Theydon Bois Primary School

Year 1 & 2

Sequence of lessons
Lesson 1: My special people This is the first of three lessons on the theme of growing and changing for key stage 1 pupils. This lesson focuses on early learning about healthy, happy relationships, which is later built on in key stage 2.
Lesson 2: Growing up — the human life cycle This lesson introduces the concept of the human life cycle. Pupils begin to understand how we grow and change as we get older.
Lesson 3: Everybody's body In this lesson, pupils learn the correct terminology for male and female genitalia. It is important for younger pupils to know how to name body parts correctly as this contributes to safeguarding – helping them to take care of their bodies and keep themselves safe. The learning in this lesson is built on in key stage 2, when pupils learn about puberty and the changes that occur when growing from children to adults.

Key words: special, person, people, friend, family, care, caring, help, thanks, grow, change, difference, baby, toddler, child, adult, older person, independent, responsibility, human life cycle, same, different, male, female, boy, girl, body, born, private parts, genitals, nipple, penis, testicles, vagina, vulva

Theydon Bois Primary School

Year 3 & 4

Sequence of lessons
Lesson 1: Time to change. This is the first of four lessons exploring puberty, for lower key stage 2 pupils. This lesson introduces the concept of puberty and explores some external changes that happen to the body, as well as supporting pupils to identify and label key body parts.
Lesson 2: Menstruation This lesson builds on pupils' learning from the first lesson, and explores in more detail some of the external and internal changes that happen to the body during puberty, including menstruation.
Lesson 3: Personal hygiene This lesson focuses on the importance of personal hygiene and explores ways to manage some of the physical changes that occur during puberty including the different products that can be used.
Lesson 4: Emotions and feelings This lesson focuses on emotional changes during puberty, and where pupils can find help and support for the physical and emotional changes experienced.

Key words: internal, external, reproductive organs, uterus, fallopian tubes, ovary/ovaries, cervix, vulva, vagina, menstruation, menstrual cycle, period, blood, pads, tampons, re-useable, Adam's apple, penis, testicles, scrotum, foreskin, bladder, anus, sperm, semen, pubic hair

Year 5 & 6

Sequence of lessons
Lesson 1: Puberty recap This is the first of five lessons for upper key stage 2 pupils. The lesson has been designed to consolidate pupils' previous learning about puberty. This lesson gives them the opportunity to recap and further develop their understanding.
Lesson 2: Menstruation and wet dreams This lesson builds on pupils' learning from the first lesson, and explores in more detail some of the external and internal changes that happen to the body during puberty, including menstruation and wet dreams.
Lesson 3: Puberty: Change and becoming independent This lesson extends pupils' learning about puberty and supports them to consider the changes that might occur alongside it, including moving to secondary school and the new feelings, roles and responsibilities that accompany becoming more independent.
Lesson 4: Positive, healthy relationships This lesson focuses on what is meant by a positive, healthy and loving relationship by exploring different types of relationships, and the qualities, values, and behaviours within them. It also supports pupils to understand that relationships can change over time, and how to manage this.
Lesson 5: How a baby is made This lesson includes sex education and lays an important foundation for pupils' learning in Relationships and Sex Education. It focuses on the features of loving relationships, including the importance of consent, how a baby is made and an introduction to the concept of pregnancy.

Key words: puberty, person, child, teenager, adult, changing, growing, physical, emotions, feelings, internal, external, reproductive organs, uterus, fallopian tubes, ovary/ovaries, cervix, vulva, vagina, menstruation, menstrual cycle, period, blood, pads, tampons, re-useable, Adam's apple, penis, testicles, scrotum, foreskin, bladder, anus, sperm, semen, erection, ejaculation, wet dream/nocturnal emission, pubic hair, change, life cycle, baby, toddler, child, adolescent, teenager, adult, middle-age, older person, growing up, feelings, emotions, independence, relationship, friendship, family, couple, love, positive, qualities, values, permission, respect, boundaries, Love, respect, consent, commitment, female, male, human, reproduction, sex, sexual intercourse, fertilised, sperm, ovum, penis, vulva, vagina, fallopian tubes, pregnancy, baby, foetus, uterus, womb, conception, contraception