

# PSHE: Teaching of Relationships and Sex Education (RSE) at Skegness Junior Academy

Parent information and examples of resources used.

# Why is RSE in schools important?

High quality RSE helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behaviour for life.

A comprehensive programme can have a positive impact on pupils' health and wellbeing and their ability to achieve.

The DFE recommends that all primary schools should have a sex and relationship education programme tailored to the age and the physical and emotional maturity of the children.

# Why is RSE in schools important?

It also develops children's acceptable vocabulary for communication about their bodies, understand personal safety and hygiene and build positive attitudes.

It provides children with access to correct information about their bodies and those of the opposite sex.

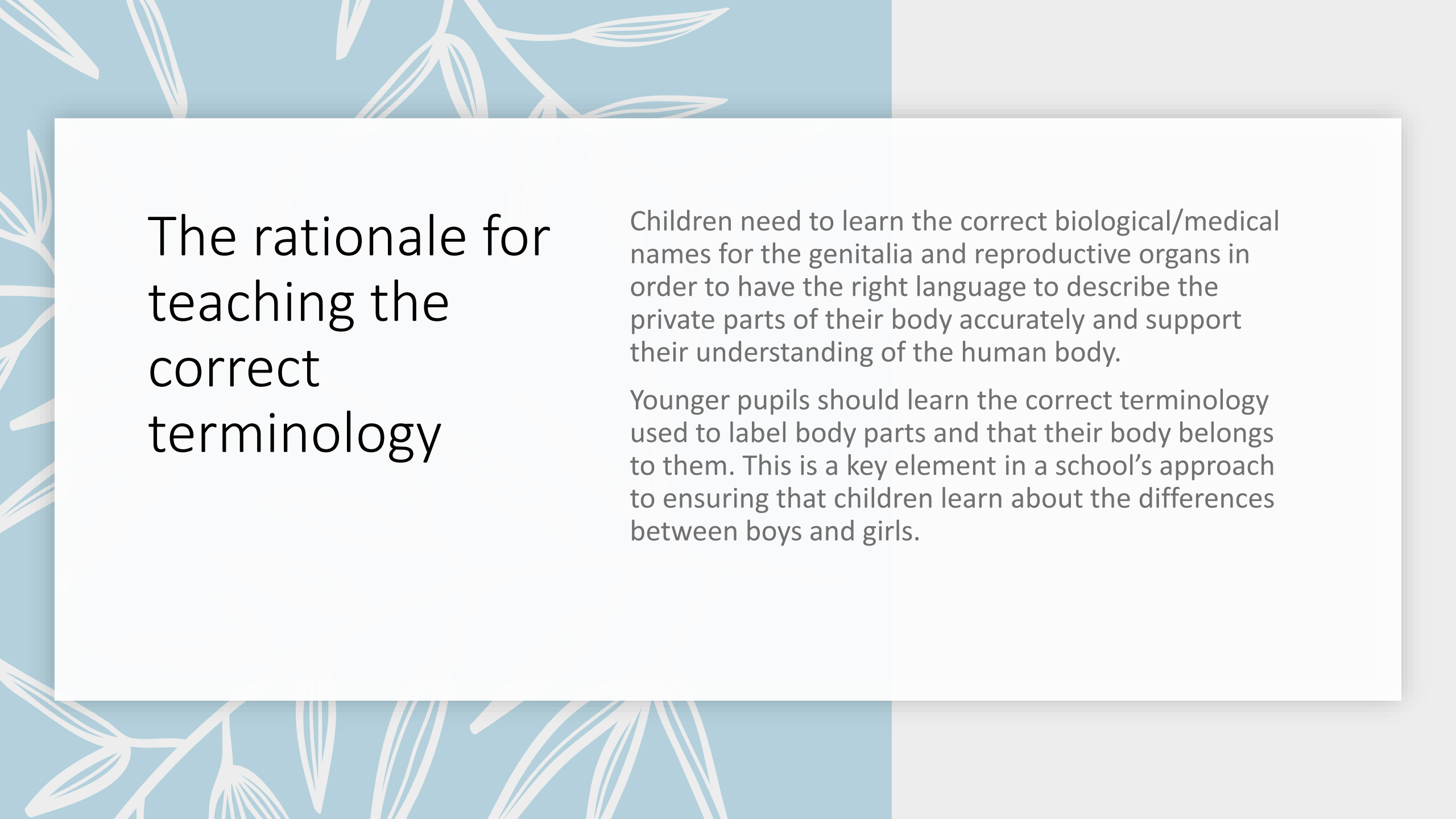
It provides children with age-appropriate knowledge about the process of human reproduction.

It enables children to acquire skills and attitudes about loving and stable relationships.

## The rationale for teaching the correct terminology

As part of a high quality provision for teaching RSE, teachers will always use correct terminology when teaching about reproductive organs or reference to genitalia.

