

Relationships and Health Education
Parent Information Session
April 2022



Relationships and Health Education

Ways to help maintain and build caring friendships

Family and people who care for me

Anti-bullying

Showing respect

E-safety

Respecting privacy (touch)

Ways to keep fit and healthy

Mental wellbeing – talking about our emotions

Healthy eating

Our bodies, changes and the difference between girls and boys bodies



Relationships and Health Education

From September 2020, the Government has decided that all primary schools are required to teach Relationships and Health Education as part of their PSHE curriculum.

‘Relationships and Health Education should enable children to know what a healthy relationship looks like, how to build and maintain happy, healthy and safe relationships with others and recognise the importance of a range of relationships with friends, family, in school and in the wider community. It will help children to make good decisions about their health and wellbeing. It also teaches them to recognise unhealthy behaviours, how to keep safe, identify potential dangers in their online and offline lives, how to report any concerns and where to access help when needed.’



How we teach PSHE at Dropmore

All children at Dropmore Infant School follow the Jigsaw scheme of work.

Autumn Term 1 - Being Me In My World

Autumn Term 2 - Celebrating Difference

Spring Term 1 - Dreams and Goals

Spring Term 2 - Healthy Me

Summer Term 1 - Relationships

Summer Term 2 - Changing Me



Changing Me

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group are taught appropriately to their age and developmental stage.

Reception – growing up, how we have changed since we were babies

Year 1 - boys' and girls' bodies including naming body parts

Year 2 - boys' and girls' bodies, body parts and respecting privacy (which parts of the body are private and why this is)

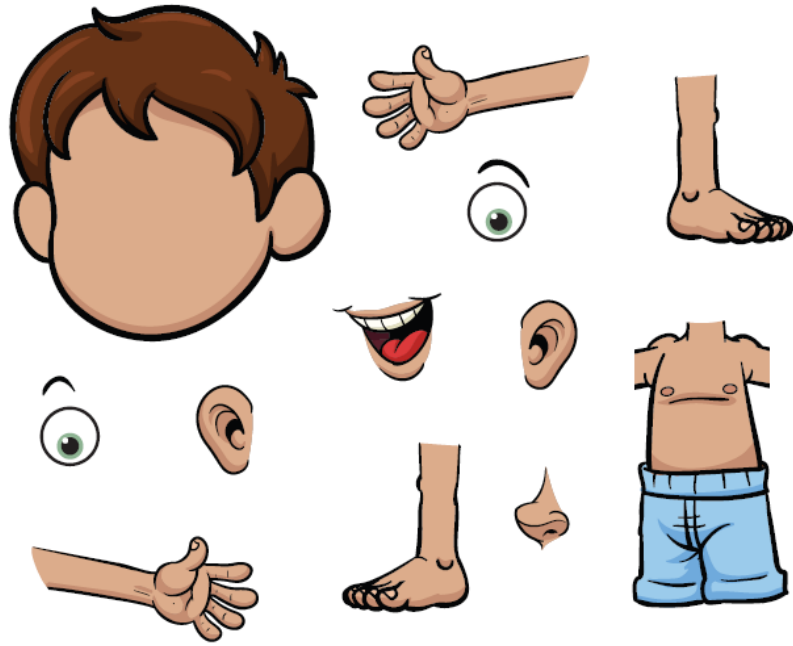


Reception

Changing me

Weekly Celebration	Pieces	Learning Intentions
Understand that everyone is unique and special	1. My Body	I can name parts of the body
Can express how they feel when change happens	2. Respecting My Body	I can tell you some things I can do and foods I can eat to be healthy
Understand and respect the changes that they see in themselves	3. Growing Up	I understand that we all grow from babies to adults
Understand and respect the changes that they see in other people	4. Fun and Fears Part 1	I can express how I feel about moving to Year 1
Know who to ask for help if they are worried about change	5. Fun and Fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1
Are looking forward to change	6. Celebration	I can share my memories of the best bits of this year in Reception





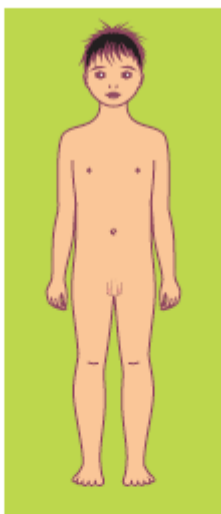
Year 1

Changing me

Weekly Celebration	Pieces	PSHE learning intention
Understand that everyone is unique and special	1. Life cycles	I am starting to understand the life cycles of animals and humans
Can express how they feel when change happens	2. Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same
Understand and respect the changes that they see in themselves	3. My Changing Body	I can tell you how my body has changed since I was a baby
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus
Know who to ask for help if they are worried about change	5. Learning and Growing Puzzle Outcome: Piece 5 Flowers	I understand that every time I learn something new I change a little bit
Are looking forward to change	6. Coping with Changes Assessment Opportunity ★	I can tell you about changes that have happened in my life

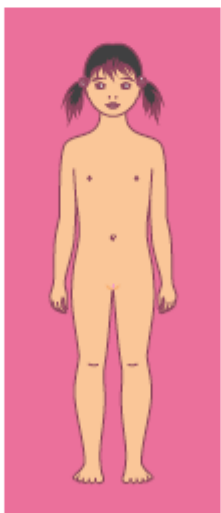


Jigsaw



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Jigsaw



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Tummy



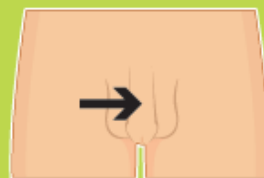
Feet



Belly Button



Nose



Penis



Head



Mouth



Fingers



Knees



Arm



Ear



Eyes



Vagina



Nipples



Testicles



Bottom



Anus



Breasts

Year 2

Changing me

Weekly Celebration	Pieces	PSHE learning intention
Understand that everyone is unique and special	1. Life Cycles in Nature	I can recognise cycles of life in nature
Can express how they feel when change happens	2. Growing from Young to Old	I can tell you about the natural process of growing from young to old and understand that this is not in my control
Understand and respect the changes that they see in themselves	3. The Changing Me	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private
Know who to ask for help if they are worried about change	5. Assertiveness	I understand there are different types of touch and can tell you which ones I like and don't like
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★	I can identify what I am looking forward to when I move to my next class



Year 2

Relationships

Weekly Celebration	Pieces	PSHE learning intention
Know how to make friends	1.Families	I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate
Try to solve friendship problems when they occur	2. Keeping Safe - exploring physical contact	I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not
Help others to feel part of a group	3. Friends and Conflict	I can identify some of the things that cause conflict with my friends
Show respect in how they treat others	4. Secrets	I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret
Know how to help themselves and others when they feel upset or hurt	5. Trust and Appreciation	I recognise and appreciate people who can help me in my family, my school and my community
Know and show what makes a good relationship	6. Celebrating My Special Relationships Puzzle Outcome: Relationship Flag/Bunting Assessment Opportunity ★	I can express my appreciation for the people in my special relationships



To find out more

- PSHE section of our website
- RHE Policy

