



Distington Community School

Relationships and Sex Education (RSE) Curriculum coverage

This booklet provides information for parents and carers on the RSE topics covered in each year group, as part of our Jigsaw scheme for PHSE and RSE.

PHSE (including Relationships education) has become a compulsory, foundation subject. It is now part of the National Curriculum which all schools need to follow. Sex Education is still optional, and parents have the right to withdraw their child from these lessons.

If you have any queries regarding the content of this booklet, or want support in knowing how best to support your child, please talk to your child's Teacher or the PHSE and RSE Lead Teacher in school.

Empower, Learn, Celebrate

*The images used in this booklet are copyrighted to Jigsaw, and cannot be used for any purpose other than this booklet.



We follow the Jigsaw scheme of work for PSHE/RSE. If you would like to read more about the Jigsaw approach to PSHE/RSE please follow the link:

<https://www.jigsawpshe.com/wp-content/uploads/2021/04/Jigsaw-information-leaflet-for-parents-and-carers-2021.pdf>

If you would like to find out more about the Jigsaw approach to RSE, please follow the link below:

<https://www.jigsawpshe.com/wp-content/uploads/2020/02/RSE-A-Guide-for-Parents-and-Carers-leaflet-2020.pdf>



What is PHSE and RSE? Why are we covering RSE?

PHSE stands for Physical, Social and Health Education. RSE stands for Relationships and Sex Education. PHSE explores variety of topics, such as: anti-bullying, healthy friendships, ways to look after our mental health, keeping safe and being kind on line and many more. Health education includes age appropriate lessons about puberty and body changes (using correct terminology for body parts), and looking after our bodies relation to diet and exercise.

From September 2020, PHSE (including Relationships education) has become a compulsory, foundation subject. It is now part of the statutory National Curriculum which all schools need to follow.

Relationships and Sex Education explores a variety of topics such as: families and their similarities and differences, friendships and how to cope when things go wrong as well as how a baby is conceived and made.

Sex Education is defined by the Government as being "how a baby is conceived and born". It is optional for children, and parents have the right to withdraw their child. We will always contact you by letter about the Jigsaw unit which involves Sex Education, giving you the right to withdraw your child each year.

We teach PHSE and Relationships and Sex Education so that to help children develop their understanding of themselves (and the physical, emotional and social changes happening to them as they get older), the world they live in, and their relationships with other people.



What do we use to teach RSE?

We use the Jigsaw scheme to teach PHSE and RSE. Jigsaw aims to carefully build on children's understandings of topics each year, in an age appropriate way from Nursery/Reception all the way to Year 6. This is so children develop their understanding of the world, themselves, and others.

Each year group learns about 6 different Jigsaw units per year, with the theme covered in an age appropriate way. Everybody in school studies the same unit at the same time in the year.

The 6 units in Jigsaw are:

- 1) Being Me in My World includes understanding my place in the class, school and global community.
- 2) Celebrating Difference includes anti-bullying (cyber and homophobic bullying) and discussion about diversity.
- 3) Dreams and Goals includes goal-setting, aspirations for yourself and the world and working together.
- 4) Healthy Me includes healthy lifestyle choices, drugs and alcohol education, self-esteem and confidence.
- 5) Relationships includes understanding friendship, family and other relationships, and conflict resolution and communication skills.
- 6) Changing Me includes age-appropriate sex and relationships education in the context of coping positively with change.

The following pages show the topic covered in the 'Changing Me' unit for each Key Stage/ year group. We have also included some examples of the resources used in this unit. *Any topic in red is non-statutory, and you have the right to withdraw your child/children from the lesson about this.*



