

PSHE

(Personal, Social and Health Education)

RSE

(Relationships and sex education)

Year 1/2

# Statutory Requirements

## 2. Statutory Requirements

Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum must/should:

- Promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and;
- Prepare pupils at the school for the opportunities, responsibilities and experiences of later life.

As a primary academy school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At St Giles' and St George's we teach RSE as set out in this policy.

# Why do we teach RSE?

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

# The Year 1 Curriculum:

Pieces	PSHE learning intention	Social and emotional development learning intention
1. Life cycles	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
2. Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
3. My Changing Body <b>Statutory</b>	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
4. Boys' and Girls' Bodies <b>Statutory</b>	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private
5. Learning and Growing Puzzle Outcome: Piece 5 Flowers	I understand that every time I learn something new I change a little bit	I enjoy learning new things
6. Coping with Changes Assessment Opportunity ★	I can tell you about changes that have happened in my life	I know some ways to cope with changes

## Year 1- lesson 3

**Let me learn** LI: I know how my body has changed since I was a baby.

**Next Step: What would happen if we didn't change and grow?**

### Activity

my baby photo  
or a drawing of  
me as a baby



Draw/write down 2 ways that you have changed since you were a baby.

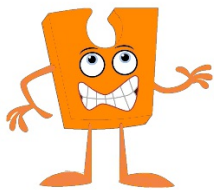


Draw/write down 2 ways that you have changed since you were a baby.

How else might you change as you continue to grow?

## Year 1- lesson 3

**Tell me or show me.**



baby photo

Who is this?  
Why is it difficult to tell?

How have our bodies changed?  
How have our abilities changed?  
How long does it take to grow up?  
Do we all grow at the same rate?

How have you changed since you were a baby?

e.g. abilities/ personalities

Body changes

Other changes

Choose a child to select a baby photo from the box.

Whose baby photo is this? How do we know?  
Is it difficult to work out?

Child places their photo in front of them when guessed correctly.

Repeat for a few, but not all photos, if not everyone has one.

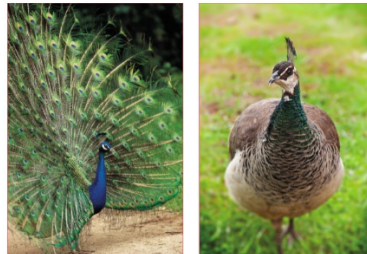


Even though we are changing all the time, we are still us,  
even though our bodies change and grow every day.

## Year 1- lesson 4

### Open my mind

Which one is male/ female?  
How do you know?




How can we tell the difference between a male and a female?

They have different body parts.

## Year 1- lesson 4

Tell me


### Girls and Boys



Are you a girl  
or are you a  
boy?

How do you  
know?

Tell your partner all the things you can think  
of that make you a girl or a boy.





## Year 1- lesson 4

# Girls and Boys



The way we look often lets others know if we are a boy or a girl and our names can be a clue, but not always. What about our bodies?

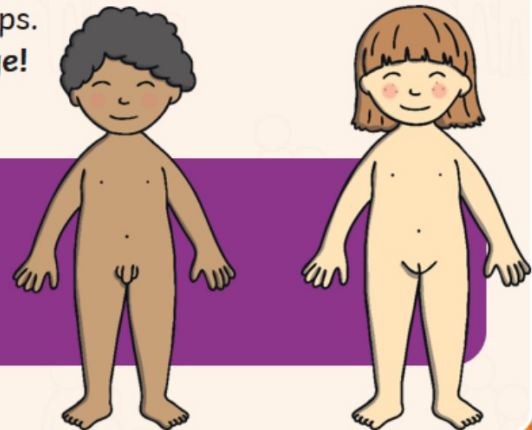
**Are they the same?**

**Girls and boys have lots of body parts that are the same and some that are different.**

For example, arms, back, cheeks, shoulders, wrists, lips, toes, neck, nostrils and hips.

**The list is huge!**

**But there are some body parts that are different between girls and boys. Can you spot them on these pictures of babies?**



## Let me learn

Draw a picture of a baby and, around the edge of the picture, design a frame showing all the things a baby needs to survive, to live and to grow.

Draw pictures and write labels.

Remember: it isn't just the physical things that are important babies need to feel loved and cared for too.

