

RSE Within JIGSAW PSHE LESSONS TERM 6

At Joy Lane, we teach RSE using Jigsaw PSHE. Jigsaw PSHE is a comprehensive and completely original Scheme of Work (lesson plans) for the whole primary school. The Jigsaw teaching materials integrate Personal, Social, Health Education (PSHE), emotional literacy, social skills, mindfulness, and spiritual development in a whole-school approach. The expectations of the DfE Relationships and Health Education guidance are woven throughout Jigsaw but specifically covered in the Relationships and Healthy Me Puzzles (units), with puberty and human reproduction being taught in the Changing Me Puzzle. The Jigsaw PSHE lessons aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner and helps children to cope with change, including puberty, and to learn about healthy relationships.

Relationship and Sex Education is a statutory requirement for all primary age pupils. **However, parents have the right to withdraw their children from the highlighted (in CAPITALS) lesson content below (See Year 4, 5 and 6)**

Please see the attached Parent Information Leaflet from Jigsaw for further information. This and any additional information can be found on the school's website.

What will my child actually be taught about puberty and human reproduction?

Jigsaw's 'Changing Me' unit will be taught appropriate to their age and developmental stage, building on the previous years' learning.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

- Ages 3-5 Growing up: how we have changed since we were babies.
- Ages 5-6 Boys' and girls' bodies; correct names for body parts.
- Ages 6-7 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).
- Ages 7-8 How babies grow and how boys' and girls' bodies change as they grow older.
- Introduction to puberty and menstruation.
- Ages 8-9 Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.
- Ages 9-10 Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.
- Ages 10-11 Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams

Please see the relevant content for your child/children below.

RECEPTION

- Bodies
- Respecting my body
- Growing up
- Growth and change

- Fun and fears
- Celebrations

YEAR 1

- Life cycles – animal and human
- Changes in me
- Changes since being a baby
- Differences between female and male bodies (correct terminology)
- Linking growing and learning
- Coping with change
- Transition

YEAR 2

- Life cycles in nature
- Growing from young to old
- Increasing independence
- Differences in female and male bodies (correct terminology)
- Assertiveness
- Preparing for transition

YEAR 3

- How babies grow
- Understanding a baby's needs
- Outside body changes
- Inside body changes
- Family stereotypes
- Challenging my ideas
- Preparing for transition

YEAR 4

- Being unique
- **HAVING A BABY**
- Girls and puberty
- Confidence in change
- Accepting change
- Preparing for transition
- Environmental change

YEAR 5

- Self and body image
- Influence of online and media on body image
- Puberty for girls
- Puberty for boys

- **CONCEPTION (including IVF)**

- Growing responsibility
- Coping with change
- Preparing for transition

YEAR 6

- Self-image
- Body image
- Puberty and feelings
- **CONCEPTION TO BIRTH**
- Reflections about change
- Physical attraction
- Respect and consent
- Boyfriends/girlfriends
- Sexting
- Transition

Class Teachers will inform parents/carers on ClassDojo when these lessons will be taught so that you can carry on these conversations at home.

Should you have any questions relating to this aspect of PSHE learning or wish to withdraw your child from the highlighted lesson content (Year 4, 5 and 6 only), please let your Class Teachers know. They will be happy to discuss this with you further.