



3rd March 2023

Dear Parents

PSHE Lessons

This half term, in our PSHE lessons, all classes will be learning about 'Changing me' and topics covered will include the following:

EYFS

- Know the names and functions of some parts of the body
- Know that we grow from baby to adult
- Know who to talk to if they are feeling worried
- Know that sharing how they feel can help solve a worry
- Know that remembering happy times can help us move on

Year 1

- Know the names of male and female private body parts
- Know that there are correct names for private body parts and nicknames, and when to use them
- Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these
- Know who to ask for help if they are worried or frightened
- Know that animals including humans have a life cycle

Year 2

- Know the physical differences between male and female bodies
- Know that private body parts are special and that no one has the right to hurt these
- Know who to ask for help if they are worried or frightened
- Know there are different types of touch and that some are acceptable and some are unacceptable
- Know how their bodies have changed from when they were a baby and that they will continue to change as they age

Year 3

- Know that the male and female body needs to change at puberty
- Know some of the outside body changes that happen during puberty
- Know some of the changes on the inside that happen during puberty
- Know that there are stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry

Continued.....



Year 4

- Can appreciate their own uniqueness and that of others
- Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- Know that babies are made by a sperm joining with an ovum
- Know the names of the different internal and external body parts that are needed to make a baby
- Know how the female and male body change at puberty

Year 5

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know that sexual intercourse can lead to conception
- Know that some people need help to conceive and might use IVF
- Know that becoming a teenager involves various changes and also brings growing responsibility
- Know what perception means and that perceptions can be right or wrong.

Year 6

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- Know how a baby develops from conception through the nine months of pregnancy and how it is born
- Know how being physically attracted to someone changes the nature of the relationship
- Know the importance of self-esteem and what they can do to develop it
- Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class
- Recognise ways they can develop their own self - esteem
- Understand that mutual respect is essential in a boyfriend/girlfriend relationship and that they shouldn't feel pressured into doing something they don't want to do

All lessons will be age appropriate, and topics will be taught sensitively and scientifically. Please be aware that your child may wish to talk about these lessons at home.

Yours faithfully

Miss P Turner
Deputy Head Teacher