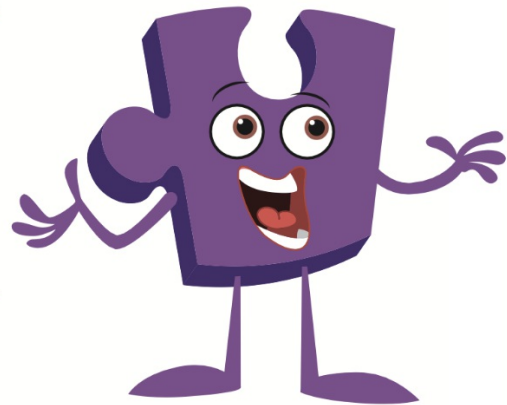
**NEXT STEP:**  
How might you feel if you had a new baby in the family? Why?



## Year 3- Lesson 3- Outside body changes

### Puzzle 6: Changing Me - Ages 7-8 - Piece 3

Outside Body Changes	
<b>Puzzle 6 Outcome</b> <b>Tree of Change Display</b>	<b>Please teach me to...</b> understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies identify how boys' and girls' bodies change on the outside during this growing up process recognise how I feel about these changes happening to me and know how to cope with those feelings
<b>Resources</b> Jigsaw Jino Jigsaw Jerrie Cat Jigsaw Chime 'Calm Me' script Outline figure of a body on large flipchart paper Set of Body Change cards PowerPoint slides: Body Changes 'My Life, My Changes' sheet Jigsaw Journals My Jigsaw Journey	<b>Vocabulary</b> Change Puberty Control



## Open my mind

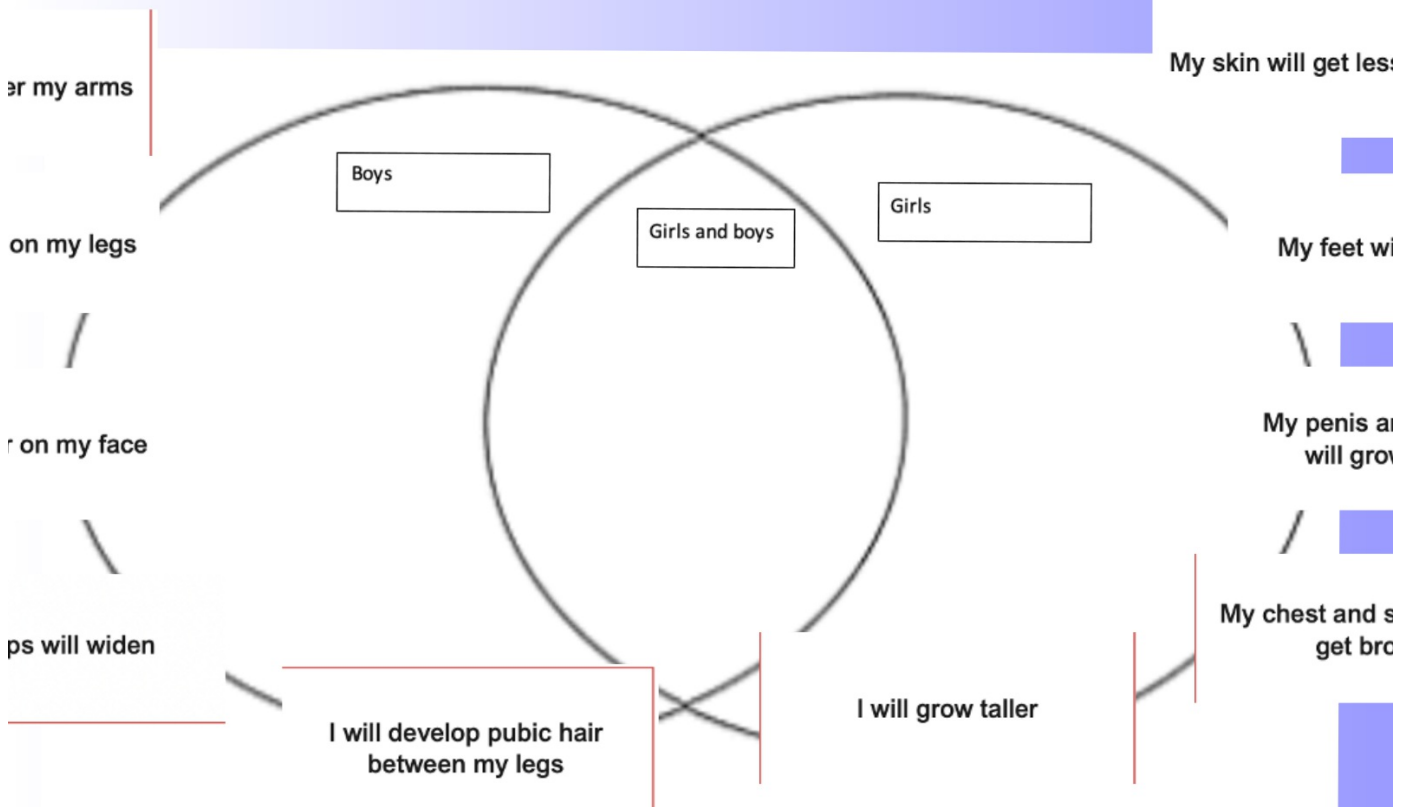
Sometimes changes feel exciting and good, sometimes difficult, and often a bit of both. One thing we can be sure of: there will always be changes in our lives, because living things are always changing.

