



Aqueduct Primary Academy  
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*Building tomorrow,  
leading the way.*



Headteacher: Mrs T Lockley  
Deputy Headteacher: Mrs J Clarke  
Assistant Headteacher: Mr A Palin

Wednesday 9<sup>th</sup> April 2025

### Relationship and Sex Education (RSE) - Key Stage 2

Dear Parent/Carer,

For many years now at Aqueduct, we have believed in the importance of equipping children with age-appropriate knowledge about relationships and health education to prepare them for future life. From Summer 2021, all primary schools in England were required to teach Relationship Education and Health Education, as it is now becoming a statutory subject. Our current Relationship and Sex Education curriculum allows children to learn about families and people who care for them, caring friendships, respectful relationships, online relationships, changing bodies and being safe. The aim of the lessons is to help children make responsible decisions about the relationships they form with others and help them to understand the changes and challenges which maturity brings. With your support, we are committed to a home school partnership, which supports and is consistent with our duties under the Equalities Act and Safeguarding. We feel it is important for teachers to convey this information factually and sensitively in a supportive environment, rather than risk your child learning about it incorrectly through their peers during unstructured time.

Hopefully, you can see that we are doing our utmost to ensure parents are happy with the RSE curriculum. If you would like further information on this, you are welcome to attend the **Parent Working Party meeting on Wednesday 30<sup>th</sup> April at 17:00 where we will be available to discuss this programme in further detail.**

Lessons are planned to begin in school in the second half of the summer term.

<u>Year group and objectives from scheme of work</u>	<u>Vocabulary</u>	<u>Year group and objectives from scheme of work</u>	<u>Vocabulary</u>
Year 3	Year 3	Year 4	Year 4
<u>Introduced to periods</u> <b>Lesson 1</b> - To prepare for and understand changes that occur as part of puberty. To recognise physical and emotional changes <b>Lesson 2</b> - Identifying current levels of knowledge and	Puberty, menstruation, conception, periods, pubic hair, breasts, facial hair	<b>Lesson 1</b> - To know that during puberty a body changes from a child to an adult; it is part of the life cycle. To develop the skill of recognising and understanding emotional changes as well as physical changes. To become confident in	Puberty, emotional, conception, vagina, vulva, menstruation, periods, ovaries, fallopian tubes, hormones, testicles, sperm, penis, sex organs, pubic hair, breasts, anus



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<p>understanding about puberty, menstruation and conception.</p> <p><u>Lesson 3</u> - Facts and fiction Using previously identified levels of knowledge and understanding Introduce conception, puberty</p>		<p>awareness of life cycle changes, that conception and birth are features.</p> <p>To begin to know that each person experiences puberty differently.</p> <p>Beginning to understand why the body changes in puberty.</p> <p>To understand some basic facts about pregnancy</p> <p><u>Lesson 2</u> - To know that during puberty a body changes from a child to an adult; it is part of the life cycle.</p> <p>To establish pupils' knowledge and understanding of menstruation, and clarify any myths or misconceptions, reassure and help prepare both girls and boys</p>	
<b><u>Year group and objectives from scheme of work</u></b>	<b><u>Vocabulary</u></b>	<b><u>Year group and objectives from scheme of work</u></b>	<b><u>Vocabulary</u></b>
Year 5	Year 5	Year 6	Year 6
<p><u>Lesson 1</u> - Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them</p> <p>Know and understand life processes common to humans, including reproduction Know and understand about personal hygiene</p> <p><u>Lesson 2</u> - Know and understand the physical and emotional changes that take place during puberty,</p>	<p>Puberty, reproduction, physical changes, emotional changes, menstruation, periods, love, sex, sperm, egg, baby, contraception, pregnancy, sanitary towel, tampon, breast, fallopian tube, uterus, womb, ovary, urethra, testicle, fertilisation, foetus, sex organs, ovum, vagina, penis</p>	<p><u>Lesson 1</u> - Consider why honesty, loyalty, understanding and respect are important in relationships. Recognise their own worth and identify positive things about themselves and others</p> <p><u>Lesson 2</u> - Managing change effectively: e.g. learn about the changing nature of and pressure on relationships with friends and family</p>	<p>Physical changes,, emotional changes, puberty, hormones, pubic hair, breasts, penis, testicles, erection, period, wet dream, body hair, ovary, ovulation, womb, uterus, pregnancy, labia, clitoris, genitals, vagina, urethra, anus, scrotum, prostate gland, endometrium, cervix, foreskin</p>

<p>why they happen and how to manage them.</p> <p>Know and understand life processes common to humans, including reproduction.</p> <p>Know and understand about personal hygiene and keeping safe.</p> <p><u>Lesson 3</u> - Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them</p> <p>Know and understand life processes common to humans, including reproduction</p> <p>Know and understand the main stages of the human life cycle</p> <p><u>Lesson 4</u> - Know and understand the physical and emotional changes that take place during puberty, why they happen and how to manage them.</p> <p>Know and understand life processes common to humans, including reproduction.</p> <p>Know and understand the main stages of the human life cycle</p>		<p>Appreciate that similarities and differences between people are a result of many factors</p> <p><u>Lesson 3</u> - Discuss and ask questions about changing bodily needs</p> <p>That puberty can be a positive and exciting time</p> <p>Know how changes at puberty affect bodily hygiene</p> <p><u>Lesson 4</u> - Discuss and ask questions about how bodies change and develop during puberty</p> <p>Know that body changes are a preparation for sexual maturity</p> <p>Learn the correct names for body parts and their functions</p> <p><u>Lesson 5</u> - Recognise the need to ask for support and whom to ask</p> <p>That puberty can be a positive and exciting time</p> <p>Know that body changes are a preparation for sexual maturity and understand the process of reproduction</p> <p>Know how changes at puberty affect body hygiene</p>	
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For further information about these lessons, please speak to Mr Palin or your child's class teacher.

Yours sincerely,

Mr Palin



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Please complete the form on the link and QR code below if you would like to attend the Parent Working Party meeting on Wednesday 30<sup>th</sup> April at 17:00 where we will be available to discuss this programme in further detail.



<https://forms.office.com/e/Mbj5mk2sT9>



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