



Rugby Free
Primary School

Dear Parents and Carers,

At Rugby Free Primary, we understand the importance of quality Relationship and Sex education within our PSHE lessons. As a result of this, we follow a scheme of work called 'Jigsaw' which ensures the school's legal obligations on Relationships and Sex Education are met at a level that is appropriate to your child. The Jigsaw programme meets all key agendas, such as Department of Education Relationships and Health Education guidance and Ofsted's Personal Development criteria.

We believe that accurate information at the right age and stage of development, coming from school and home, encourages our children to become confident individuals that can make informed decisions about how their bodies change and relationships in later life. Below is a table of what topics are covered in each year group, so you know what your children will be learning and be prepared for any questions your children may have at home. These lessons will take place in the Summer term. You may notice that themes are revisited. This is to embed the learning and deepen the children's understanding as they move through school.

Year Group	Topics covered (Relationship education is in green and Sex and Health education is in purple)
R	<p>Making friends, solving problems and staying friends.</p> <p>Making kind choices when playing with our friends.</p> <p>Naming parts of the body including vagina and penis.</p> <p>Respecting our bodies – How to keep healthy with good food and exercise choices.</p> <p>Understanding that all animal grow from babies to adults and comparing pictures of young animals and adult animals.</p>
Year 1	<p>Understanding there are lots of different types of families and that all families are special.</p> <p>Recognising qualities to look for in a friend and how to be a good friend.</p> <p>Appreciating someone who is special to us such as friends and family. How we can show this appreciation in an appropriate way e.g. We wouldn't kiss our friends at school.</p> <p>Life cycles of humans and other animals e.g. An adult has these stages in their life. Baby, child, teenager, adult, older person.</p> <p>Noticing how children have changed since they were babies by looking at baby photos and comparing how they look now.</p> <p>Identify the parts of the body that make boys different to girls using the correct names for these: penis, testicles, vagina, vulva, anus.</p> <p>Knowing these parts are private.</p>
Year 2	<p>Identify the different members of each family and understanding the relationship with each of them.</p> <p>Knowing why conflict between friends can happen and how these can be solved.</p> <p>Recognising and appreciating people in our families and the wider school community.</p> <p>Understanding how it feels to be asked to keep a secret that a child does not want to keep and know who to talk to about this.</p> <p>Recognising life cycles in nature e.g. Frogs. Can children link stages in the natural world to our human development?</p> <p>Recognising how their body has changed since they were a baby and where they are on the continuum from young to old.</p> <p>Understanding the physical differences between boys and girls and using the correct names for parts of the body both inside and outside of the body. (penis, anus, testicles, vagina, vulva)</p> <p>Knowing these body parts are private.</p>
Year 3	<p>Identifying roles and responsibilities of each member of a family and the expectations for males and females some families might have. The children will question gender stereotypes.</p> <p>Skills of friendship e.g. taking turns and being a good listener.</p> <p>Knowing strategies to keep safe online and who to talk to if a child does not feel safe.</p> <p>Understanding how babies grow and develop in the mother's uterus and knowing what a baby needs to live and grow.</p> <p>Knowing that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</p>

	Identifying how boys' and girls' bodies change on the outside during this growing up process – We get taller, boys will develop facial and chest hair and get broader shoulders, Girls' hips will widen and both girls and boys will develop pubic hair.
Year 4	<p>Exploring friendships and how to solve problems when they arise.</p> <p>Understanding that friendships develop and change and exploring how this can make us feel.</p> <p>Understanding what having a boyfriend/ girlfriend might mean and that it is a special relationship for when the children are older. Knowing that you always can say no to having a boyfriend or girlfriend.</p> <p>Understanding that some characteristics come from parents and that this happens because humans are made from the joining of their egg and sperm. Knowing that a foetus is formed when a sperm and egg meet.</p> <p>Describing 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.</p>
Year 5	<p>Building self-esteem and body image – We are all different but amazing!</p> <p>Recognising communities we are part of, including online communities, families, friendship groups and religious communities.</p> <p>Responsibilities when going online and how to keep safe online. Knowing who to talk to if a child's feels unsafe online.</p> <p>Explaining how a girl's and boy's body changes during puberty and understanding the importance of looking after ourselves physically and emotionally during these changes.</p> <p>Knowing that sexual intercourse can lead to conception and that is how babies are usually made.</p> <p>Understanding rights and responsibilities as I grow up – There is a legal age of consent for sexual intercourse and understanding that you always have the right to say no.</p>
Year 6	<p>Knowing how important it is to take time to look after our mental health and explore different feelings. Looking at strategies that can improve our mental health such as exercise, mindfulness activities and talking to someone if we feel upset.</p> <p>Building self-esteem and understating the importance of a positive body image – Knowing how images in the media are not 'real life' and can be distorted.</p> <p>Using technology safely and ensuring technology plays a positive role in our lives. What do if you feel you are spending too much time on technology or do not feel safe.</p> <p>Understanding online relationships and talking to parents about these.</p> <p>Explaining how a girl's and boy's body changes during puberty and understanding the importance of looking after ourselves physically and emotionally during these changes.</p> <p>Understanding how a baby develops from conception through the nine months of pregnancy, and how it is born.</p>

*Please note that all teaching resources are sourced from 'Jigsaw' and are at an age appropriate level. All diagrams are anatomical drawings or cartoon images. There will be no photos used within lessons.

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Thank you for your continued support,

Mrs Swain

PSHCE and RSE lead