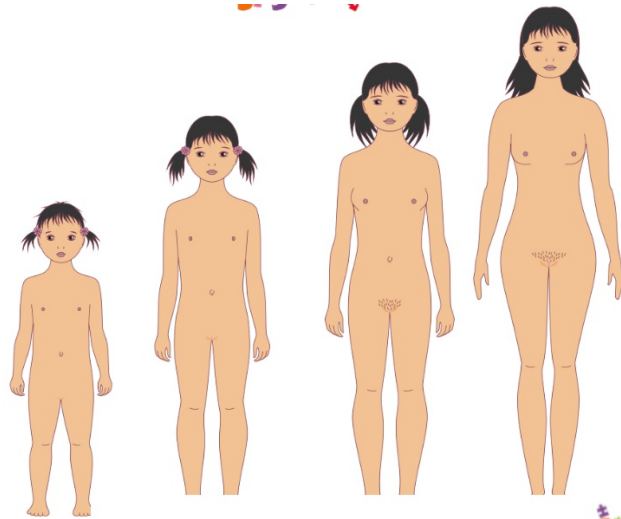
We are going to learn about an important change which happens gradually to everybody - it will start sometime in the next few years and carry on into your teens.

Do you know what **puberty** is?

## Tell me or show me

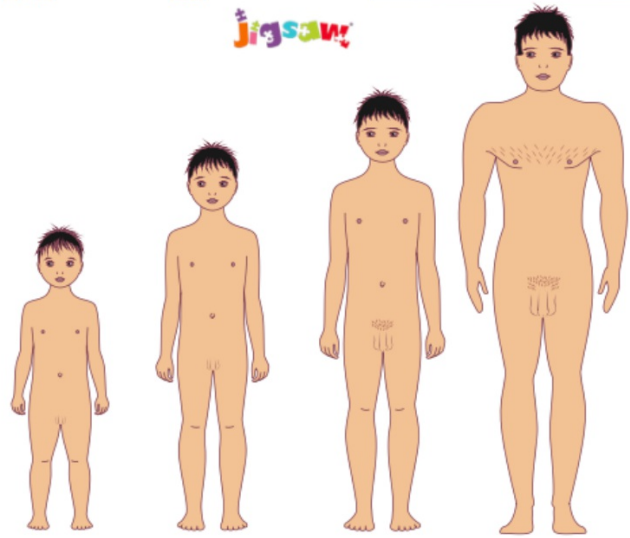
Look at the changes cards. Can you sort them into changes that happen to a boy, those that happen to a girl and those that happen to both?





**What changes  
can you see?**

**Jigsaw**



## Let me learn

In pairs, discuss and agree which changes should go in the 'can control' and 'can't control' categories.

Changes I can't control

Changes I can control

Growing pubic hair	Making new friends	Getting a deeper voice	Hips getting wider
Deciding when to go to bed	Growing facial hair	Choosing what to eat	Earning money
Choosing what clothes to buy	Growing taller	Growing underarm hair	Penis growing larger
Developing breasts	Starting new hobbies	Getting a boyfriend or girlfriend	

### NEXT STEP

What are you looking forward to about growing up? What is worrying you?

