 **RSHE at Daubeney 2023**

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/](about:blank)

**EYFS**

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| **Growing up** | Science | How we have changed since we were babies. |

**Year 1**

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

**Year 2**

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

**Year 3**

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| |  | | --- | | **How Babies Grow** | | 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. |
| **Babies** | Science  Health Education | Understand how babies grow and develop in the mother’s uterus and understand what a baby needs to live and grow. |
| **Outside Body Changes** | 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**

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| **Unique Me** | Science | Understand that some of my personal characteristics have come from my birth parents. |
| **Girls and puberty** | 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**

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

**Year 6**

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| **Puberty** | Relationship and Health Education | Explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after myself physically and emotionally. |
| **Relationships** | 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. |
| **Conception** | 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. |
| **Babies: Conception**  **to Birth** | Relationship and Health Education  Science | Describe how a baby develops from conception through the nine months of pregnancy. |
| **Let’s talk about FGM** | 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](about:blank)

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

[https://www.daubeney.hackney.sch.uk/policies/rse-relationship-sex-education](about:blank)