

## **EPR (Education for Personal Relationships) Scheme of Work**

After half term, every class across school will be taking part in EPR sessions. In the past, EPR was known as SRE (Sex and Relationships Education).

Below is an outline of what will be covered in each year group. Our EPR Policy will help you to understand more about the sessions each class will cover and can be found in the 'POLICIES' section of our school website.

If you have any questions or concerns about the content covered within the sessions, or would like to discuss anything about EPR further, please contact your child's class teacher, Miss Marsden or Mrs Kelly

<b><u>Year Group</u></b>	<b><u>Objectives/Content to be Covered</u></b>
F2	<ul style="list-style-type: none"><li>• Gains more bowel and bladder control and can attend to toileting needs most of the time themselves (30-50 Months)</li><li>• Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health (40-60+ Months)</li><li>• Children know the importance for good health of physical exercise, and a healthy diet and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</li></ul>
Y1	<ul style="list-style-type: none"><li>• Name the main parts of the body</li><li>• Describe how some diseases can be spread and controlled – everyday actions</li><li>• Share the opinions that matter to them and explain their view</li><li>• Maintain personal hygiene</li><li>• Recognise, name and deal with their feelings in a positive way</li></ul>
Y2	<ul style="list-style-type: none"><li>• Recognise what they like and dislike, what is fair and unfair, and what is right and wrong</li><li>• Recognise choices they can make and the difference between right and wrong</li><li>• Develop rules and ways of keeping safe. Identify people who can keep them safe</li><li>• Name the main parts of the body – including penis and vagina</li><li>• Identify and respect similarities and differences between people</li><li>• Make simple choices to improve health and well-being</li></ul>
Y3	<ul style="list-style-type: none"><li>• Realise that actions affect themselves and others. Care about feelings of others and consider different points of view – value friendship, appreciate differences</li><li>• Recognise and challenge stereotypes</li><li>• Think about the lives of people living in other places and times, with different customs and values</li><li>• Consider where individuals, groups and families can get help and support</li></ul>
Y4	<ul style="list-style-type: none"><li>• Be aware of different types of relationships – friends, family, marriage; develop skills to have effective relationships.</li><li>• Realise that actions affect themselves and others. Care about feelings of others and consider different points of view – treat others as they would like to be treated, how to build relationships and friendships</li><li>• Recognise risks in situations and decide how to behave responsibly – judge what kind of physical contact is acceptable / unacceptable</li></ul>
Y5	<ul style="list-style-type: none"><li>• Recognise as they approach puberty, how people's emotions change. Deal with feelings towards themselves, their family and others in a positive way – menstruation, sanitary wear, wet dreams</li><li>• Recognise and describe how the body changes as they approach puberty – emotional changes</li><li>• Describe where pressures to describe in a risky/ unacceptable way can come from. Develop techniques to resist making wrong choices</li></ul>
Y6	<ul style="list-style-type: none"><li>• Recognise as they approach puberty, how people's emotions change. Deal with feelings towards themselves, their family and others in a positive way – reproductive organs and pregnancy</li><li>• Recognise and describe how the body changes as they approach puberty – physical changes</li><li>• Bacteria and viruses can affect health; following simple, safe routines can reduce their spread</li></ul>