

Huish Episcopi Primary School

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Dear Parents and Carers,

At HEPS we value our Personal, Social and Health Education (PSHE) curriculum. This year we will be continuing to use 'Jigsaw - The Mindful Approach To PSHE' which we will tailor to our children's needs. If you would like to view the new PSHE and SRE (relationships and sex education) policy, please see the school website or contact the school office.

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme for each half term - these are taught across the school. The learning deepens and broadens every year.

Term	Unit	Content
Autumn 1:	Being Me in My World	Includes children understanding their own identity and how they fit into the class, school and global community.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who they want to become and what would they would like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

As part of our PSHE curriculum, we believe children should understand the facts about human reproduction before they leave primary school. Sex education will be taught in PSHE lessons as part of the 'Changing Me' unit in the summer term.

In Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.

In Key Stage 2, there is a particular focus on the Health Education element of puberty (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts and encourages children to talk to an adult at home or at school if they have any questions.

Specific learning objectives for each year group are detailed below:

Reception (Cockle Moor)

- To name parts of the body.
- To understand that we all grow from babies to adults.

Year 1 (Hay Moor)

- To understand the life cycles of animals and humans.
- To understand that changes happen as we grow and that this is OK.
- To tell you how my body has changed since I was a baby.
- To understand that growing up is natural and that everybody grows at different rates.
- To 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.
- To respect my body and understand which parts are private.

Year 2 (Leazemoor)

- To recognise cycles of life in nature.
- To understand there are some changes that are outside my control and can recognise how I feel about this.
- To tell you about the natural process of growing from young to old and understand that this is not in my control.
- To identify people I respect who are older than me.
- To recognise how my body has changed since I was a baby and where I am on the continuum from young to old.
- To feel proud about becoming more independent.
- To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus, breast, nipples) and appreciate that some parts of the body are private.
- To discuss and challenge gender stereotypes.

Year 3 (Perry Moor)

- To understand that in animals and humans, lots of changes happen from birth to being fully grown, and that usually it is the female who has the baby.
- To express how I feel when I see babies or baby animals.
- To understand how babies grow and develop in a woman's uterus and understand what a baby needs to live and grow (New vocab – uterus /womb).
- To express how I might feel if I had a new baby in their family.
- To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.
- To identify how boys' and girls' bodies change on the outside during this growing up process (introduce term puberty).
- To 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 (introduce vocab sperm, ovaries, egg, ovum/ ova, womb/uterus, vagina and period).

- To recognise how I feel about these changes happening to me and know how to cope with these feelings.
- Note: this lesson briefly introduces the term ‘period’ and explains what a period is in simple terms. This lesson does not attempt any explanation of how the sperm and egg come together. If a child asks the question we will explain that the male and female decide when this happens and we will learn more about it at another time.

Year 4 (Portmoor)

- To understand that some of my personal characteristics have come from my biological parents and that this happens because I am made from the joining of their egg and sperm.
- To appreciate that I am a truly unique human being.
- To correctly label the internal and external parts of male and female bodies that are necessary for making a baby and explain in simple terms how this happens.
- To understand that having a baby is a personal choice and express how they feel about having children when they are adults. Note: This is a simple introduction to sexual intercourse with the teacher using a script which includes ‘an especially close and loving embrace which allows the sperm to be released through the penis into the vagina.’
- To describe 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.
- To have strategies to help me cope with the physical and emotional changes I will experience during puberty. Note: teachers will also recap the puberty learning for both girls and boys from Year 3 and revisit some of the content if required.

Year 5 (Saltmoor)

- To explain how girls’ bodies change during puberty and understand the importance of looking after themselves physically and emotionally.
- To understand that puberty is a natural process that happens to everybody and that it will be OK.
- To describe how boys’ and girls’ bodies change during puberty.
- To express how I feel about the changes that will happen during puberty.
- To understand that sexual intercourse can lead to conception and that is how babies are usually made.
- To understand that sometimes people need IVF to help them have a baby.
- To appreciate how amazing it is that human bodies can reproduce in these ways.

Year 6 (Kingsmoor)

- To explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
- To express how I feel about the changes that will happen to me during puberty.
- To describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
- To recognise how I feel when I reflect on the development and birth of a baby.
- To understand how being physically attracted to someone changes the nature of the relationship.
- To express how I feel about the growing independence of becoming a teenager and confidence with this.

As parents/carers, you have the right to withdraw your child from the non-statutory elements of our teaching. These will be the specific lessons on human reproduction. You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please contact myself or Mrs Doughty Davis so we can discuss the implications of doing so. If you would like to see any of the materials we use, or you would like to discuss any aspect of the curriculum, then please do not hesitate to contact us. We will inform you about the sex education curriculum again before the lessons are taught in the summer term.

Kind regards,

Mrs Claire Monk
(SENCO & PSHE Subject Leader)