

Wednesday 4<sup>th</sup> June 2025

### Relationship Education this term

Dear Parents/Carers,

As part of your child's education, we promote personal wellbeing and development through a Personal, Social, Health and Economic (PSHE) education programme called Jigsaw. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

We are writing to let you know that this half-term your child's class will be taking part in lessons within the unit 'Changing me'. The content being taught in each year group can be seen in the table below. They will be taught appropriate to their age and development stage as dictated by the National Curriculum. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, the child will be encouraged to ask his/her parents or carers at home. The question will not be answered if it is outside the remit of that year group's programme.

<p><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Know that animals including humans have a life cycle</li> <li>• Know that changes happen when we grow up</li> <li>• Know that people grow up at different rates and that is normal</li> <li>• Know the names of male and female private body parts</li> <li>• Know that there are correct names for private body parts and nicknames, and when to use them</li> <li>• Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</li> <li>• Know who to ask for help if they are worried or frightened</li> <li>• Know that learning brings about change</li> </ul>
<p><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• Know that life cycles exist in nature</li> <li>• Know that aging is a natural process including old-age</li> <li>• Know that some changes are out of an individual's control</li> <li>• Know how their bodies have changed from when they were a baby and that they will continue to change as they age</li> <li>• Know the physical differences between male and female bodies</li> <li>• Know the correct names for private body parts</li> <li>• Know that private body parts are special and that no one has the right to hurt these</li> <li>• Know who to ask for help if they are worried or frightened</li> <li>• Know there are different types of touch and that some are acceptable and some are unacceptable</li> </ul>



Year 3	<ul style="list-style-type: none"> <li>• Know that in animals and humans lots of changes happen between conception and growing up</li> <li>• Know that babies need love and care from their parents/carers</li> <li>• Know some of the changes that happen between being a baby and a child</li> <li>• Know some of the outside body changes that happen during puberty</li> <li>• Know some of the changes on the inside that happen during puberty</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</li> <li>• Know that babies are made by a sperm joining with an ovum</li> <li>• Know the names of the different internal and external body parts that are needed to make a baby</li> <li>• Know how the female and male body change at puberty</li> <li>• Know that personal hygiene is important during puberty and as an adult</li> <li>• Know that change is a normal part of life and that some cannot be controlled and have to be accepted</li> <li>• Know that change can bring about a range of different emotions</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• Know that our self-image is important to our mental well-being, and that there are things we can do to affirm this</li> <li>• Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</li> <li>• Know that babies are made by a sperm joining with an ovum</li> <li>• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>• Know how the female and male body change at puberty</li> <li>• Know the names of the different internal and external body parts that are needed to make a baby</li> <li>• Know that becoming a teenager involves various changes and also brings growing responsibility</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>• Know that sexual intercourse can lead to conception</li> <li>• Know that some people need help to conceive and might use IVF</li> <li>• Know how a baby develops from conception through the nine months of pregnancy and how it is born</li> <li>• Know how being physically attracted to someone changes the nature of the relationship</li> <li>• Know the importance of self-esteem and what they can do to develop it</li> <li>• Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class</li> </ul>

The government made Relationships Education and Health Education statutory for all schools from September 2020. For more information relating to our PSHE curriculum or to see which aspects of the curriculum parents may request their child to be withdrawn from, please see our [PSHE policy](#), specifically, page 8. This can be found on the policy page of the school website or available via the school office.

If you would like to discuss this with your child's class teacher, please do not hesitate to do so no later than Tuesday 10<sup>th</sup> June 2025.

Yours sincerely,



Mr Beavan

