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**Monday 10<sup>th</sup> June 2024**

## **Year 1 PSHE (Changing Me)**

Dear Parent/Carer,

Over the coming weeks Year 1 will begin the Relationship and Sex Education (RSE) work. Relationship & Sex Education became a statutory part of the National Curriculum in September 2020.

The Curriculum focuses on the human life cycle and differences between boys & girls. The children will also spend time learning about the human body, including the scientific names for male and female reproductive organs.

A full overview of your child's planned learning can be found on the following page.

If you have any questions about your child's RSE work, please contact either myself or Miss Hutchinson via Main Reception. Mrs Maddison will also be able to provide support materials for parents/carers to discuss age appropriate RSE in the home.

Kind regards,

**Mr S Houghton**  
**Deputy Head Teacher**

## Year 1 Curriculum Content

Weekly Celebration	Pieces	PSHE learning intention	Social & Emotional development learning intention
Understand that everyone is unique and special	Life cycles	I am starting to understand the life cycles of animals & humans	I understand that changes happen as we grow and that this is OK
Can express how they feel when change happens	Changing me	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them or not
Understand and respect the changes that they see in themselves	My changing body	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
Understand and respect the changes that they see in other people	Boys' and Girls' bodies	I can identify the parts of the body that make girls different from boys and can use the correct names for these (penis, testicles, vagina, vulva, anus)	I respect my body and understand which parts are private
Know who to ask for help if they are worried about change	Learning & growing Puzzle outcome -Flowers	I understand that every time I learn something new, I change a little	I enjoy learning new things
Are looking forward to change	Coping with change  Assessment opportunity	I can tell you about changes that have happened in my life	I know some ways to cope with changes.