

Year 4 (Summer 2) Respectful Relationships and Sex Education

Prior Learning: In Year 3 the children will have already learnt about the values of being different and explored the differences between male and female body parts further – They will have added to an increasing vocabulary of scientific names for body parts. They will have learned to identify the different types of touch that people do and do not like and why it is important to ask for consent and to respect a person's personal space. They will have identified different ways of dealing with unwanted touching - who to ask for help when we need support with this. They will also be able to discuss the different types of families we have within our community.

We will learn and understand how important it is to develop healthy relationships in a variety of contexts and to know when to seek help. We will learn how to stay safe and to be able to make age appropriate informed decisions. We will learn how it feels to enjoy positive relationships of all different kinds.

This includes learning about exploring the human lifecycle. Discussing male and female body parts using agreed words. It involves knowing some of the changes, which happen to the body during puberty and explore how puberty links to reproduction.

1. TWAL: To learn basic facts about puberty

We will be learning to understand what puberty is and to know about some of the changes, which happen to our bodies during puberty (appropriate to our age and stage) these will be basic facts.

We will continue to explore the lifecycle and be able to add the stage of puberty to it – we will recognise this addition to our lifecycle as a vital and important part of lives and recognise that everyone experiences puberty. We will know who we can talk to if we have any questions or need further support. **(Assess and record in books)**



Puberty is when a child's body begins to develop and change, as they become an adult. There are physical and emotional changes and good hygiene is really important in managing these changes.



Recommended Reading

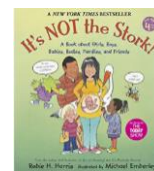
Growing up Great by Scott Todmen
Celebrate your feelings – Puberty a girl's guide
By Lauren Rivers

2. TWAL: To understand the link between puberty and reproduction

We will explore the link between puberty and reproduction, what reproduction is and how puberty allows our body to ready itself for reproduction as adults should we choose to reproduce – we will gain an understanding of the emotional and physical changes we experience during puberty and who we can ask for support from if we need to. **(Assess and record in books)**



Reproduction is the process by which a living organism creates a likeness of itself- humans need both male and female parts to reproduce. Puberty helps to begin to prepare the body for reproduction.



Recommended Reading

It's not the Stork! By Robie H
What's the big secret? By Laurie Kransie Browne



3. TWAL: To understand the importance of a healthy relationship

We will explore the importance of respect in a range of relationships and to know that respect is important in all relationships (including online relationships)- where we can go for advice and support if we need help with our relationships – We will be able to discuss our ideas of what we think makes a happy, healthy relationship and be able to identify and explain reasons why some friendships/relationships can make us feel unhappy or uncomfortable and why this is not a happy, healthy relationship. **(Assess and record in books)**



There are many different types of relationships. Healthy relationships should not make us feel good, not uncomfortable or unhappy.



Recommended Reading

The Not so friendly Friend by Christina Furnival
Better Together by Melissa Boyd

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Words we will know!

Pubic hair



Puberty



Reproduction



Sperm



Breasts

