

Sex and Relationships Education – YEAR 6

Scheme of Work – Puberty, Relationships and Reproduction

Theme	Learning Intention	Learning Outcomes	Vocabulary	Subject linked to	Thoughts for parents
Puberty & reproduction.	To consider puberty and reproduction.	Describe how and why the body changes during puberty in preparation for reproduction. Talk about puberty and reproduction with confidence.	Womb Sperm Egg Conception Fertilisation Pregnancy Sexual intercourse Twins Fostering Adoption Relationship Friendship Love Consent Intimacy	PSHE <ul style="list-style-type: none"> Learn about how the body changes as they approach puberty. To be aware of different types of relationships, including marriage and those between friends and families, and to develop the skills to be effective in relationships That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong. 	<ul style="list-style-type: none"> Try and use the words in the vocabulary list and not substitute words as these often trivialise or demean what you are discussing. Ask the children if they have noticed any changes to their body. Do they feel any different emotionally? Talk about the changes you went through yourself at that age and how that affected your emotions, feelings, moods etc; Talk about how two mature people who love each other express their feelings for each other through intimate contact.
Understanding relationships.	Consider physical & emotional behaviour in relationships.	Discuss different types of adult relationships with Confidence. Know what form of touching is appropriate.	Communication Personal/private information Internet safety	Science <ul style="list-style-type: none"> Describe the life process of reproduction in some plants and animals. 	<ul style="list-style-type: none"> Talk to the children about relationships between different couples. Talk to the children about what kind of touch is appropriate in a relationship. How that makes someone feel and how they might feel if it was inappropriate. Do they know what to do if someone's touch made them feel uncomfortable?
Conception & pregnancy.	To explore the process of conception and pregnancy.	Describe the decisions that have to be made before having a baby. Know some basic			<ul style="list-style-type: none"> Talk to the children about when a couple might decide to have a baby. Talk about the joy this brings but also of the challenges of having a baby at a different time or

		facts about pregnancy and conception.		RE Loving Death & New life Healing The sacrament of marriage	as a single parent. <ul style="list-style-type: none"> • Talk to the children, in basic terms, about conception (using the words sperm and egg). Discuss how the baby grows and develops in the womb and that, we believe, life begins at conception.
Communication in relationships.	To explore positive and negative ways of communicating in a relationship.	To have considered when it is appropriate to share personal / private information in a relationship. To know how and where to get support if an online relationship goes wrong.			<ul style="list-style-type: none"> • Talk about information about yourself you would, or would not, share with someone you did not know very well. This could include where you live, contact numbers, things you like to do etc. Explain to the children that such information can give someone power over you as they can use it to manipulate or influence. • Talk about keeping safe online, including: <ul style="list-style-type: none"> ○ Never disclosing passwords. ○ Never giving away personal information. ○ Not communicating with someone you do not know. ○ Never send a message that you would not say to your parent. ○ Never send a photograph you would not show your parent. ○ The consequences of not keeping yourself safe. ○ Who you should talk to if unsure about someone or about something you have received.