

RHSE Parent Guidance

Please note, the materials and content of the lessons have been adapted from the Jigsaw lesson plans to fit with Sudbourne's RHSE policy.

If you would like access to the Jigsaw lesson content or have any further questions, please contact Miss Van-Manen (RSHE lead) by email: admin@sudbourne.com

Lesson	Content	Animations/diagrams	Statutory?	Notes
Nursery				
Lesson 1 - My body	Naming body parts	None	Yes	
Lesson 2 - Respecting my body	Making healthy choices for your body	None	Yes	
Lesson 3 - Growing up	Explaining different developmental stages of life, ranging from baby to elderly	None	Yes	
Lesson 4 - Growth and change	Understand and respect the changes that they see in other people	None	Yes	
Lesson 5 - Fun and fears	Discussing the transition to Reception	None	Yes	
Lesson 6 - Celebration	Considering memories, best bits of Nursery	None	Yes	

Lesson	Content	Animations/diagrams	Statutory?	Notes
Reception				
Lesson 1 - My body	Naming body parts	None	Yes	
Lesson 2 - Respecting my body	Making healthy choices for your body	None	Yes	
Lesson 3 - Growing up	Explaining different developmental stages of life, ranging from baby to elderly	None	Yes	Children may like to bring in baby photos to share with the class. Children could also bring in photos of family members when they were younger to help them understand how we change as we grow older.
Lesson 4 - Fun and fears 1	Discussing the transition to Year 1	None	Yes	
Lesson 5 - Fun and fears 2	Discussing any worries about Year 1	None	Yes	
Lesson 6 - Celebration	Considering memories, best bits of Reception	None	Yes	

Lesson	Content	Animations/diagrams	Statutory?	Notes
Year 1				
Lesson 1 - Life cycles	Understand the life changes of animals and humans	None	Yes	
Lesson 2 - Changing me	How have I changed over my life?	None	Yes	
Lesson 3 - My changing body	How has my body changed since I was a baby?	None	Yes	Children may like to bring in baby photos to share with the class.
Lesson 4 - Boys' and girls' bodies	Identifying the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	None	Yes	Teaching children the correct names for body parts is important to safeguard them and allow them to communicate clearly about their body. The vulva is the opening and outside parts of a female's 'private parts' and the vagina is the part just inside. It will be reminded that these parts of the body are private.
Lesson 5 - Learning and growing	Understanding that we learn and grow over time	None	Yes	
Lesson 6 - Coping with changes	What changes have happened in my life? How can I cope with change?	None	Yes	

Lesson	Content	Animations/diagrams	Statutory?	Notes
Year 2				
Lesson 1 - Life cycles in nature	Life cycles of animals and humans	None	Yes	
Lesson 2 - Growing from young to old	Understanding the natural process of growing from young to old and understand that this is not in our control	None	Yes	Children may like to bring in photos of older relatives to share with the class.
Lesson 3 - Changing me	Recognising how bodies change from young to old	None	Yes	
Lesson 4 - Boys' and girls' bodies	Recognising the physical differences between boys and girls, using the correct names for parts of the body (penis, testicles, vulva, vagina, anus). Appreciating that some parts of the body are private	None	Yes	Teaching children the correct names for body parts is important to safeguard them and allow them to communicate clearly about their body. The vulva is the opening and outside parts of a female's 'private parts' and the vagina is the part just inside. It will be reminded that these parts of the body are private.
Lesson 5 - Assertiveness	Understanding there are different types of touch and learning how to communicate which ones they like and don't like	None	Yes	
Lesson 6 - Looking ahead	Thinking about changes moving into Year 3	None	Yes	

Lesson	Content	Animations/diagrams	Statutory?	Notes
Year 3				
Lesson 1 - How babies grow	Changes from birth to fully grown, the understanding that as mammals it is the female that has the baby	None	Yes	
Lesson 2 - Babies	How babies develop in the mother's uterus	None	Yes	Questions about how the baby gets there will be answered in a factual and age appropriate way, e.g. "A baby grows from a tiny egg (ovum) that the mother already has inside of her."
Lesson 3 - Outside body changes	How bodies change on the outside	Diagrams A and B (skin tone will vary)	Yes	
Lesson 4 - Inside body changes	How boys' and girls' bodies change during puberty	Age 7-9, animations A and E Diagrams A, B, C, D, F (skin tone will vary)	Yes	Diagram E (showing sperm meeting egg) will not be shown in this lesson. This lesson does mention that the male body creates sperm and the female body produces eggs, however it does not attempt any explanation of how the sperm and the egg come together. It is likely that the question may come up, though. In that case, teachers will explain that this is something children will learn about later. This will be framed in an upbeat, positive way.
Lesson 5 - Family stereotypes	Understanding and challenging stereotypes about what a family looks like	None	Yes	Inline with the Equality Act 2010, sexual orientation and gender reassignment are amongst the protected characteristics. Therefore, a theme of kindness and acceptance for all families will underpin this lesson.
Lesson 6 - Change	Moving forward into a new class next year	None	Yes	

