

Year 4 SRE Curriculum

The year 4 curriculum is split over 3 lessons, exploring body changes in puberty, and relationships.

Each session begins with agreed rules for discussion to show respect for one another.

The lessons cover activities as follows:

Lesson 1

Growing and changing

Defining puberty

Looking at how the body changes in the context of the human life cycle

Lesson 2

Continues the above themes with a more detailed coverage of reproduction and biological changes that enable this; explaining that a male reproduction seed is called sperm, and females produce a special kind of egg, called an ovum; the sperm and egg are needed to make a baby. If adults decide to have a baby, the egg and the sperm usually join together inside the woman's body. With this age group it is not necessary to explain how the sperm gets from the man's body into the woman's body to join with the egg; if pupils are interested, we could tell them they will learn more about this in Year 6.

Lesson 3

Looks at what makes a good relationship, healthy relationships and respect for different types of relationships.