

## How do we teach Relationships, Health and Sex Education at Ludworth Primary School?

### Relationships Education

#### Lessons 1-6

	L1	L2	L3	L4	L5	L6
FS	Understanding how we belong to the school family	Knowing ways in which we can understand how others are feeling and why this is important	Knowing why it is important to have fun and laugh together	Understanding why it can be good to play with people that we don't usually play with	Understanding how others feel when we say thank you, give them a present. Also, how we feel when we do that	Assessment: Explaining what we have done at home to have even better relationships with our family
Year 1	Reflecting on how others see us and the reasons why we think this	Thinking of ways in which we would help someone who was upset	Thinking about our roles in relationships and how we can resolve conflict	Identifying conflict in a story and the thoughts and feelings that this brings about	Understanding why it is important to recognise what others do for us	Assessment: Identifying ways in which a friend adds to the positive relationships within the class
Year 2	Thinking about others' feelings and thoughts when they are left out and what we can do to help	Devising a plan to welcome a new person to the class and make them feel comfortable	Thinking about our own and others' strengths and why these are important to help the whole class have a sense of belonging	Identifying potential reasons for conflict and ways in which these could be resolved	Identifying our most positive relationships and what makes these so	Assessment: Identifying ways in which a classmate adds to the positive relationships within the school
Year 3	Reflecting on the things that make a relationship positive – having fun, giving each other positive, supportive feedback	Thinking about our role in creating positive relationships in school – what makes people friendly or not	Making plans to problem solve and resolve conflict, to create more positive relationships	Further understanding why everyone needs to have positive relationships	Thinking about ways in which we feel we belong, in different areas of our lives	Assessment: Identifying ways in which a member of our family adds to the positive relationships at home
Year 4	Understanding the importance of fun and laughter in positive relationships – both physically and emotionally	Identifying different activities that require us to work as a team and attributes that help us to do this successfully	Thinking about how we form positive relationships, when we're not sure what the other person or activity needs	Thinking about our role in forming and maintaining positive relationships – what can we do and say to be a good friend	Becoming better at noticing when others may need help, and paying attention to other people's needs	Assessment: Identifying ways in which different adults add to the positive relationships at school
Year 5	Understanding the importance of having fun and laughter with teammates – how we release chemicals, which make us feel more positive	Considering why positive relationships are so important in the workplace	Debating whether happiness and love are more or less important than material possessions	Thinking about the role that trust and mutual respect play in positive relationships	Assessing the attributes that we have against specific job roles to see how well we are suited to them	Assessment: Identifying ways in which an adult in the community adds to the positive feeling of our local area
Year 6	Better understanding the importance of having fun and laughter with teammates – how we release chemicals, which make us feel more positive, boost our immune system, relax the whole body, reduce stress	Considering how we would feel if we kept helping people and being kind, but did not receive any gratitude	Thinking about a job that we would like to have when we grow up, how well suited we are to it and areas we can work on to become even better suited	Looking forward to the future and writing a job application that reflects the type of person we have become and our positive attributes	Reflecting on the positive attributes of others – what kind of a person do you need to be to make a difference in a school	Assessment: Understanding the importance of showing gratitude and ways in which we can do this

## How do we teach Relationships, Health and Sex Education at Ludworth Primary School?

### Lessons 7-12

	L7	L8	L9	L10	L11	L12
FS	Understanding what is and isn't friendly behaviour	Thinking about how well we know different people and how we might react if we don't know people that well	Thinking about when we win and lose games –in the playground and online	Understanding what to do if we see something that doesn't look right on our electronic device	Understanding that all families are similar in some ways and different in others	Thinking about how we choose our friends and how we grow our friendship circle
Year 1	Understanding ways in which we can ask for help and then act on the advice that we're given	Understanding what secrets are and when it is okay to keep a secret	Thinking about who can help us, if we see something on our electronic device that doesn't look right	Understanding which information we should and shouldn't share online and how to spot a stranger	Considering what is special about each of our families	Understanding that people might make mistakes about us, if they don't know us
Year 2	Knowing which parts of our bodies are private – the underwear rule	Understanding what secrets are and when it's not okay to keep them	Understanding that not everything on the internet is true and some of the ways that we can tell	Understanding how easy it is to spread fake news	Researching what families around the world look like	Understanding that we might make mistakes about other people, if we don't know them or ask questions
Year 3	Understanding what privacy is for children and adults, and why it is important	Understanding how we can respond safely to adults that we don't know	Identifying the risks of online activity and how we can keep ourselves safe	Thinking about the information and data about us, that is online	Understanding that every family is unique and special and that we should respect other people's families	Understanding what stereotypes are, and how we can challenge these
Year 4	Understanding that there are boundaries within friendships	Understanding ways in which we can and should show respect for people online, including when we're anonymous	Thinking about ways in which people might behave differently online and what we should do if we have concerns	Thinking about ways in which families may be different – including civil partnerships, step parents, single parent families	Understanding what appropriate physical contact between people is	Understanding how being stereotyped might make people feel
Year 5	Understanding what appropriate contact is, and what to do if we think something is inappropriate or unsafe	Recognising if a friend is unsafe and what we can do to help them	Knowing which kinds of things are and are not appropriate to say online	Better understanding how we can build positive online relationships	Understanding ways in which we can show respect for families that are different to our own	Understanding what unconscious bias is
Year 6	Understanding the boundaries that we can put in place ourselves, to keep us safe	Knowing who we can get advice from, if we feel that we/ our friends are unsafe	Understanding the impact that online behaviours can have on our wellbeing	Understanding how information and data can be shared online, and the difference between this and sharing in person	Understanding what language is and isn't appropriate when describing our own and other people's families	Better understanding how to be aware of our own unconscious biases and how to challenge these

## **How do we teach Relationships, Health and Sex Education at Ludworth Primary School?**

### Health and Sex Education

- Many aspects of understanding and promoting good physical health are covered through the school's Physical Education and Science curricula.
- Positive mental health is promoted through the school's PSHE curriculum which is largely covered through our use of the Happy Centred Schools programme.
- Sex education is in line with the Science National Curriculum and covers life cycles, including plants, humans and other animals. This is always age appropriate.
- Puberty is covered at an appropriate time and parents will be informed when this is happening. This is always supported by the School Nurse.

### Find out more

You can find out more about what the government say schools must teach here:

[Relationships education \(Primary\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/relationships-education-in-primary-schools)