

RSE is covered in the Changing Me puzzle in our Jigsaw PSHE curriculum

“...learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health....”
‘...it should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships.’
(Life Lessons: PSHE and SRE in Schools, Feb 2015, House of Commons)

Effective SRE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish relationships.

It also enables children and young people to make responsible and informed decisions about their health and well-being.

In all classes there will be a ‘private’ post box to post questions. These will then be answered according to the content covered in that year group.

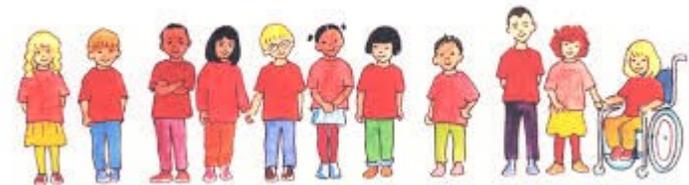
Questions that go beyond the coverage for that year group will be passed to the parents to decide whether to discuss with their child.



Jigsaw PSHE

RSE

Relationship & Sex Education



Foundation Stage

In Foundation stage 1 and 2 children learn that everyone is unique and special. They begin to express how they feel when change happens. Children are encouraged to talk about changes that they see in themselves and other people as they grow up. They use examples of, 'when I was a baby I would crawl, now I can walk'. Children are encouraged to talk about any worries they have and who they can talk to at home or in School.

Year 6

In Year 6 children will learn how to be aware of their body image and self esteem. Children will know that their bodies change during puberty and will talk about how to care for themselves emotionally and physically, (washing and personal hygiene after sports). Children are aware that a baby takes nine months or 40 weeks to grow before it is born. The children learn about independence as they grow up and transition to Secondary school.

Key Words in Foundation stage

Eye	Nose
Ear	Tongue
Knee	Hand
Foot	Finger
Eyebrow	Stomach
Forehead	Toe
Ear	Leg
Mouth	
Arm	
Chest	

Key Words in Year 6 (as year 5 and also)

Celebrity	Breast
Opportunities	Underarm hair
Responsibilities	Trust
Puberty	Placenta
Masturbation	Labour
Clitoris	Contractions
Voice breaks	Cervix
Hips widen	Midwife
Growing taller	Independence
Pubic hair	



Year 5

In Year 5 the children begin to learn about body images and self esteem. The children learn about how a girl's body changes during puberty and talk about emotions that may be involved. Children discuss that puberty is a natural part of growing up and that both boys' and girls' bodies will change.

Children understand that babies are made during conception and that this is called sexual intercourse.

Children know that they will continue to grow during their teenage years and learn about the responsibilities that brings (age of consent).

Key Words in Year 5

Self image	Vagina	Making love
Body image	Sperm	Sexual intercourse
Self esteem	Semen	Fallopian tube
Characteristics	Testicles	Fertilisation
Puberty	Erection	Embryo
Menstruation	Ejaculation	Umbilical cord
Periods	Larynx	Contraception
Sanitary towels	Facial hair	
Tampons	Growth spurt	
Ovary	Hormones	
Womb/uterus	Wet dream	
	Conception	



Year 1

In Year 1 children will be starting to look at the life cycle of animals and humans. They are beginning to realise that change can happen as we grow and that this is okay. Children continue to notice changes that have happened to them since they were babies.

Children are told the correct names for parts of their bodies and know that boys and girls have different 'private' body parts.

Key Words in Year 1

Changes	Penis
Life cycle	Vagina
Baby	Testicles
Adult	
Mature	
Male	
Female	

Year 2

In Year 2 children explore the cycles of life in nature (i.e life cycle of a caterpillar.). Children develop their understanding of change by noticing that people grow from young to old. The children will begin to identify people that are older who hold responsibility in their community . Children are told the correct names for parts of their bodies and can begin to say what they like about being a male or female.

Key Words in Year 2

Change	Young	Private
Grow	Respect	Comfortable
Life cycle	Appearance	Uncomfortable
Control	Toddler	Happy
Baby	Freedom	Anxious
Adult	Responsibilities	
Growing up	Penis	
Old	Vagina	
	Testicles	

Year 3

Children in Year 3 learn that lots of changes can happen between their conception until they become an adult. They explore the life cycle further by learning that babies grow in their mother's uterus. The children learn that babies change as they grow.

The children start to learn about changes that will happen to their bodies as they become adults, that will enable them to have babies.

The children will learn about stereotypes and roles that males and females may have in the family.

Year 4

Children in Year 4 begin to learn that their characteristics come from their parents. They learn that they are unique and individual. Children learn that changes happen and sometimes we cannot control these. The children learn that they have internal and external body parts that are needed to make a baby and that having a baby is a personal choice when they are grown up.

Girls, and boys, will learn that girls bodies change in order for her to have a baby and that menstruation (having a period) is a natural part of growing up.

Key Words in Year 3

Changes
Birth
Animals
Baby
Mother
Growing up
Uterus
Womb
Survive
Love
Change

Puberty
Control
Male
Female
Penis
Vagina
Testicles
Sperm
Egg
Ovaries
Stereotypes

Key Words in Year 4

Personal
Unique
Sperm
Testicles
Vagina
Egg
Womb
Fertilise
Ovaries
Reproduction
Making love

Menstruation
Period