Changing Me Unit in the Early Years Foundation Stage

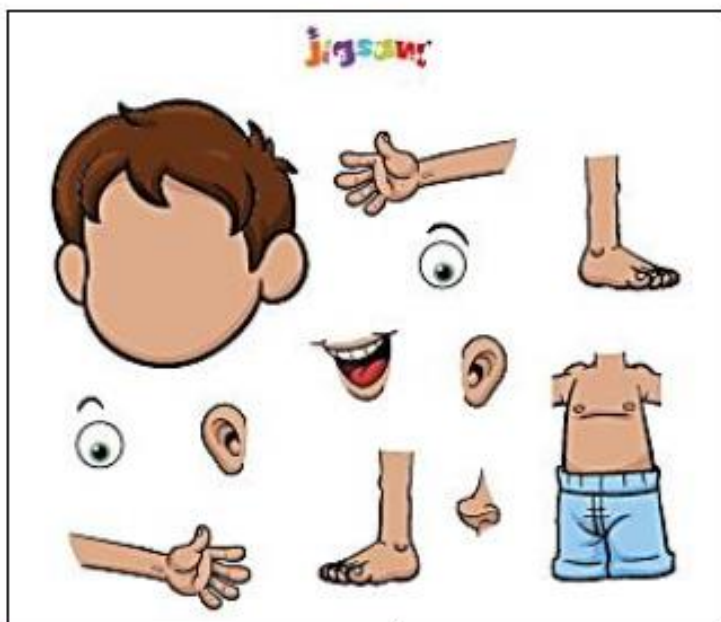
Topics covered in Nursery

- **My body** - Naming parts of my body
- **Respecting my body**- Explaining things I can do/ food I can eat to be healthy.
- **Growing up**- Understanding that we all start as babies, grow into children and then adults.
- **Growth and change**- Knowing that I grow and change
- **Fun and fears**- Talking about how I feel about moving from Nursery to Reception in School
- **Celebration** - Remembering some fun things about Nursery this year.

Topics covered in Reception

- **My body** - Naming parts of the body
- **Respecting my body**- Explaining things I can do/ food I can eat to be healthy.
- **Growing up**- Understanding that we all grow from babies to adults.
- **Fun and fears (part 1)**- Expressing how I feel about moving to Year 1.
- **Fun and fears (part 2)**- Expressing my worries/the things I am looking forward to about being in Year 1.
- **Celebration** - Sharing my memories of the best bits of this year in Reception.

Parts of the
body pictures
& labels for
Reception
and Nursery



Growing up pictures for



Changing Me Unit in Key Stage 1

Topics covered in Year 1

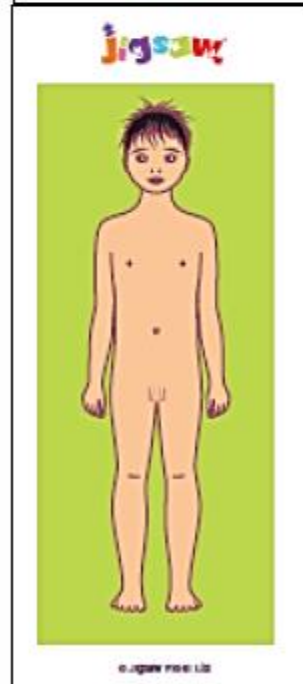
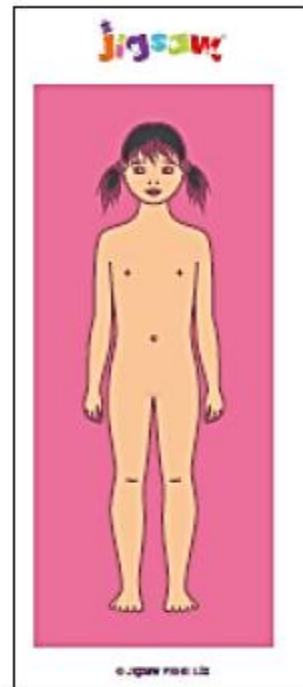
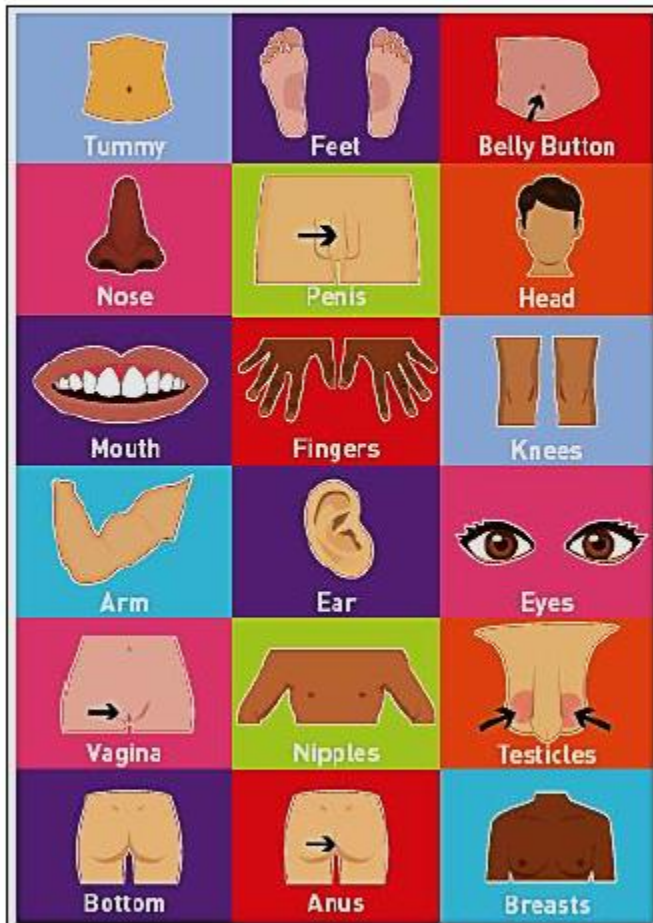
- **Life cycles**- Beginning to recognise the changes in animals and humans as they grow and pass through the life cycle.
- **Changing me**- Explaining things about me that have changed and stayed the same.
- **The changing me**- Recognising how my body has changed since I was a baby, and that these changes are ok.
- **Boys' and Girls' bodies**- Identifying the parts of the body that make boys different to girls. Use the correct names for parts of the body (penis, testicles, vagina, vulva and anus). Know which parts of my body are private.
- **Learning and growing** - Understanding that every time I learn something new, I change a little bit.
- **Coping with change** - Explaining the changes that have happened in my life, and explore ways to cope with changes.