## Year 3- Lesson 4- Inside body changes

### Puzzle 6: Changing Me - Ages 7-8 - Piece 4

Inside Body Changes	
<p><b>Puzzle 6 Outcome</b> <b>Tree of Change Display</b></p>	<p><b>Please teach me to...</b></p> <p>identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up</p> <p>recognise how I feel about these changes happening to me and how to cope with these feelings</p>
<p><b>Resources</b></p> <p>Parent/Child pairs cards (from lesson/ Piece 1)</p> <p>Jigsaw Chime</p> <p>'Calm Me' script</p> <p>PowerPoint slides: Body Changes from Piece (lesson) 3</p> <p>PowerPoint slides: Changes on the inside</p> <p>Animations (moving diagrams): Male and Female Reproductive Systems</p> <p>'The Great Growing Up Adventure' sheet</p> <p>Jigsaw Journals</p> <p>Post-it notes / small slips of paper</p> <p>Jigsaw Jino</p> <p>Jigsaw Jerrie Cat</p> <p>Jigsaw Jino's post box</p> <p>Mv .jigsaw .journev</p>	<p><b>Vocabulary</b></p> <p>Puberty</p> <p>Male</p> <p>Female</p> <p>Testicles</p> <p>Sperm</p> <p>Penis</p> <p>Ovaries</p> <p>Egg</p> <p>Ovum/ Ova</p> <p>Womb/ Uterus</p> <p>Vagina</p>





## Open my mind

What's different about the hen's egg and frogspawn compared to how other animals have babies?

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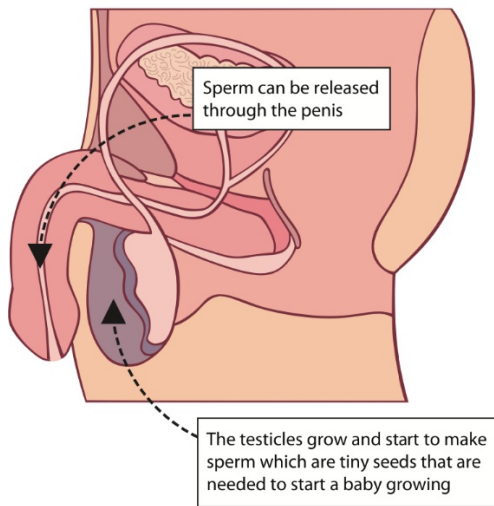
## **Tell me or show me**

Last lesson they were learning about puberty - the changes that get you ready for life as an adult.

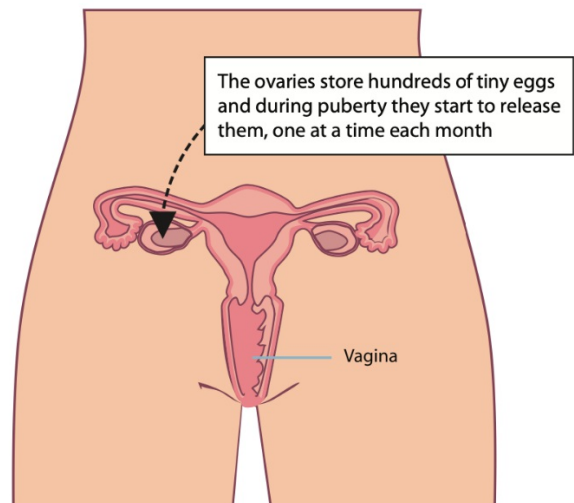
Puberty is really about getting boys' and girls' bodies ready for making and having babies when they are grown up. The amazing thing about babies is that although they are born from the mother they need both a little bit of the mother and a little bit of the father to start them off in the first place.

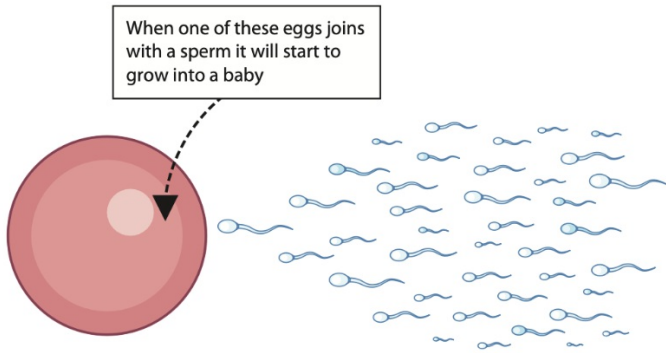
Last time we looked at how bodies change on the outside at puberty, but now we need to go on a journey to the inside to look at those changes too.

