

Friday 12th June 2026

Curriculum: PSHE & RSE Update

Dear Parents and Carers,

As part of our statutory Personal, Social, Health and Economic (PSHE) Education curriculum, this half term, pupils will be taking part in a unit of work called **The Changing Body**. These lessons will take place every Friday and are designed to support children in developing age-appropriate knowledge and understanding of their bodies, personal safety, growth, and development. The content covered in each year group is outlined below:

Year 1	- Learning the names of body parts. - Understanding privacy and personal boundaries.
Year 2	- Learning the names of body parts. - Understanding privacy and personal boundaries. - Learning about the human life cycle.
Year 3	Consolidating key learning from Key Stage 1, including body awareness, personal safety and growth.
Year 4	- Learning about puberty and the physical and emotional changes that occur during this stage of development. - Understanding that puberty happens at different ages for different people.
Year 5	- Learning the names of the external sexual parts of the body and the internal reproductive organs. - Understanding the process of the menstrual cycle. - Understanding that puberty happens at different ages for different people. - Learning about the emotional changes that can occur during puberty.

These lessons form part of the statutory Relationships, Sex and Health Education (RSHE) curriculum and will be delivered in line with national curriculum requirements. All content will be taught in a sensitive, age-appropriate and child-friendly manner, using resources and language suitable for the children's stage of development.

Further information about the PSHE curriculum can be found on our school website via the curriculum map:

https://www.richardsondeesprimary.co.uk/personal_social_health_economic_education_pshe

This page also contains links to official guidance relating to Relationships, Sex and Health Education (RSE), should you wish to find out more about the content being taught.

We value the important role that parents and carers play in supporting children's learning and understanding of these topics. If you have any questions or would like further information about the curriculum content, please contact the school office and a member of staff will be happy to help.

Thank you for your continued support.

Kind regards,

Mr W Myers (Headteacher)

Mrs E Lynch (Curriculum Lead)

Mrs J Atkinson (PSHE & RSE Lead)