Topics covered in Year 2

- **Life cycles in nature**- Recognising the cycles of life in nature, and the changes that happen as part of these life cycles.
- **Growing from young to old**- Understanding the natural process of growing from young to old, and how this is not in our control.
- **The changing me**- Recognising 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**- Recognising the physical differences between boys and girls, and use the correct names for parts of the body (penis, anus, testicles, vagina, vulva). Know that some parts of my body are private.
- **Assertiveness** - Understanding that there are different types of touch, and being confidently able to say which I like and which I don't like.
- **Looking ahead** - Reflecting on what I am looking forward to when I move to my next class, and the changes I want to make next year.

Pictures of a boy's and girl's body used in Year 1

Body parts card used in Year 1 and Year 2



Changing Me Unit in Lower Key Stage 2

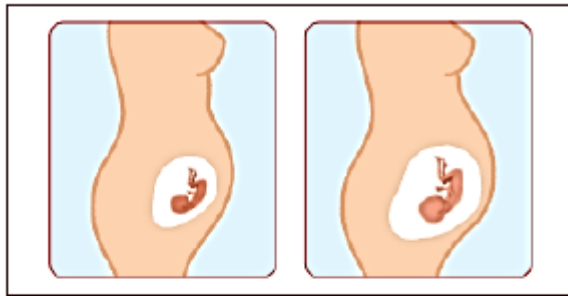
Topics covered in Year 3

- **How babies grow** - Understanding that in animals and humans a lot of changes happen between conception and growing up, and that usually it is the female who has the baby.
- **Babies** - Understanding that babies grow and develop in the Mother's uterus, and what a baby needs to grow.
- **Outside body changes** - Understanding that boys' and girls' body needs to change when they get older, so their bodies can make babies. Identifying how girls' and boys' bodies change on the outside.
- **Inside body changes** - Identifying how girls' and boys' bodies change on the inside, so their bodies can make babies.
- **Family stereotypes** - Start to recognise stereotypical ideas I have about parenting and family roles.
- **Looking ahead** - Identify what I am looking forward to when I move to my next class.

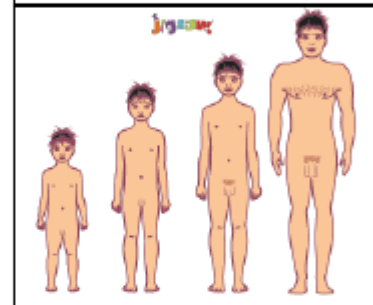
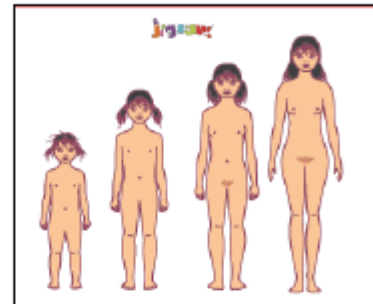
Topics covered in Year 4

- **Unique me**- Understanding that some of my characteristics have come from my birth parents and this happens because I am made from the joining of an egg and a sperm
- **Having a baby** - Understanding the internal and external parts of the female and male anatomy, which are necessary for having a baby. Understand that having a baby is a personal choice.
- **Girls and puberty** - Describing the changes in a girl's body during puberty (including menstruation) so a woman can have a baby when she is an adult, if she wants to.
- **Circles of change**- Thinking about the circle of change and our confidence about making changes to benefit my life
- **Accepting change** - Identify my feelings about changes, and understand how to manage changes which are outside of my control
- **Looking ahead** - Reflecting on the changes I would like to make for the next academic year, and thinking about how I might do this.