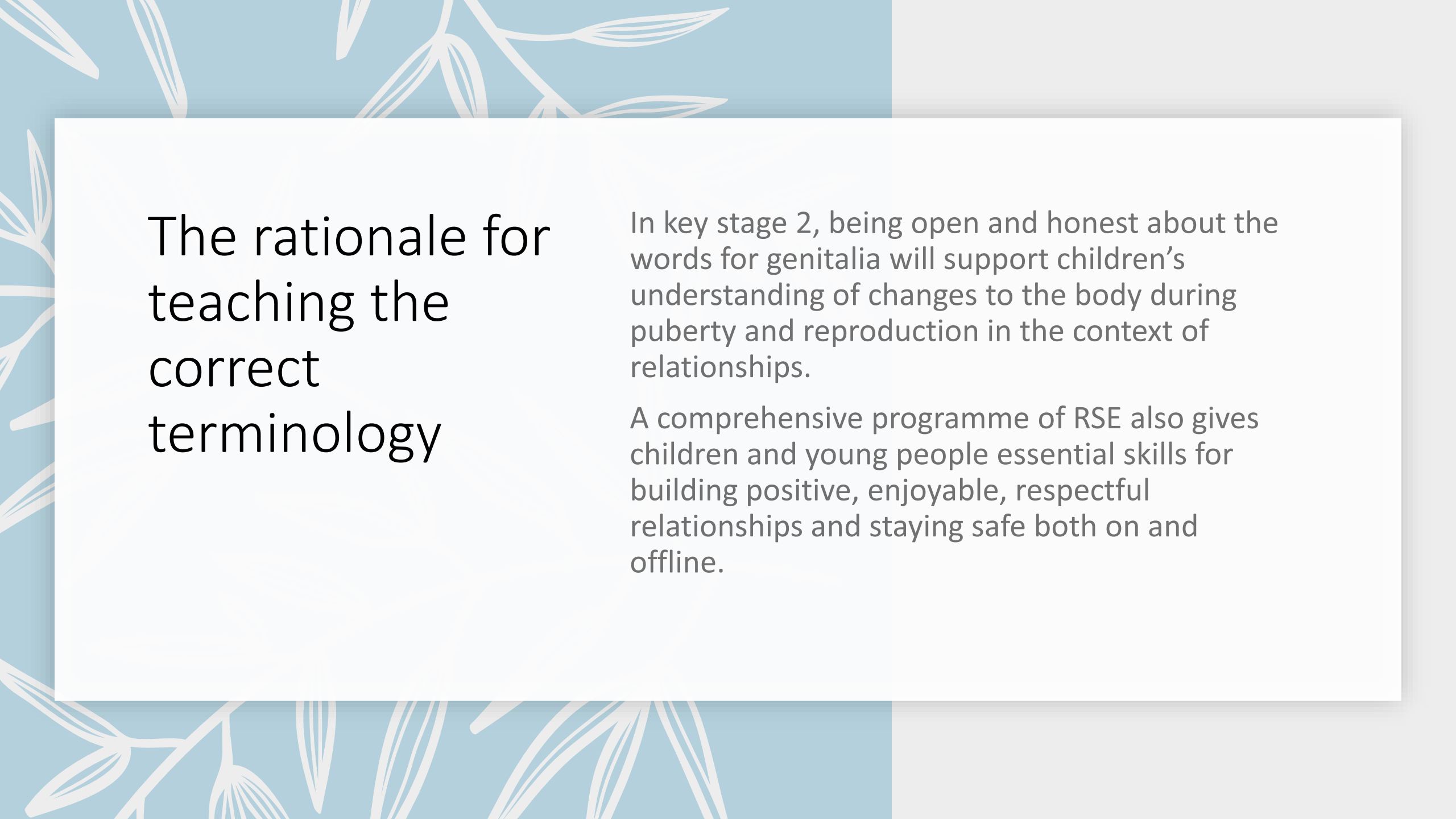
Lessons which are planned will be age appropriate, based on guidance from the Dfe and PSHE association.



## The rationale for teaching the correct terminology

Children need to learn the correct biological/medical names for the genitalia and reproductive organs in order to have the right language to describe the private parts of their body accurately and support their understanding of the human body.

Younger pupils should learn the correct terminology used to label body parts and that their body belongs to them. This is a key element in a school's approach to ensuring that children learn about the differences between boys and girls.




## The rationale for teaching the correct terminology

In key stage 2, being open and honest about the words for genitalia will support children's understanding of changes to the body during puberty and reproduction in the context of relationships.

A comprehensive programme of RSE also gives children and young people essential skills for building positive, enjoyable, respectful relationships and staying safe both on and offline.

