



# Year 4 Health and Relationships planning 2024

Monday 26th<sup>th</sup> February 2024

# Year 4



# Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

## Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching '**relationships and health education**' on GOV.UK.

## Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



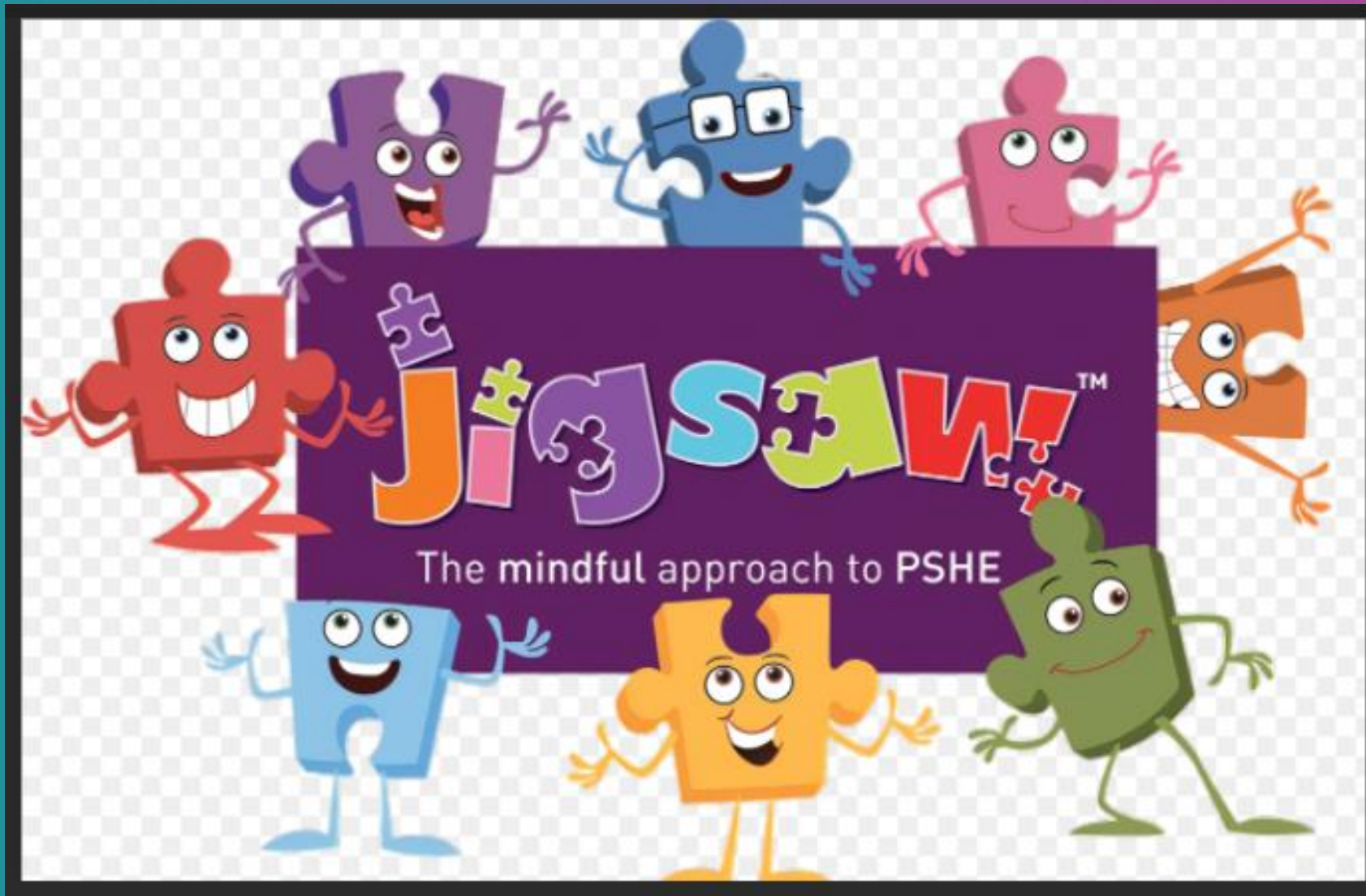
By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching '**relationships and health education**' on GOV.UK.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