Can you think of any changes that might happen?

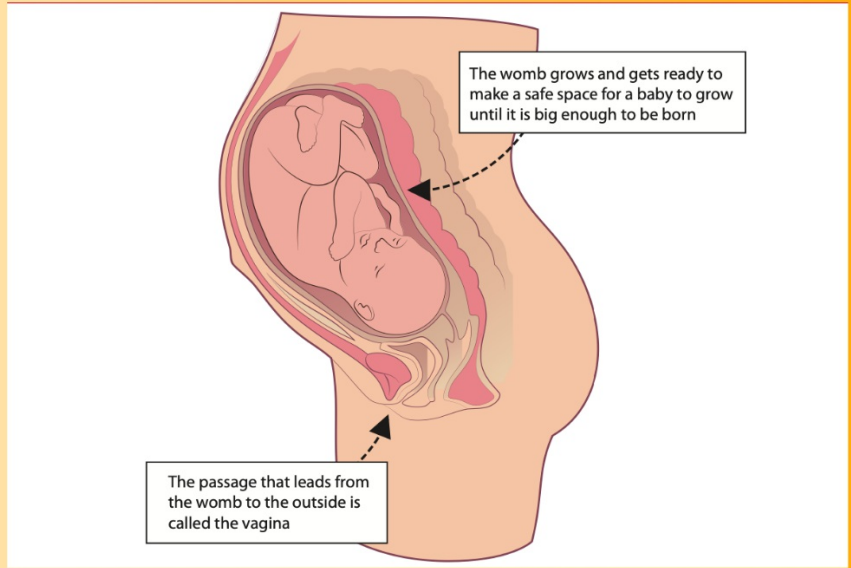


## What changes happen?





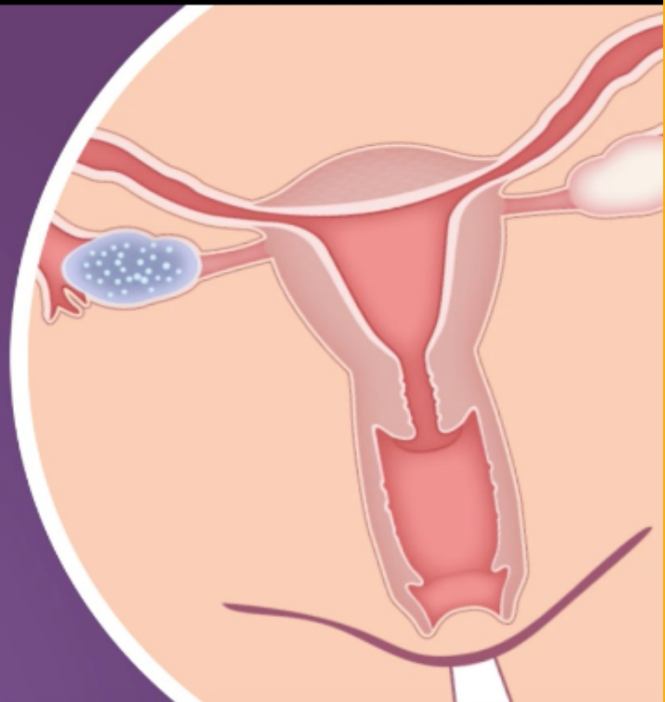
## How can a baby be made?





