



Willow Park School - Long Term Plan - RSE - Whole School

Years 3 & 4	(Y5 & Y6 pupils where necessary)		(Y6 & Y7 pupils where necessary)		Year 8	Year 9	Year 10 & 11 Cycle A	
Relationship & Sex Education	Relationship & Sex Education		Relationship & Sex Education		Relationship & Sex Education	Relationship & Sex Education	Relationship & Sex Education	
<ul style="list-style-type: none"> • Labelling main parts of the body inc external genitalia • Will I always be a child? <i>(Understanding how their bodies will change as they age)</i> • Physical Contact Boundaries • Secrets & Trust • When should I say no? • Who do I ask for help? 	<ul style="list-style-type: none"> • G1 How will my body change as I get older? • G2 How will my feelings change as I get older? • G3 How will I stay clean during puberty? • G4 What is Menstruation 		<ul style="list-style-type: none"> • SX1 How are human babies made? <i>(taught through science - compulsory)</i> • SX2 Sexual reproduction (optional unit) • 		<ul style="list-style-type: none"> • Recap on sexual reproduction including Sexual Intimacy • Introduction to Contraception 	<ul style="list-style-type: none"> • Healthy Positive Intimate Relationships 	<ul style="list-style-type: none"> • Healthy Sexual Relationships • Contraception • Sexual health inc HIV & STI's • Relationships & the Law inc: consent • forced marriage • revenge porn • harassment • stalking • rape • Same Sex Relationships • Gender & Trans Identity 	
<ul style="list-style-type: none"> • Key words 	<ul style="list-style-type: none"> • Key words 		<ul style="list-style-type: none"> • Key words 		<ul style="list-style-type: none"> • Key words 	<ul style="list-style-type: none"> • Key words 	<ul style="list-style-type: none"> • Key words 	
Secret Surprise Unsafe touch Private Genitals Vulva Nipples Navel Penis Scrotum Wanted Touch Unwanted Touch Private Parts	Puberty Testicles Penis Adams Apple Erection Ejaculation Vagina Vulva Clitoris Discharge Menstruation Period Wet dream Hormones Moods Uterus	Anxiety Insecurity Self-conscious Risk Hygiene Sweat glands Smegma Genitals Bacteria Essential Luxury Poverty Menstruation Menstruator Ovaries Ovum	Penis Pubic Hair Foreskin Scrotum Testicles Erection Ejaculate Sperm Urethra Clitoris Anus Vagina Labia Cervix Uterus	Ovary Fallopian tube Ovum Reproduction Pregnancy Discharge Fertilisation	Sexually Transmitted Disease Contraceptives	Sex Intimacy	Sexual health Intimacy Pleasure Risky behaviour Consent Forced marriage Revenge porn Harassment Stalking Rape	Menstrual cycle Fertility Miscarriage Abortion Contraception Sexually transmitted infections Gay lesbian Bi-sexual Heterosexual Transgender Non-binary