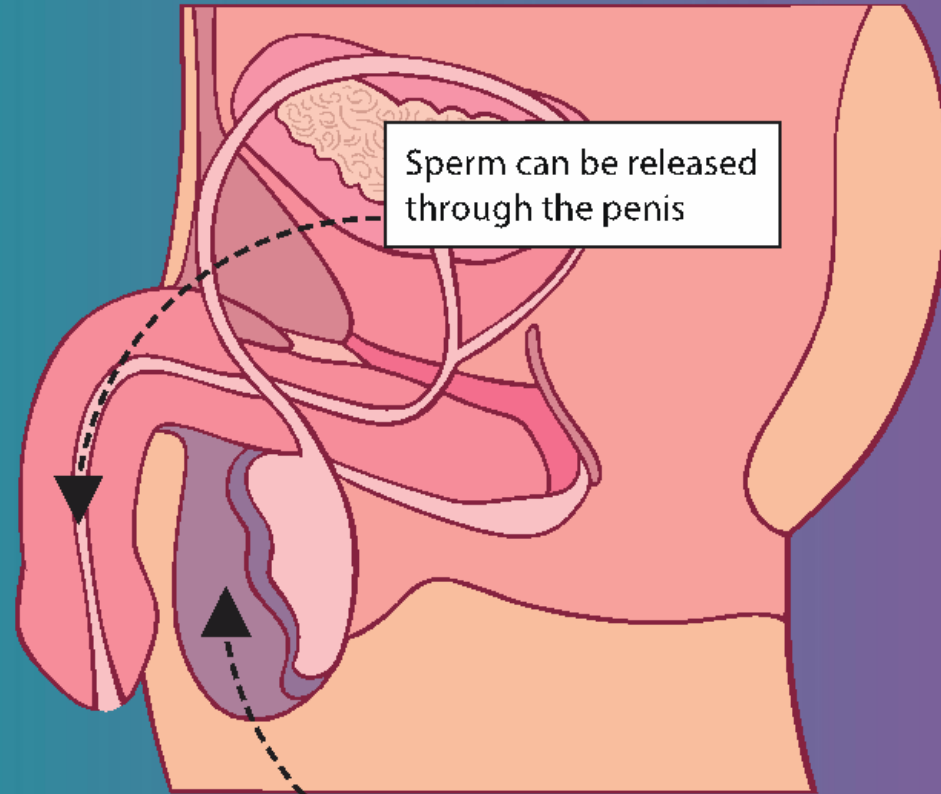
# Year 4: Lesson 1

- Lesson Intention: I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.
- Conception Mentioned: Remind the children that we get half our genes from our birth mother and half our genes from our birth father, and this happens when the mother's egg meets the father's sperm when a baby is made at conception.



# Year 4 Lesson 2

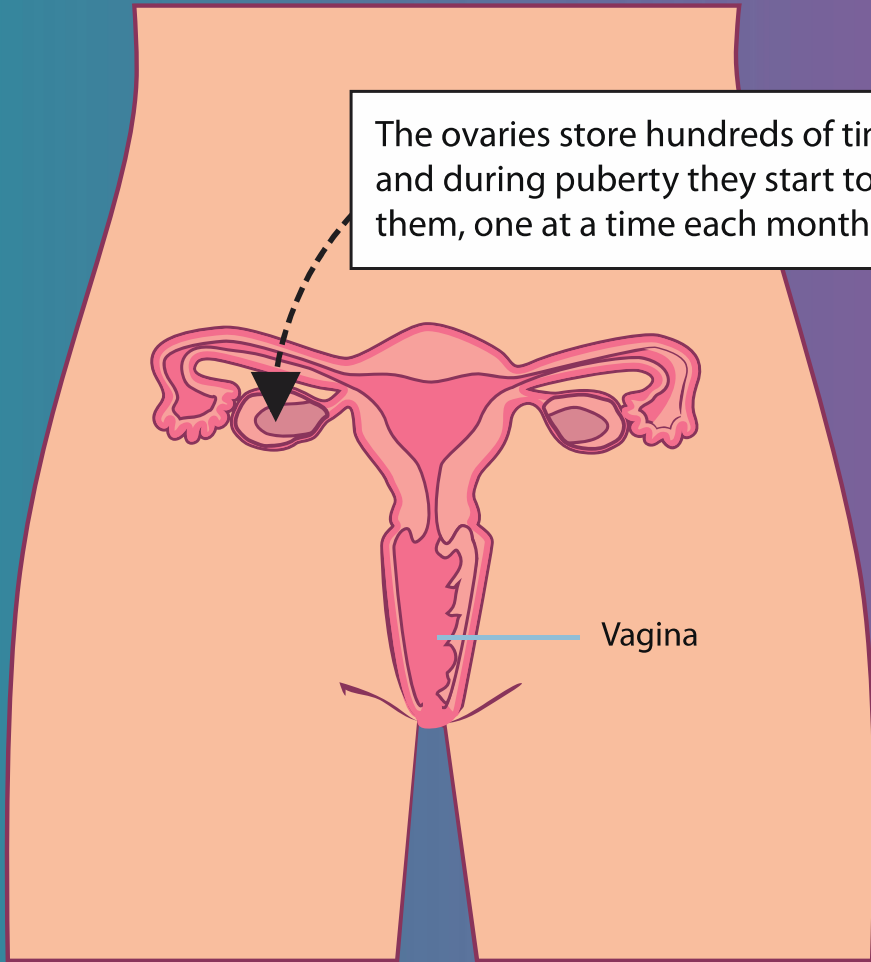
- Lesson Intention: I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.
- Activity within the lesson mentions that for a baby to be produced the following things are required... a sperm, an egg, a mother's womb, a family.
- Slides recapping where sperm and eggs come from, following on from this it then discusses the process of fertilization/conception using script.
- Animation to support learning of the female reproductive system. Using script to accompany (Appendix 1).