Introducing

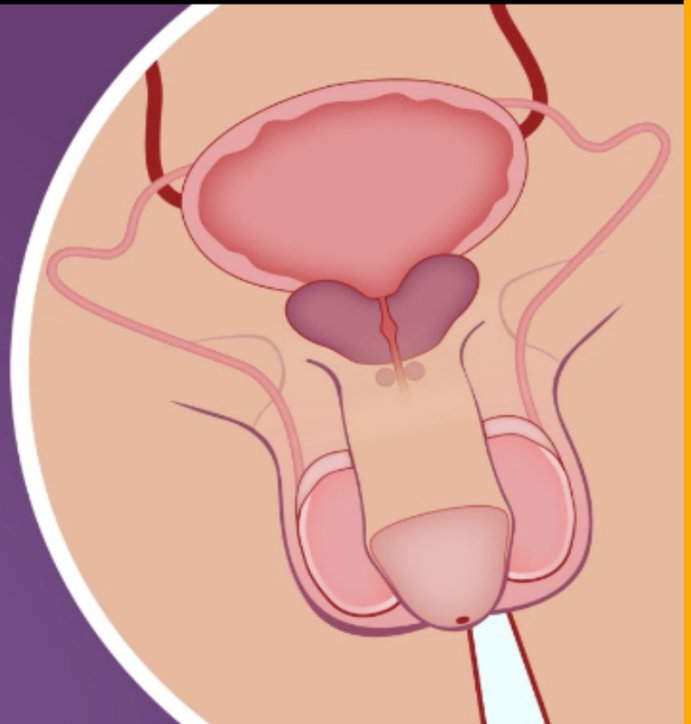
# The Female Reproductive System





Introducing

# The Male Reproductive System



**Tell/show me**

**What is conception?**

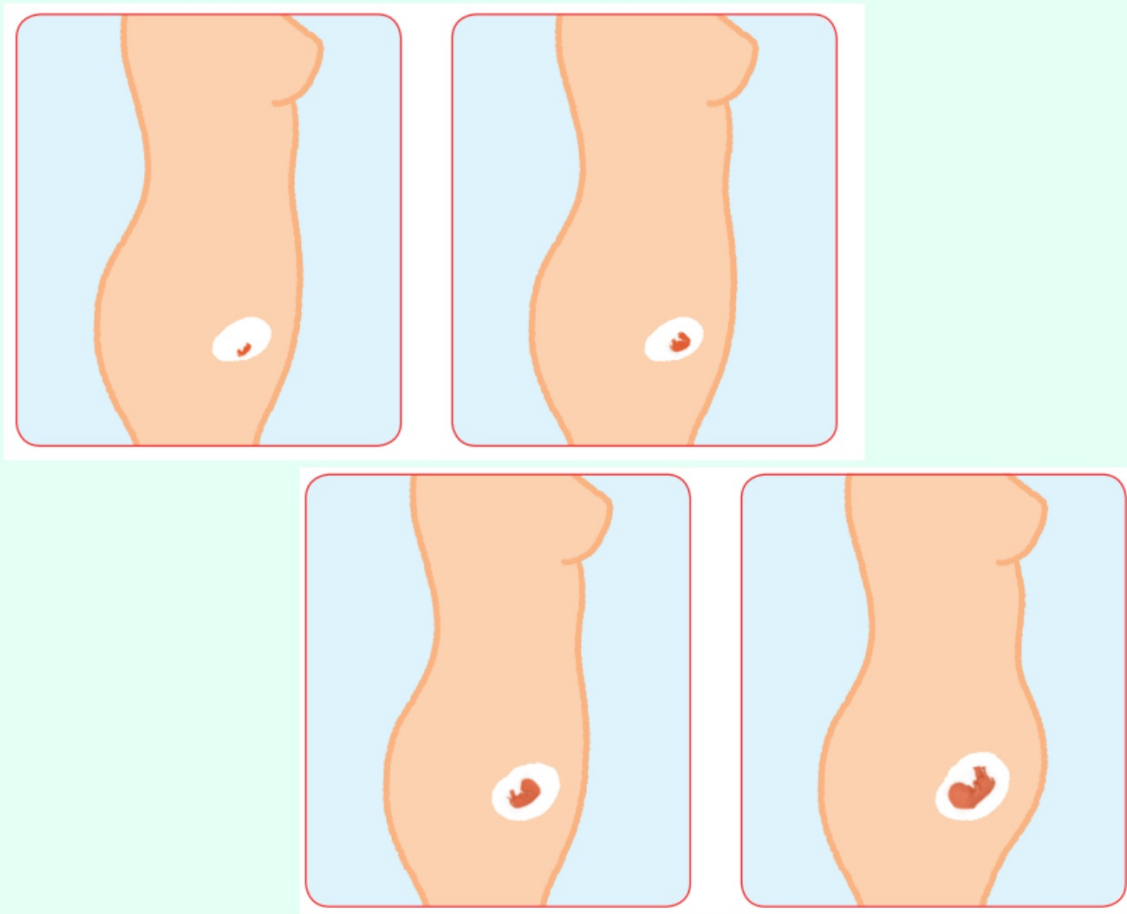


The wonder of a new life grows out of the closest and most loving and private part of the couple's own relationship, sexual intercourse.