Lesson	Content	Animations/Diagrams	Statutory?	Notes
Year 4				
Lesson 1 - Unique me	Personal characteristics are inherited from biological parents through genetic information in the egg and the sperm	None	Yes	Teachers will explain to children that the mother's egg meets the father's sperm when a baby is made at conception. If children ask how this happens, teachers will tell them that they will learn about this next lesson or they can discuss it with parents/carers.
Lesson 2 - Having a baby	Internal and external parts of male and female bodies necessary for reproduction	None Diagrams: C, D, E, F	No	Sexual intercourse will be discussed in the context of conception rather than pleasure, however it will be discussed that this is a positive part of a relationship. Contraception will not be covered in this lesson. All discussions around sexual intercourse will be underpinned by a theme of consent.
Lesson 3 - Girls and puberty	How and why a girl begins menstruating and what changes may come with this	Age 7-9, animation A Diagram G	Yes	Puberty/menstruation comes under health education so is therefore statutory. This lesson will mention conception but how conception takes place will not be covered.
Lesson 4 - Circles of change	Big life changes e.g. parental relationship changes	None	Yes	
Lesson 5 - Accepting change	How life changes might feel	None	Yes	
Lesson 6 - Looking ahead	Moving forward into a new class next year	None	Yes	

Lesson	Content	Animations/Diagrams	Statutory?	Notes
Year 5				
Lesson 1 - Self and body image	Self-image, self-esteem	None	Yes	
Lesson 2 - Puberty for girls	How and why a girl begins menstruating and what changes may come with this	Animation A (from 7-9 YO section) Diagrams: C, D, E, F	Yes	Puberty/menstruation comes under health education so is statutory. This includes explaining that if pregnancy occurs (i.e. the egg is fertilised by the sperm), the woman will not get her period. However, how conception happens will not be discussed.
Lesson 3 - Puberty for boys	How boys' bodies change during puberty	Animation G (from 7-9 YO section) - includes erection	Yes	Puberty/menstruation comes under health education so is statutory. How conception happens, and protected/unprotected sex will not be covered..
Lesson 4 - Conception	How a baby is conceived through sexual intercourse	Animation H - includes erection, intercourse and ejaculation Diagram H (skin tone will vary)	No	<p>Consent will be a big part of the discussion around the conditions needed for sexual intercourse to occur.</p> <p>The animation refers to unprotected sex. At this point, teachers will explain that people can choose to have sex so that the sperm and egg don't meet, however this will not be covered in further detail.</p> <p>Other methods of conception: Children will learn that when couples aren't able to conceive through sexual intercourse, doctors can help people to have a baby perhaps through egg donation, artificial insemination, surrogacy, or IVF. Or people can choose to adopt. These concepts will be clarified in simple terms in order to give children an awareness and to be inclusive of all families.</p>
Lessons 5 and 6 - Looking ahead	Discussing changes in teenage years. Discussing changes next year in new class		Yes	Consent will be mentioned again in these lessons.

Lesson	Content	Animations/Diagrams	Statutory?	Notes
Year 6				
Lesson 1 - Self-image	Self-image, self-esteem	None	Yes	
Lesson 2 - Puberty	How girls' and boys' bodies change during puberty	Animations A (female reproductive system) and G (male reproductive system including erection) Diagrams A, B, C, D (skin tone will vary)	Yes	Children will have separate boy/girl talk. Masturbation will be simply explained as a time when a person touches their own private parts for pleasure. Puberty/menstruation comes under health education so is statutory. This includes explaining that if pregnancy occurs (i.e. the egg is fertilised by the sperm), the woman will not get her period. However, how conception happens will not be discussed in this lesson as this is sex education.
Lesson 3 - Babies: conception to birth	How a baby develops from conception and how it is born	Animation H - includes erection, intercourse and ejaculation Diagram H (skin tone will vary)	No	Children will learn about different ways babies can be born. Teaching about birth is classified as non-statutory sex education for schools in England.
Lesson 4 - Boyfriends and girlfriends	Attraction, relationships, mutual respect	None	Yes	Contains discussion around sexting.
Lesson 5 - Real and ideal self	Self-esteem, body comparison and negative 'body-talk'	None	Yes	
Lesson 6 - The year ahead	Preparing for transition to secondary school	None	Yes	