



Stoke Gabriel Primary School

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Personal, Social, Health Education

Dear parents,

As many of you will be aware, this year we have been using the Jigsaw PSHE (Personal, Social, Health Education) scheme, further information can be found at www.jigsawpshe.com. The Jigsaw scheme supports the school to fulfil its statutory requirements for Relationships, RSE and Health Education. It is also recommended by the PSHE Association as a Quality Assured resource. The scheme allows us to have a consistency in what is being delivered and the children are able to build on their knowledge each year. The delivery of PSHE is a national requirement and teachers will deliver it in an appropriate but sensitive manner.

There is a half termly theme studied across the school and age appropriate for each class of children. The themes are:

- Being in My World – Autumn 1
- Celebrating Difference – Autumn 2
- Dreams and Goals – Spring 1
- Healthy Me – Spring 2
- Relationships – Summer 1
- Changing Me – Summer 2

We are aware that what is taught during these sessions can leave children curious and often they might ask questions at home. So you are prepared, we wanted to make you aware of some of the topics and vocabulary that your child will be exposed to in their year group over the following year. This is shown in the chart below. We believe that using the correct language during these sessions is essential. We also know that some of this language might appear to be quite advanced for Primary School children. However, it is important that children should use the correct language so that they do not have misconceptions which could arise from conversations with peers or from the internet.

After half-term, all year groups will be taught the Changing Me topic.

If any Year 5 or 6 parents/carers wish to see the content in more detail to help with any questions their child may have, please feel free to contact me directly.

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In the meantime, the NSPCC talk PANTS is a useful website which can help and remind children that their body belongs to them. It too can be a good starting point for discussions within the home.

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

Warm wishes,

Mrs Lija Lewsey
PSHE Curriculum Lead

RECEPTION	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Baby Adult Life cycle Male Female Penis Vagina Testicles Anus Breasts Eye Foot Eyebrow Forehead Ear Mouth Arm Leg Chest Knee Nose Tongue, Finger Toe Stomach, Hand Grown-up Change Worry Excited Memories	Changes Life cycles Baby Adult Adulthood Grown-up Mature Male Female Vagina Penis Testicles Vulva Anus New Grow Feelings Anxious Worried Excited Coping.	Change Grow Control Life cycle Baby Adult Fully grown Growing up Old Young Change Respect, Appearance Physical Baby Toddler Child Teenager Independent Timeline Freedom Responsibilities Male Female Vagina Penis Testicles Vulva Anus Public Private Touch Texture Cuddle, Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable Uncomfortable Looking forward Excited Nervous Anxious Happy	Changes Birth Animals Babies Mother Growing up Baby Grow Uterus Womb Nutrients Survive Love Affection Care Puberty Control Male Female Testicles Sperm Penis Ovaries Egg Ovum / ova Womb / uterus Vagina Stereotypes Task Roles Challenge Looking forward Excited Nervous Anxious Happy	Personal Unique Characteristics Parents Sperm Egg / ovum Penis, Testicles, Vagina / vulva Womb / uterus Ovaries Making love Having sex Sexual intercourse Fertilise Conception Puberty Menstruation Periods Circle Seasons Change Control Emotions Acceptance Looking forward Excited Nervous Anxious Happy	Body-image Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb Oestrogen Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights	Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, negative body-talk, mental health, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, midwife, labour, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement

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