We will now look at the changes that occur during pregnancy.

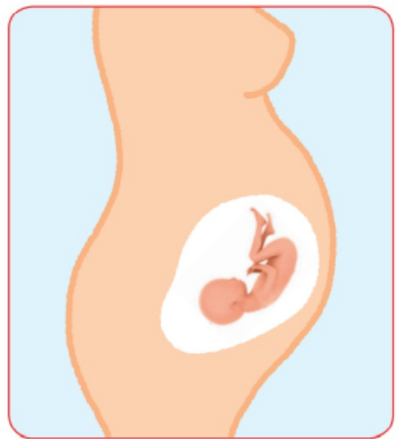
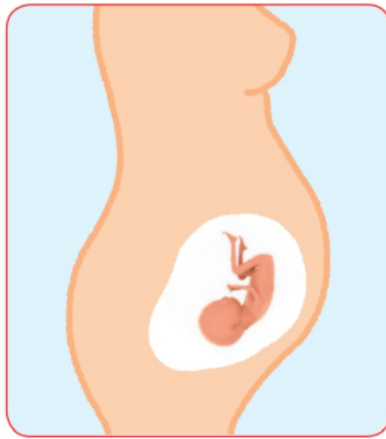
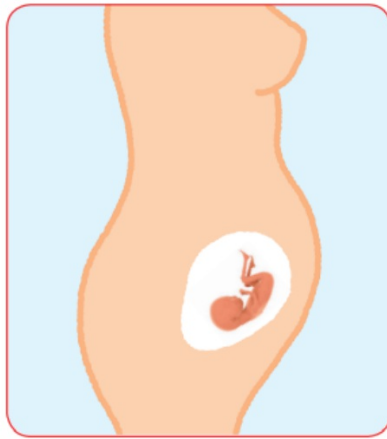
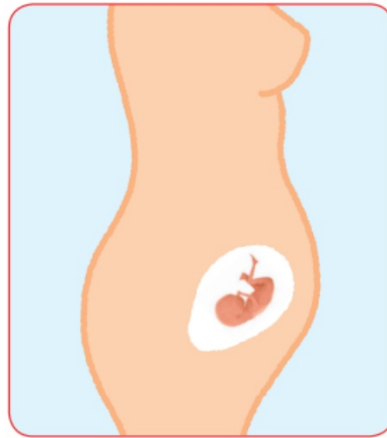
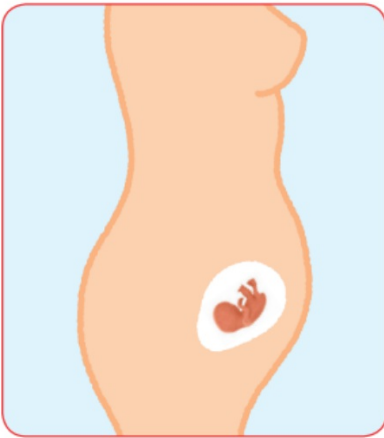
A baby in the womb...

**Tell/show me**





**Tell/show me**



## Let me learn

Task: In your groups, you have these cards below along with true and false cards. Match them up to show which you believe to be true or false. You must decide as a group.

If a couple makes love, it doesn't necessarily mean they will have a baby.

Fertilisation happens when the sperm meet the egg in the vagina.

One of the first signs to tell a woman she is pregnant is that her periods stop.

If two sperm fertilise one egg, it will form identical twins.

The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.

A woman can't have a baby unless she has sexual intercourse with a man.

Finally, you have explanation cards to match to these 6 statements. Again, you need to decide as a group.

## Let me learn

When sexual intercourse isn't possible to conceive a baby, doctors can help people to have a baby perhaps through egg donation, artificial insemination, surrogacy, or IVF.

Or people can choose to adopt.

# The Year 6 Curriculum:

Pieces	PSHE learning intention	Social and emotional development learning intention
1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty <b>Statutory</b>	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
3. Babies: Conception to Birth Assessment Opportunity ★ <b>Non-statutory</b>	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
5. Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
6. The Year Ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know how to prepare myself emotionally for the changes next year.

What will my child learn?

## Year 6- Puberty

LI: I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.