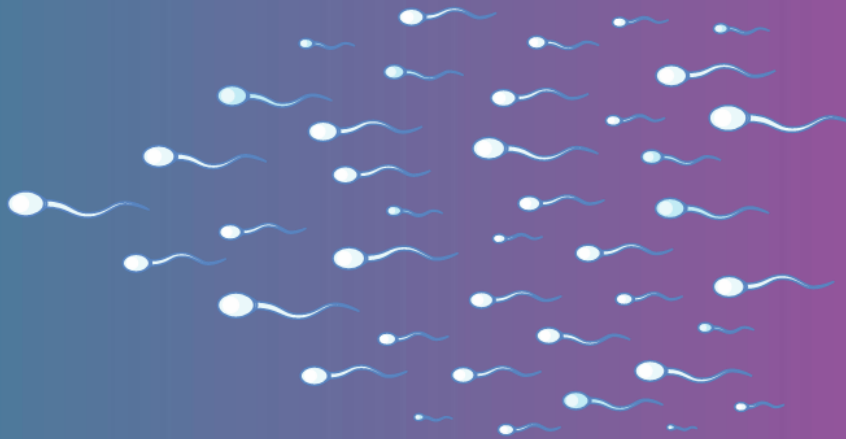
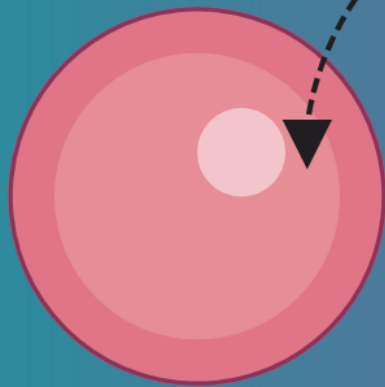
Sperm can be released through the penis

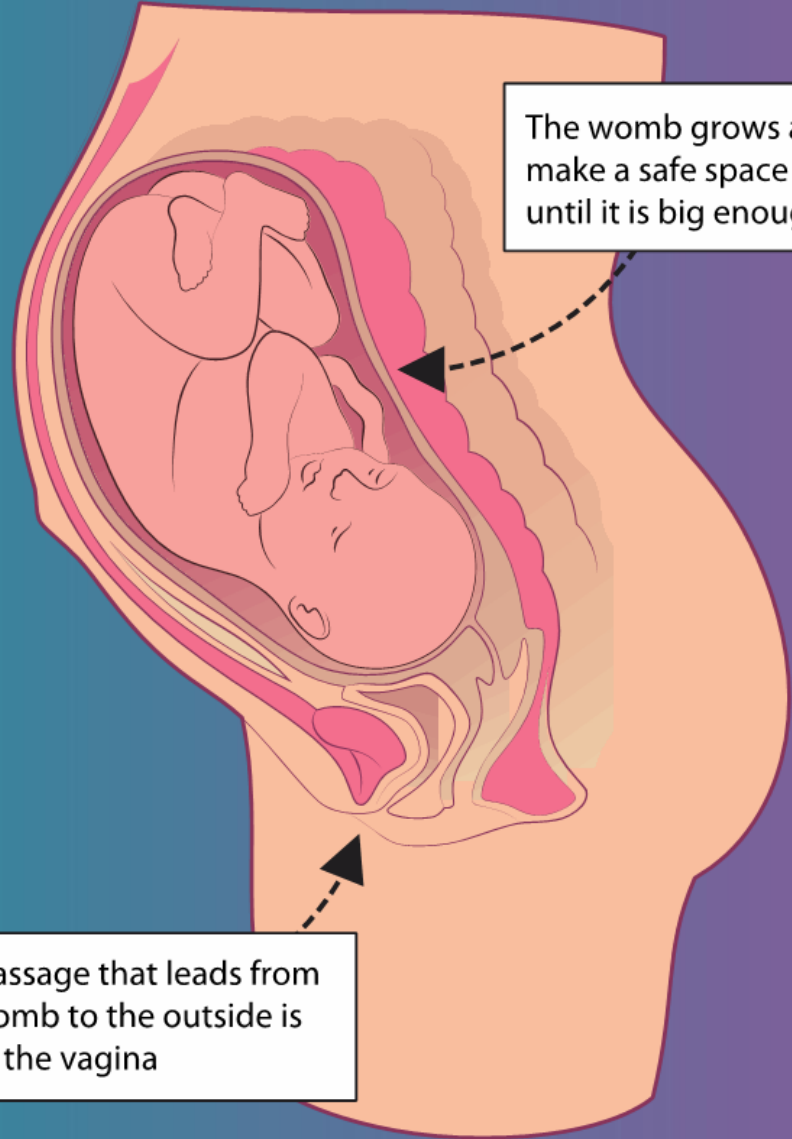
The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month



