



## RSHE at Daubeney 2022

RSHE is an essential component of the personal, social, health and economic (PSHE) curriculum as well as the science curriculum. Children will learn the importance of healthy relationships, healthy living, keeping themselves safe and about changes that will occur as they mature – this will be taught in a supportive, nurturing environment that takes regard of, and has respect for, the cultural heritage of the children attending our Federation Schools and their individual needs. Each school uses a programme called Jigsaw to support PHSE and RSHE teaching and learning.

Lessons across Years 4, 5 & 6 will cover puberty and reproduction including changes to the body during puberty. Lessons will also include different adult relationships including LGBTQ+ relationships. Children will also be taught about inappropriate touching, and being confident to say no. Teachers will be using planning and resources from NSPCC. Please go to the link below for more information.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

### EYFS

<b>Growing up</b>	Science	How we have changed since we were babies.
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### Year 1

<b>Life Cycles</b>	Science	Start to understand the life cycles of animals and humans.
<b>My changing body</b>	Science	Know how my body has changed since I was a baby.
<b>Boys' and girls' bodies</b>	Science	Identify the parts of the body that make boys different to girls and use the correct names.

## Year 2

<b>Life cycles in nature</b>	Science	Recognise cycles of life in nature
<b>Growing from young to old</b>	Science	Tell you about the natural process of growing from young to old.
<b>Changing me</b>	Science	Recognise how my body has changed since I was a baby and where I am on the continuum from young to old
<b>Boys' and girls' bodies</b>	Science	Recognise the physical differences between boys and girls, use the correct names for parts of the body.
<b>Assertiveness</b>	Relationships	Understand there are different types of touch and tell you which ones I like and don't like.

## Year 3

<b>How Babies Grow</b>	Science	Understand that in animals and humans, lots of changes happen between conception and growing up, and that usually it is the female who has the baby.
<b>Babies</b>	Science Health Education	Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.
<b>Outside Body Changes</b>	Science	Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. Identify how boys' and girls' bodies change on the outside during this growing up process.

**Year 4**

<b>Unique Me</b>	Science	Understand that some of my personal characteristics have come from my birth parents.
<b>Girls and puberty</b>	Science Relationships and Health Education	Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.

**Year 5**

<b>Puberty for boys</b>	Health Education	Physical changes and feelings about them – importance of looking after yourself.
<b>Puberty for girls</b>	Health Education	Developing understanding of changes for both sexes – reassurance and exploring feelings.
<b>Having a baby</b>	Science	Correctly label the internal and external parts of male and female bodies that are necessary for making a baby.

**Year 6**

<b>Puberty</b>	Relationship and Health Education	Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.
<b>Relationships</b>	Relationship and Health Education	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.
<b>Conception</b>	Sex Education Science	Understand that sexual intercourse can lead to conception and that is how babies are usually made understand that sometimes people need IVF to help them have a baby.
<b>Babies: Conception to Birth</b>	Relationship and Health Education Science	Describe how a baby develops from conception through the nine months of pregnancy.
<b>Let's talk about FGM</b>	Health Education	I know that no-one can make changes to my body without my permission and that FGM is illegal in the UK.

For further information on JIGSAW, please go to the link below:

<https://www.daubeney.hackney.sch.uk/curriculum/jigsaw>

To read our RSHE policy, please go to the link below:

<https://www.daubeney.hackney.sch.uk/policies/rse-relationship-sex-education>