Shoreditch Park
Primary School
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**Headteacher:** Penny Smith
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Joanne Byrne, Claire Deegan, Eloise Erwin, Zeynep Karatay, Natalie Ketchell, Tegan Voyle

**Inclusion Manager:** Claire Keady
**School Business Leader:** Georgia Caton

23.5.25

Dear Parent/Carer,

**Relationship and Sex Education (RSE) Lessons at Shoreditch Park Primary School**

After the half term break we will be delivering lessons that form part of our Relationships and Sex education curriculum. These lessons are carefully planned and we follow a well-known scheme of work written by staff at The Christopher Winter Project.

Shoreditch Park's RSE policy reflects the statutory curriculum requirements. You can read the policy on our website under https://www.shoreditchpark.hackney.sch.uk/policies/rse

Below this letter is the scheme of work we will be using to inform planning in your child's year group.

To find out about what is being covered in more detail please attend the Y4 curriculum meeting at the following date and time:

| | |
|---|---|
| Date of meeting: | 3.6.25 |
| Time: | 3:45 pm |
| Location | Almond Classroom |

At the meeting you will hear more details about lesson activities and see some of the materials that will be used. We will also be explaining the new statutory requirements for RSE.

Additionally there will be parent coffee morning on Friday 13th June at 9am for all parents and carers to find out more information about how RSE is taught throughout Shoreditch Park Primary School.

Thank you for your continued support.

Yours sincerely,

Joanne Byrne
Assistant Headteacher
SENCo/RSE lead

# Year 4

## Growing Up

Key Stage 2

# Scheme of Work

**Word Box:** Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

| Statutory Guidance | Learning Intentions and Learning Outcomes | Lesson Title | Resources |
|---|---|---|---|
| **Health Education**<br>Changing adolescent body (8a)<br>**Key Stage 2 Science**<br>- describe the life process of reproduction in some plants and animals | **Learning Intention**<br>To explore the human lifecycle<br>To identify some basic facts about puberty<br>**Learning Outcomes**<br>Understand that puberty is an important stage in the human lifecycle<br>Know some changes that happen during puberty | **Lesson 1**<br>Changes | Lifecycle whiteboard summary<br>Body Parts Bingo cards<br>Bingo Flash cards<br>Body Changes pictures<br>Lifecycle Quiz slides<br>Lifecycle Quiz answers<br>**Additional Activities**<br>Babies and Children worksheet |
| **Health Education**<br>Mental wellbeing (6a,6b,6c,6d,6f)<br>**Health Education**<br>Changing adolescent body (8a, 8b)<br>Menstruation (9a)<br>**Key Stage 2 Science**<br>- describe the life process of reproduction in some plants and animals<br>-describe the changes as humans develop to old age | **Learning Intention**<br>To explore how puberty is linked to reproduction<br>**Learning Outcomes**<br>Know about the physical and emotional changes that happen in puberty<br>Understand that children change into adults to be able to reproduce if they choose to | **Lesson 2**<br>What is Puberty? | Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart<br>Puberty Card Sort<br>Puberty Card Sort whiteboard summary<br>Body Changes worksheet<br>Puberty Changes Teacher Guide<br><br>**Suggested Reading**<br>*Where Willy Went*, Nicholas Allan<br>*Hair in Funny Places*, Babette Cole |
| **Relationships Education**<br>Caring friendships (2b,2c,2d,2e)<br>Respectful relationships (3a,3b,3d,3e,3f,3h)<br>Online relationships (4b,4d) | **Learning Intention**<br>To explore respect in a range of relationships<br>To discuss the characteristics of healthy relationships<br>**Learning Outcomes**<br>Know that respect is important in all relationships including online<br>Explain how friendships can make people feel unhappy or uncomfortable. | **Lesson 3**<br>Healthy Relationships | Healthy Friendships cards<br>Relationship pictures<br>Online Respect and Self-Respect video<br>https://www.youtube.com/watch?v=mZtXwLzIlpk |