

## SRE Medium Term Plan – Key Stage 2

Session	Topic	Learning outcomes	Resources used
Year 5 Session 1	Introduction to Puberty	<ul style="list-style-type: none"> <li>• Understand that physical change happens at different rates for different people</li> <li>• Accept personal responsibility</li> <li>• Understand the different changes that happen to boys and girls to include menstruation</li> <li>• Identify adults they can trust and who they can ask for help.</li> <li>• Know how to get advice</li> </ul>	<p>Living and growing Channel 4 DVD</p> <p>Unit 2 – (4) Changes</p>
Year 6 Session 1	Revisit Puberty	<ul style="list-style-type: none"> <li>□ To know and understand about the physical changes that take place at puberty, why they happen and how to manage them</li> <li>□ Consider puberty and reproduction</li> <li>□ Listen to and support others. Recognise their changing emotions with friends and family and be able to express feelings positively.</li> </ul>	<p>Living and growing Channel 4 DVD Unit 2 – (4) Changes</p>
Years 5 & 6 Session 2	Relationships	<ul style="list-style-type: none"> <li>□ Express opinions eg. about relationships and bullying</li> <li>□ Understand different adult relationships</li> <li>□ Be confident in a wide range of new situations, such as seeking new friends.</li> <li>□ Listen to, support their friends and manage friendship problems. Know how to seek help</li> <li>□ That their actions have consequences and be able to anticipate the results of them</li> <li>□ Recognise their changing emotions etc.</li> </ul>	
Year 6 Session 3	Sexual relationships, Conception.	<ul style="list-style-type: none"> <li>□ Life processes common to humans include growth and reproduction</li> <li>□ Keeping themselves safe when involved in risky activities</li> <li>□ The need to trust and love in established relationships</li> <li>□ Know about and accept a wide range of family</li> </ul>	<p>Living and growing Channel 4 DVD Unit 2 – (5) How Babies are Made</p>

		<p>arrangements.(to include sexual intercourse)</p> <ul style="list-style-type: none"> <li>❑ The human lifecycle including how babies are made</li> <li>❑ Their changing emotions with friends and family and be able to express their feelings and concerns positively</li> <li>❑ What adults should think about before they have a baby</li> </ul>	
Year 6 Session 4	Pregnancy and Birth	<ul style="list-style-type: none"> <li>❑ Consider why families are special</li> <li>❑ Health considerations during pregnancy</li> <li>❑ Know some basic facts about pregnancy</li> <li>❑ The role of parents in preparing for a new baby</li> <li>❑ Main stages of human life cycle – foetal development and birth</li> <li>❑ Where individual families and groups can find help – eg. role of midwife, health visitor</li> </ul>	Living and growing Channel 4 DVD Unit 2 – (6) How babies are born
Year 6 Session 5  BOYS	Boy Talk	<p><b>Single Sex Session</b> Discuss physical changes that take place in puberty in a single sex environment.</p> <ul style="list-style-type: none"> <li>❑ Discuss physical changes that take place in puberty in relation to girls and young women</li> <li>❑ Recognise and challenge stereotypes eg. in relation to gender.</li> <li>❑ Recognise the pressure of unwanted physical contact and know ways of resisting it.</li> </ul>	Living and growing Channel 4 DVD Unit 3 – (7/8) Girl Talk/Boy Talk
Year 6 Session 5  GIRLS	Girl Talk	<p><b>Single Sex Session</b></p> <ul style="list-style-type: none"> <li>❑ Discuss physical changes that take place at puberty in relation to being a boy and young man</li> <li>❑ Recognise and challenge stereotypes eg. in relation to gender.</li> <li>❑ Recognise the pressure of unwanted physical contact and know ways of resisting it.</li> <li>❑ Explore different methods of coping with menstruation</li> </ul>	Living and growing Channel 4 DVD Unit 3 – (7/8) Girl Talk/Boy Talk