

Relationships, Sex and Health Education (RSHE) – Curriculum overview -  
Jacksdale Primary and Nursery School

2024-2025

Year Group	RSHE content
Explorers	Whole school policy for language - Body parts referred to using correct body part names. Families – different families, same love
Investigators	Whole school policy for language - Body parts referred to using correct body part names. Families – different families, same love
Year 1	Whole school policy for language - Body parts referred to using correct body part names. Families – different families, same love
Year 2	<p>Summer Term – Boys and Girls – Families</p> <p>Pupils learn about the biological differences between male and female animals and their role in the life cycle.</p> <p>Pupils</p> <ul style="list-style-type: none"> <li>- Know female mammals give birth and nurse their young</li> <li>- Can describe biological differences between male and female</li> <li>- Understand creation of life requires a male and female</li> </ul> <p>Pupils learn the biological differences between male and female children.</p> <p>Pupils</p> <ul style="list-style-type: none"> <li>- Identify and name biological terms for male and female sex organs</li> <li>- Can label male and female sex parts with confidence</li> <li>- Understand that male and female sex parts are related to reproduction</li> </ul> <p>Pupils learn about growing from young to old and that they are growing and changing.</p> <p>Pupils</p> <ul style="list-style-type: none"> <li>- Can identify key stages in the human life cycle</li> <li>- Understand ways they have changed since they were babies</li> <li>- Understand that living things, including humans start life as babies.</li> </ul> <p>Pupils learn that everybody needs to be cared for, and ways in which they care for others.</p> <p>Pupils learn about different types of family and why their home-life is special.</p>
Year 3	Whole school policy for language - Body parts referred to using correct body part names. Families – different families, same love
Year 4	<p>Summer Term – Growing up and Changing</p> <p>Pupils learn about the way we change and grow throughout the human life cycle.</p> <p>Pupils:</p>

	<ul style="list-style-type: none"> <li>- Can identify changes throughout the human life cycle</li> <li>- Understand that change is ongoing</li> <li>- Understand change is individual</li> </ul> <p>Pupils learn about the physical changes associated with puberty</p> <p>Pupils</p> <ul style="list-style-type: none"> <li>- Are able to define puberty; the changes that occur in someone aged 8-17 that turns us from children to young adults</li> <li>- Identify physical changes that are associated with puberty</li> <li>- Understand that everyone’s experience of puberty is different and that it begins and ends at different times.</li> </ul> <p>Pupils learn about menstruation and wet dreams. Pupils:</p> <ul style="list-style-type: none"> <li>- Can describe menstruation and wet dreams</li> <li>- Can explain effective methods for managing these</li> <li>- Understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams</li> </ul> <p>Pupils learn about the impact of puberty on personal hygiene and strategies for managing this.</p> <p>Pupils</p> <ul style="list-style-type: none"> <li>- Can explain how changes at puberty affect body hygiene</li> <li>- Can describe how to care for their bodies during puberty</li> <li>- Can recognize the similarities between the needs and wants of boys and girls and challenge gender stereotyping around hygiene and grooming</li> </ul> <p>Pupils learn how puberty affects emotions and behavior and strategies for dealing with changes associated with puberty.</p> <p>Pupils</p> <ul style="list-style-type: none"> <li>- Are able to describe how behavior and feelings can change through puberty</li> <li>- Can devise strategies for managing these changes</li> <li>- Understand how changes during puberty can affect relationships with other people.</li> </ul> <p>Pupils learn strategies to deal with feelings in the context of relationships. Pupils learn to answer each other’s questions about puberty with confidence and to seek support and advice when they need it.</p>
Year 5	<p>Whole school policy for language - Body parts referred to using correct body part names.</p> <p>Families – different families, same love</p>
Year 6	<p>Summer Term – Healthy Relationships – How a baby is made</p> <p>Pupils learn about the changes that occur during puberty. (recap of topics in Year 4)</p> <p>Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact.</p> <p>Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships.</p>

Pupils learn about human reproduction in the context of the human life cycle.

Pupils learn how a baby is made and grows – conception and pregnancy

Pupils learn about the roles and responsibilities of parents.

Pupils learn to answer each other's questions about sex and relationships with increasing confidence, to know where to find advice and support when needed.

Pupils learn about some myths and misconceptions about HIV , who it affects and how it can and cannot be transmitted.

Pupils learn that contraception can be used to stop a baby being conceived.

Within the PSHE scheme of work there is also one topic covered within the context of a whole unit on 'Keeping Safe and Managing Risk'

This would normally be taught in the first Autumn Term. However, the current Year 6 children will have not had this unit of work delivered to them. Therefore 'Keeping Safe and Managing Risk' will be taught in Summer 2 for the Year 6 pupils. This covers a range of topics including antisocial behavior and peer pressure. For one session it also highlights female genital mutilation (FGM) and how all girls should be protected against this.