

## RSHE: Relationships, Sex and Health Education at Gamesley Primary School

At Gamesley Primary School we have always recognised the crucial role that Relationships, Sex and Health education plays in the education and wellbeing of all our children. It is an integral part of our curriculum and is taught both as of our Cornerstones project lessons and through stand-alone PSHE lessons.

At Gamesley School, we use a scheme called Jigsaw PSHE, which includes 6 strands which we teach the children at an age appropriate level each year:

Autumn Term 1	Autumn Term2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

The “Changing Me” strand, which is taught in the last term each year, includes content about puberty and reproduction. Most of this is part of the Health and Science Curriculums and as such is statutory. At Gamesley, we also teach additional content as outlined below as we feel it is in the best interests of our children. However, parents do have the right to withdraw their children from these lessons.

If you have any concerns or questions about our approach to Relationships, Health and Sex Education, please do contact Mrs Meredith for a chat. If after speaking to us you do decide that you do not wish your children to take part in the **purple lessons** in the table below, please complete and return the request form below.

Jigsaw PSHE “Changing Me”: Taught in Summer Term 6 in all classes		Statutory Content	Optional Content. Parental right to withdraw children from these lessons
Reception	Growing Up	How we have changed since we were babies	
Year 1	My Changing Body	Understanding that growing and changing is natural and happens to everyone at different rates	
	Boys’ and Girls’ Bodies	Appreciating the parts of the body that makes us different and using the correct names for them.	
Year 2	Changing Me	Where am I on the journey from young to old, and what changes can I be proud of?	
	Boys and Girls	Differences between boys and girls – how do we feel about them? Which parts of me are private.	
Year 3	Outside Body Changes	How our bodies need to change so we can make a baby when we grow up – outside changes and how we feel about them.	

	Inside Body Changes	How our bodies need to change so we can make a baby when we grow up – inside changes and how we feel about them.	
<b>Year 4</b>	Having a Baby	The choice to have a baby, the parts of men and women that make babies...	<b>...and in simple terms, how this happens</b>
	Girls and Puberty	How a girl's body changes so that she can have a baby when she's an adult, including menstruation	
<b>Year 5</b>	Puberty for Girls	Physical changes and feelings about them. The importance of looking after yourself.	
	Puberty for Boys	Developing understanding of changes for both sexes. Reassurance and exploring feelings.	
	Conception		<b>Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life.</b>
<b>Year 6</b>	Puberty	Consolidating understanding of physical and emotional changes and how they affect us	
	Girl Talk / Boy Talk	A chance to ask questions and reflect	
	Conception to Birth		<b>The story of conception and birth</b>

Find out more by clicking on the links below:

[DfE: Relationships and Sex Education Statutory Guidance for Schools](#)