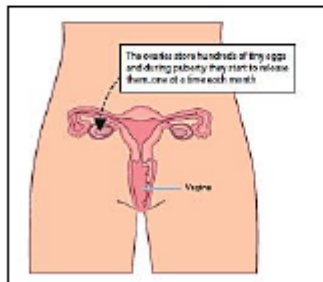
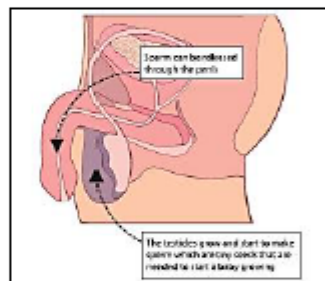
Baby growing in the uterus pictures in Year 3



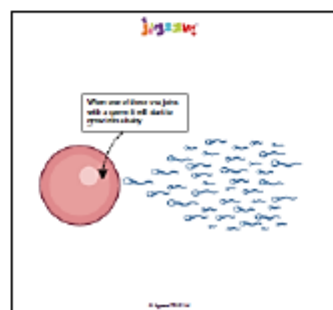
Outside body changes pictures for Year 3



Inside body changes for Year 3



Having a baby images for Year 4



Changing Me Unit in Upper Key Stage 2

Topics covered in Year 5

- **Self and body image**- Understanding how my body image fits into my self-image as a whole
- **Puberty for girls** - Understanding how a girl's body changes during puberty and the importance of looking after yourself physically and emotionally
- **Puberty for boys** - Understanding how a boy's body changes during puberty and the importance of looking after yourself physically and emotionally
- **Conception** - Understanding how sexual intercourse can lead to conception (and this is how babies are made). Understanding that some people need IVF to help them have a baby.
- **Looking ahead 1** - Identify my feelings about becoming a teenager, and the responsibilities it brings (e.g. age of consent/responsibility)
- **Looking ahead 2)** - Reflecting on the changes I would like to make for the next academic year, and thinking about how I might do this.

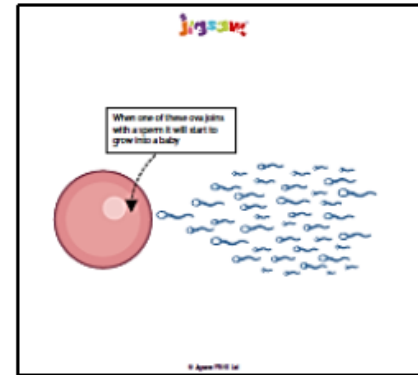
Topics covered in Year 6

- **Self-image**- Understanding how body image fits into self-esteem, and how to develop my self-esteem.
- **Puberty**- Understanding the body changes of girls and boys during puberty, and how to look after yourself physically and emotionally.
- **Babies: conception to birth**- Describing how a baby develops from conception through the 9 months of pregnancy, and how it is born.
- **Boyfriends and girlfriends**- Thinking about how being physically attracted to someone changes the nature of the relationship, and what this might mean about having a boyfriend/girlfriend.
- **Real self and ideal self** - being aware of the importance of positive self-esteem and how to challenge negative 'body-talk'
- **The year ahead** - Reflecting on the transition to Secondary School, and how to prepare emotionally for this change.

Conception discussion cards for Year 5

If a couple makes love, it doesn't necessarily mean they will have a baby.	True	If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.
Fertilisation happens when the sperm meet the egg in the vagina.	False	Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.
One of the first signs to tell a woman she is pregnant is that her periods stop.	True	The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.
If two sperm fertilise one egg, it will form identical twins.	False	Only one sperm can fertilise an egg, then the egg seals itself to keep other sperm out. Identical twins are formed when one fertilised egg splits into two completely separate cells and each one grows into a baby - they are identical because they come from the same sperm and the same egg. If there are two eggs and each is fertilised by a different sperm they will form non-identical twins.

Conception images for Year 5



Babies in the womb discussion cards for Year 6

When I was a baby in the womb I could wave my hands about TRUE	When I was a baby in the womb I could smile and laugh FALSE
When I was a baby in the womb I could kick my feet TRUE	When I was a baby in the womb I could breathe FALSE
When I was a baby in the womb I could suck my thumb TRUE	When I was a baby in the womb I could make gurgling noises FALSE

Conception to birth language cards for Year 6

head	body parts	umbilical cord		vaginal opening	
fertilises	labour	belly	fluid	placenta	midwife
contractions		hair	embryo	womb	belly button
cervix	pregnancy	heart	blood		