

# Huish Episcopi Primary School

Headteacher: Tiffany Doughty Davis

North Street, Langport, Somerset, TA10 9RW

Telephone: 01458 250673

Email: [office@HEPS.ppat365.org](mailto:office@HEPS.ppat365.org)

Website: [www.huishepiscopiprimary.co.uk](http://www.huishepiscopiprimary.co.uk)



Thursday 1<sup>st</sup> May 2025

Dear Parents and Carers,

I am writing to inform you that after half term the children will be taught the 'Changing Me' unit of PSHE lessons which includes some content about human reproduction.

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 to encourage them 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 (Cocklemoor)

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

## Year 1 (Haymoor)

- 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 (Perrymoor)

- To understand that in animals and humans lots of changes happen from birth to 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 the mother'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 the 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 manage 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 for me
- To describe how boys' and girls' bodies change during puberty
- To express how I feel about the changes that will happen to me 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 they feel about the growing independence of becoming a teenager and their confidence that they can manage 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 that we can discuss the implications of withdrawing from these lessons.

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 me.

Kind regards,

Mrs Claire Monk  
(SENCo & PSHE Subject Leader)