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King's Academy College Park

A King's Group Academy

Headteacher: Mrs R Carlyle

Monday 17th April 2023

Relationship and Sex Education

Dear Parents/Carers,

As part of our curriculum, the Year 6 children will be taking part in Relationship and Sex Education lessons. These lessons will take place weekly in the second half of the summer term, commencing the week beginning Monday 5th June.

Lesson 1 – Puberty recap

This lesson has been designed to consolidate pupils' previous learning about puberty in Year 4 and 5. It explores the physical and emotional changes that occur during puberty and suggests ways to manage them. It reaffirms that puberty is a normal and natural process.

Lesson 2 – 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 3 – 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 grow to manage this.

Lesson 4 – How a baby is made.

This is the last of the four lessons for Key Stage 2 pupils in Year 6. This lesson includes sex education and lays an important foundation for pupils' learning in Relationship and Sex Education at secondary school. 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.

Best wishes

Ms MacDonald and Miss Dawkins
Year 6 Leaders