# Example of how an RSE lesson is taught in Year 5



## Year 5

### Lesson 2 The Reproductive System

**Learning Intention**  
To understand male and female puberty changes in more detail

**Learning Outcomes**  
Understand how puberty affects the reproductive organs  
Describe what happens during menstruation and sperm production

**Resources**  
[Reproductive System slides](#)  
[Puberty Changes Teacher Guide](#)  
Menstrual Cycle animation [http://kidshealth.org/teen/sexual\\_health/girls/menstruation.html?tracking=T](http://kidshealth.org/teen/sexual_health/girls/menstruation.html?tracking=T) [RelatedArticle](#)  
[Male Changes Powerpoint](#)  
[Puberty Card Game \(one set per group\)](#)  
[Puberty Card Game answer sheet](#)  
[Puberty Card Game whiteboard summary](#)



# Example of how an RSE lesson is taught in Year 5

Starter: Explore the physical and emotional changes that happen during puberty.

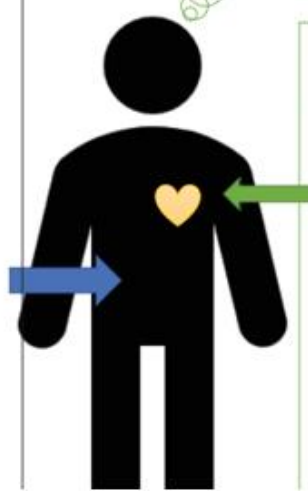
**Puberty Changes worksheet**

People of all genders and biological sex go through puberty. Some changes happen to everyone and some depend on what body parts a person has.  
What are the changes?

1. What are the physical changes that happen to a person's body?

2. How might puberty affect someone's feelings?

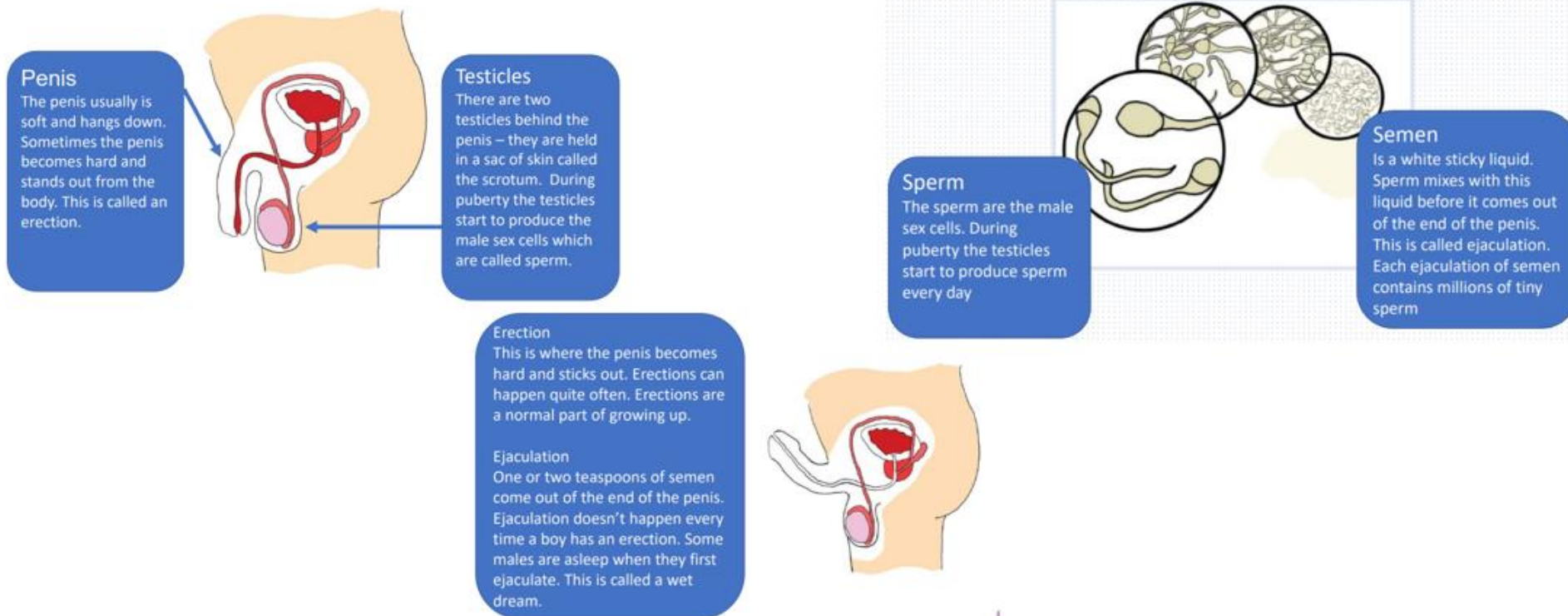
3. How could puberty affect relationships with family and friends?





# Example of how an RSE lesson is taught in Year 5

Main activity: Use of resources to look at the changes to the reproductive system in males.



# Example of how an RSE lesson is taught in Year 5

Main activity: Use of resources to look at the changes to the reproductive system in females.

Video link: <https://kidshealth.org/en/teens/menstruation.html>

