

Sex and Relationship Education (SRE) Curriculum for Manchester

Growing and Changing Together Years 1-3 is a teaching resource which provides a clear coherent and interactive curriculum for children in Years 1, 2 and 3. Developed following the success of the teaching resource Growing and Changing Together Years 4-6, the Years 1-3 resource prepares younger aged children for the more in depth information and education which takes place in years 4, 5 and 6. This resource offers teachers the opportunity to begin to discuss with children issues around friendships, self-esteem and safety and introduces children to an interactive and discussion based way of learning. Puberty is not covered in years 1-3 but the resource embeds a framework of age appropriate learning, which starts in year 1 and progressively builds up through to year 6, ultimately preparing children for 'growing up and moving on' to secondary education.

Growing and Changing Together Years 4-6 provides a clear, coherent and interactive Sex and Relationship Education curriculum for Years 4, 5 and 6. Developed over a number of years, this resource draws on good practice from a range of primary schools. This resource both compliments and extends Primary SEAL to include the emotional wellbeing and physical development phases of puberty, as well as contributing to the PSHE Theme for National Healthy Schools Status.

Lesson	Theme	Title	Activities
Year 1 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	What makes me happy?	Self-esteem activity
Lesson 2	Friendship And Relationships	Males and females	Matching activity
Lesson 3	Growing Up	Baby animals	Numeracy activity
Lesson 4	Body Changes	Babies, children, adults	Sequencing activity
Lesson 5	Hygiene	Looking after our teeth	Oral Health Games CD-ROM
Lesson 6	Personal Safety	Tamara and Charlie	Safety Activity
Year 2 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	What makes other people happy?	Compliments cards
Lesson 2	Friendship and Relationships	Different and similar	Class survey Differences DVD
Lesson 3	Growing Up	How did I get here?	How did I get here? DVD
Lesson 4	Body Changes	Life cycles	Cycle of life activity
Lesson 5	Hygiene	Clean hands!	E Bug hygiene activity
Lesson 6	Personal Safety	People I trust	My trust hand activity
Year 3 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	What is good about me?	Making a model of me
Lesson 2	Friendship And Relationships	Friend wanted	Qualities of a friend activity
Lesson 3	Growing Up	Changing and staying the same	Growing up DVD
Lesson 4	Body Changes	Different clothes	Drama and dressing up activity
Lesson 5	Hygiene	What can I do to keep myself clean?	I am clean story and role play
Lesson 6	Personal Safety	Who can I talk to?	Who can help? activity

QCA National Framework for PSHE and Citizenship Links: 1d, 3c, 3e, 3f, 4a, 4c, 4f, 4g

Lesson	Theme	Title	Activities
Year 4 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	What Am I Good At?	Making A Mobile
Lesson 2	Friendship And Relationships	What Is A Friend?	Building A Friendship Wall
Lesson 3	Growing Up	When Will I Start To Change?	Road Of Life
Lesson 4	Body Changes	How Will I Change?	Body Board CD-ROM: Naming Body Parts CD-ROM: External Body Changes At Puberty (optional)
Lesson 5	Hygiene	How Do I Keep Myself Clean?	Personal Hygiene Game CD-ROM: Who Can Keep Themselves Clean?
Lesson 6	Personal Safety	How Do I Keep Myself Safe?	Keep Myself Safe Poster CD-ROM: Childline Poster (PDF)

Year 5 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	Different Roles	CD-ROM: Who Can Do What? CD-ROM: Can I Be What I Want To Be?
Lesson 2	Friendship And Relationships	Different Relationships	CD-ROM: What Relationships Do You See?
Lesson 3	Puberty Changes – Boys And Girls	Puberty Changes – Boys And Girls	CD-ROM: Changes DVD CD-ROM: Male And Female Inside Body Parts
Lesson 4	Body Changes	Recognising Puberty Changes	Girls Only/Boys Only Discussion CD-ROM: Inside A Boy's And Girl's Body During Puberty
Lesson 5	Hygiene In A Social Situation	Hygiene In A Social Situation	Some Of Your Bits Ain't Nice DVD CD-ROM: Dear Dr Kelly
Lesson 6	Personal Safety	Keeping Yourself Safe	CD-ROM: What Should They Do?