



Tuesday 7th July 2020

Dear Parents and Carers,

As some of you may be aware, there has been a change in the Relationships and Sex Education curriculum this year. From September 2020, Relationships Education becomes a compulsory subject in all primary schools. Relationships and Sex Education (RSE) is an incredibly important subject as it is taught in schools to give our children and young people a better understanding of healthy relationships, sex and diversity. Relationships and sex education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science and others are taught as part of personal, social, health and economic education (PSHE). Ultimately, Our RSE Curriculum at Lambley sets out to provide pupils with the invaluable knowledge that will help them to make informed decisions about their wellbeing and teach them the fundamental characteristics of healthy relationships at an age appropriate level.

Please see below for an outline of our Learning Objectives for each year group in RSE.

Year One:

- To understand what a friendship is.
- To understand what family is and means.
- To know the people who can support them.
- To know they should treat others kindly, take turns, be honest and establish boundaries.
- To know that each person's body belongs to them.

Year Two:

- To know what a healthy relationship is and to name some they have.
- To consistently treat others kindly, take turns, be honest and establish boundaries and explain why this is important with examples.
- To consistently show respect and know why it is important to show respect including examples.
- To name ways to keep your body safe and to begin to know the right ways to recognise and report unsafe feelings.
- To begin to learn some body part names and some of the differences in girls' and boys' bodies.

Year Three:

- To understand that some people behave differently online and that we must respect people online the same as we would face to face.
- To know the characteristics of a healthy family and can discuss this with examples. Also to know that not all families are the same, but they should respect those differences.
- To know about sexual reproduction for animals (covered in science).
- To name external genitalia and learn differences between the male and female body.

Year Four:

- To know the key facts about puberty and our changing bodies.
- To know the key vocabulary for puberty and their definitions.
- To identify the characteristics of a good and healthy relationship and know how to respond safely and appropriately to people they may encounter and how to report any concerns they may have.
- To understand the vocabulary and confidence needed to seek advice or report concerns.

Year Five:

- To describe the changes as humans' develop to old age.
- To know what happened specifically to boys and girls during puberty.
- To begin to understand about hormones and sexual feelings.

Year Six:

- To describe the effects of diet, exercise, drugs and lifestyle on the way my body functions in the long and short term.
- To know what a healthy relationship looks like with boyfriends and girlfriends.
- To begin to understand what domestic violence is.
- To be able to name all the sexual reproductive body parts and sexual hormones.
- To learn about the human reproduction process.
- To learn about same sex relationships.

We recognise, in accordance with statutory guidance, that parents have the right to request for their child to be withdrawn from some or all of the Sex Education delivered as part of the statutory RSE (other than sex education in the National Curriculum as part of Science), but not from relationships education. If you would like to withdraw your child from the Sex Education lessons please send this in writing to the school office by 22nd July 2020.

We will also be having a day, in the Autumn Term 2020, where we will invite all parents into school to discuss our RSE curriculum. Please do not hesitate to contact me with any questions you may have regarding our RSE curriculum. My email is: shall@lambley.notts.sch.uk

Thank you and take care,

Sarah Hall