When one of these ova joins with a sperm it will start to grow into a baby





The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born

The passage that leads from the womb to the outside is called the vagina

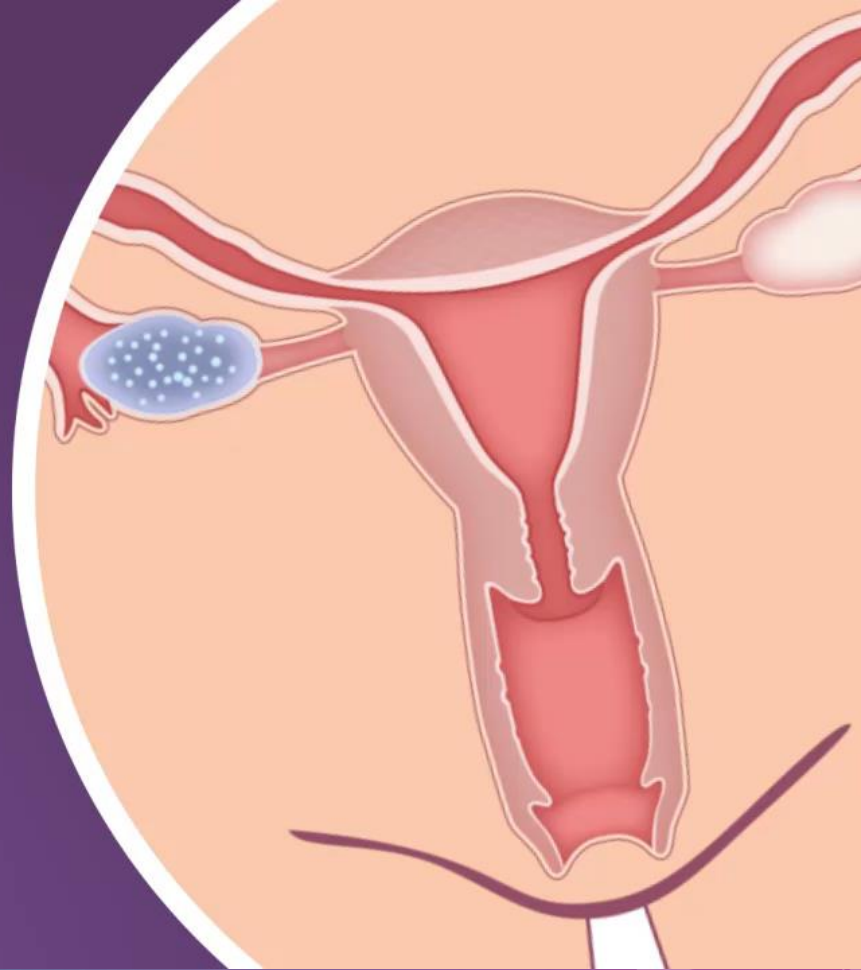


# Video



Introducing

## The Female Reproductive System



# Year 4 Lesson 3

- Lesson Intention: describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.
- Reshow animation from previous lesson and use script accompany to describe the process of menstruation in further detail. (Appendix 2)
- Activity on reorganising the sequence of menstruation. (Appendix 3)

# Recommended texts:

- Usborne Facts of Life, Growing Up (All about Adolescence, body changes and sex)
- Dr Ranj How To Grow Up and Feel Amazing
- So That's What's Happening by Gina Dawson
- Hair in Funny Places by Babette Cole.
- Nonnie Talks About Puberty by Mary Jo Podgurski
- Changing You!: A Guide to Body Changes and Sexuality



Any  
Questions?