



# Relationship Sex Health Education (RSHE)

## Changing Adolescent Bodies Curriculum



### Year 1

Next week the whole school will be completing their curriculum work for Changing Adolescent Bodies. This curriculum is planned progressively across the school and taught age appropriately to each year group. Below you will find the overview of learning for your child's curriculum next week. If you would like to find out more information, please visit the school Friday 10<sup>th</sup> June, 09.00 a.m. Main Hall or visit the school website.

Year 1 – This is Me – Parent and Carer Learning and Curriculum Content Information				
When	What will the pupils be learning?	What words will the pupils learn?	What resources will be used?	How can you help your child at home?
Monday AM 13/6/22	L.O: to recognise the internal body parts	heart chest ribs lungs intestines organs internal body	<a href="https://www.youtube.com/watch?v=zKSqNLT8kAA&amp;t=6s">https://www.youtube.com/watch?v=zKSqNLT8kAA&amp;t=6s</a>  Organ cut outs	Ask your child about the functions of each organ. Can they identify it on their body?
Monday PM 13/6/22	L.O: to understand how to take care of a baby	baby care love feed change	Baby changing bag with nappies, wipes, dummy, baby milk	Look through baby photos of themselves and other family members. Discuss how they have changed. What can they do now that they couldn't do before?
Tuesday 14/6/22 AM session	L.O: to understand what bullying is	Bullying Teasing Unkind help	Bullying scenarios	Ask your child if they have ever been bullied? Who can they go to for help?
Tuesday 14/6/22 PM session	L.O: to identify who can help us in school	Bully Tease Unkind People help	Not now Bernard book	Who can they go to for help in school? How can you help someone being bullied? Who can they talk to about things which worry them?
Wednesday	L.O: to identify	Private parts	Diagram of a body showing body parts	Discuss what consent means.

15/6/22 AM session	private parts on the body	Body Trust Penis Vulva Buttocks Anus Testicles nipples	including private areas.	
Wednesday 15/6/22 PM session	L.O: to explain how to keep privates private	Private parts Body Underwear Safe PANTS	Underwear template for the children to design their own. The Queen's knickers book <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/</a>	Discuss the importance of keeping private area private. Nobody is allowed to see private area without permission. Doctor's may need to check you but will ask first.
Thursday 16/6/22 AM session	L.O: to explain how to keep privates private	Privacy Private parts Underwear Safe genitalia	Worksheet on needing the toilet identifying what you can do as a baby, toddler and now and the people who helped you at these life stages.	Discuss how they clean themselves after using the toilet. How did they learn to use the toilet independently, who helped them at home?
Thursday 16/6/22 PM session	L.O: to understand the difference between a surprise and secret	Secret Surprise safety	Secret and surprises story sheet. Scenario cards	Who can they talk to at home if they have a secret? School?
Friday 17/6/22 AM session	L.O: to understand what permission is	Permission Safety resilience	Not now Bernard book	Discuss situations when you need to give permission. When do you not give permission?

There have been several parent workshops already provided but due to low numbers in attendance we are providing more. If you would like to contact the school directly, please ask for Rachel Speed (Head of Education) or Lacey Leung (PSHE leader). Every day next week (w/b 13<sup>th</sup> June) there will be parent 'drop in' sessions whereby leaders will make themselves available to talk through any questions or provide materials to support learning at home.