Summer
Term 2

Relationship and Families

The children will think about what a loving relationship is. They will think about their own family and work out who is in it and whether all your family live together. The children will investigate different relationships within families and understand some different terms: parents, children, grandparents, brothers, sisters, aunts, uncles, cousins, half-brothers, half-sisters, step-dads, step-mums, Two mums (lesbian couple), Two dads (a gay couple), single-parent families. The children will then understand that in some families two parents can be married. In others the couple might be in a relationship called a civil partnership. These are both about people committing to each other. We will learn that all families can be different (race, size, gender, live together or apart) and there is no right or wrong answer. We will understand that all families have things in common (love, care etc).


Relationships Within Families

In some families with two parents, the parents are married.

In others, the couple might be in a relationship called a civil partnership.

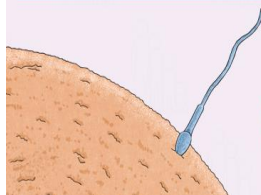
When two people want to be together and stay together, they make a commitment to each other. They promise to love and care for one another and often they celebrate this promise with their family and friends.

Two people who love and care for one another can be in a committed relationship, without being married or in a civil partnership.



		<div data-bbox="551 319 1205 783"> <h3>Relationships Within Families</h3> <p>Families can contain parents, children, grandparents, brothers, sisters, aunts, uncles and cousins.</p> <p>Some families contain half-brothers or half-sisters.</p> <p>Some families contain step-dads, step-mums, step-brothers or step-sisters.</p> <p>Some families have no parents, while others have two mums or two dads. Two mums (a lesbian couple), or two dads (a gay couple) are called same-sex parents.</p> <p>When there is just one parent in a family, they are called single-parent families.</p>  </div> <div data-bbox="1267 319 1904 772"> <h3>Different Families</h3> <p>All families are different.</p> <p>Families can be very small or very large.</p> <p>There can be people of different ages and people from different races.</p> <p>Families can live together or apart.</p> <p>There is no right or wrong when it comes to families.</p>  <div> <div>Consolidating</div> <div>But what do all families have in common?</div> <div>Reflecting</div> </div> </div>
Year 4	Summer Term 2	<p><u>Where do I come from?</u></p> <p>The children will recap on the different male and female reproductive body parts (Sperm, Egg, Testicles, Ovaries). The children will learn it takes two special ingredients to make a baby. The egg from a female joins the sperm from the male body. We understand that when a woman carries a baby inside her is called being pregnant. We will discuss how a baby grows and develops inside a female's body. At first it is an embryo and then at eight weeks it becomes a foetus. We will look at some different stages shown below (see pictures). We will understand that the foetus continues to grow and you have scans at a hospital to see this. At around 9 months the baby gets ready to be born and it will be pushed by the mother's body down through the vagina and will come out between the mother's legs.</p> <div data-bbox="1028 1182 1471 1422"> <p>You might remember learning about human reproduction recently and what the different male and female body parts do.</p>  <p>Can you remember what these pictures show?</p> </div>

It takes two special ingredients to make a baby. The egg from the female body and the sperm from the male body.



When the sperm and the egg meet, they join together and form the start of a baby.

Where Do I Come From?

While the foetus is growing inside the woman's uterus, it is protected by a special bag of fluid. This is called the **amniotic sac**.

The foetus is getting all the oxygen and food it needs from its mother's blood, through a special tube called the **umbilical cord**. This is attached to the babies tummy. It is what becomes your belly button!



Where Do I Come From?

When the baby is growing inside the female's body, it is called an **embryo** at first, then at eight weeks, it becomes a **foetus**.



Four weeks after the sperm fertilises the egg, the embryo is the size of a poppy seed.



By seven weeks, it is the size of a blueberry and by 14 weeks, the foetus is the size of a lemon.



We were all this small once! It's how we all started.

Where Do I Come From?



The baby grows and develops inside the mother's uterus (womb) over nine months. It develops a heart, a spine, lungs and a brain. At about seven weeks the foetus develops the internal sex organs that determine whether it is male or female. At around nine weeks the external male and female body parts start to form.

Where Do I Come From?

The foetus continues to grow during the nine months of pregnancy. Many women go for a scan at the hospital, to see how their baby is growing and developing.



At around nine months, the baby turns head down as it gets ready to be born. It will be pushed by the mother's body down through the vagina and will come out between the mother's legs.

Consolidating

Reflecting