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**Relationships and Sex Education**

Dear Parents/Carers,

As part of our Jigsaw PSHE programme, all year groups from Year R study 'Changing Me' in term 6. This curriculum area deals with change of many types, from growing young to old, becoming a teenager, assertiveness, self-respect and safeguarding. These areas are taught in an age-appropriate way with each year group building on what the children learnt the previous year as detailed below.

As the children missed some of the sessions last year due to lockdown, some of the content from your child's previous year group will also be covered.

Year R

Topic	Aim
My Body	Understand that everyone is unique and special
Respecting My body	Can express how they feel when change happens
Growing up	Understand and respect changes they see in themselves
Growth & Change	Understand & respect the changes they see in other people

Year 1

Topic	Aim
Life Cycles	Begin to understand life cycles of animals and humans
Changing Me	Identify changes in me and what has stayed the same
My Changing Body	Identify how I have changed since I was a baby
Boys' and Girls' bodies	Identify how boys are different from girls

Year 2

Topic	Aim
Life Cycles in Nature	Recognise life cycles in nature
Growing from Young to Old	Explain process of growing from young to old
The Changing Me	Identify how I have changed since I was a baby
Boys' and Girls' Bodies	Understand physical differences and appreciate that some parts of my body are private

Year 3

Topic	Aim
How Babies Grow	Understand between conception and growing up a lot of changes happen
Babies	Understand how babies grow and develop before being born
Outside Body Changes	Understand that our bodies need to change in order to have babies
Inside Body Changes	Identify how our bodies need to change on the inside in order to have babies
Family Stereotypes	Recognise any stereotypical ideas I might have about parenting and family roles

#### Year 4

Topic	Aim
Unique Me	Understand that some of my characteristics come from my birth parents
Having a Baby	Identify internal and external parts of male and female body that are necessary for having a baby
Girls and Puberty	Understand how a girl's body changes in order for her to have babies

#### Year 5

Topic	Aim
Self and Body Image	To be aware of own self-image and how body image fits into that
Puberty for Girls	Explain how a girl's body changes during puberty and understand importance of looking after yourself physically and emotionally
Puberty for Boys	Understand how a boy's body changes during puberty
Conception	Understand that sexual intercourse can lead to conception and that is how babies are usually made
Looking Ahead	Identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities

#### Year 6

Topic	Aim
Self and Body Image	To be aware of own self-image and how body image fits into that
Puberty	Explain how girls' and boys' bodies change during puberty and understand importance of looking after yourself physically and emotionally
Babies – Conception to Birth	Describe how a baby develops from conception through the nine months of pregnancy and how it is born.
Boyfriends and Girlfriends	Understand how being physically attracted to someone changes the nature of the relationship

In this section of the Jigsaw programme, each year group also thinks about looking ahead, moving year groups or the transition to secondary school.

Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs. This part of the PSHE curriculum links to the Science curriculum on life cycles, babies and puberty.

The school's Relationships and Sex Education policy is on the website for further information but if you have any other queries or concerns about the content, please do not hesitate to contact your child's class teacher.

Yours sincerely



Mrs A Higgins  
Headteacher