



To Flourish & Grow

HOLY TRINITY C.E. PRIMARY SCHOOL
EIGHT ASH GREEN & ALDHAM

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LIFE
Education
Trust

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Dear Parents/Carers,

Relationships and Sex Education (RSE)

This term, children from Years 1 – 6 will be taking part in lessons covering aspects of Relationships and Sex Education (RSE) as part of our Personal, Social, Health and Economic (PSHE) curriculum. We have developed our own curriculum to ensure content is age-appropriate and meets the needs of our pupils.

Our RSE teaching is designed to help children understand their bodies, emotions, and relationships in a safe and supportive environment. The content is always delivered in an age-appropriate way, using correct terminology, child-friendly language, and clear, respectful discussions. **On the next page is a breakdown of the key topics and vocabulary that will be covered in each class.**

Each year group builds on prior learning, ensuring children develop an age-appropriate understanding of their bodies and relationships. If a question arises that is beyond the scope of the curriculum, teachers will encourage children to discuss these with parents/carers at home.

We recognise the importance of working in partnership with parents and carers and respect your right to withdraw your child from specific aspects of sex education (those not covered within the statutory Relationships and Health Education curriculum). If you have any questions or wish to discuss your child's participation, please contact your child's class teacher.

We hope you will support us in ensuring children receive clear, accurate, and appropriate information in a safe and supportive environment.

Kind regards,

Katie Welsh
Head of School



Progression of learning:

Willow Class (Year 1 only) & Beech Class (Years 1 & 2):

- Understand what ‘private’ means and what to do if they feel worried about something (including the NSPCC PANTS rules).
- Learn the correct names of body parts, including private parts (e.g. penis, vulva).
- Identify the difference between secrets and surprises and knowing when to seek help.

Chestnut Class (Years 3 & 4):

- Year 3: Understand how boys’ and girls’ bodies change as they grow up (basic puberty).
- Year 4: Understand some physical and emotional changes that occur during puberty.
- Year 4: Understand the process of the menstrual cycle (conception is explained in simple, biological terms relating to menstruation).

Maple Class (Years 5 & 6):

- Understand puberty in more detail, including menstruation and male body changes (conception is explained in simple, biological terms).
- Year 6 only: Understand the biological process of conception, pregnancy, and birth (animated videos are used to explain these processes in an age-appropriate way).

Progression of vocabulary:

Year 1 and 2	Year 3	Year 4	Year 5	Year 6
<i>excited</i>	<i>change</i>	<i>puberty</i>	<i>puberty</i>	<i>(see Year 5 vocab)</i>
<i>good</i>	<i>puberty</i>	<i>physical</i>	<i>cervix</i>	<i>sperm</i>
<i>happy</i>	<i>control</i>	<i>height</i>	<i>ovary</i>	<i>egg</i>
<i>surprise</i>	<i>change</i>	<i>breasts</i>	<i>fallopian tube</i>	<i>erection</i>
<i>secret</i>	<i>adult</i>	<i>genitals</i>	<i>uterus</i>	<i>fertilise</i>
<i>unhappy</i>	<i>bodies</i>	<i>penis</i>	<i>vagina</i>	<i>conception</i>
<i>worried</i>	<i>breasts</i>	<i>testicles</i>	<i>vulva</i>	<i>sexual intercourse</i>
<i>private</i>	<i>genitals</i>	<i>hips</i>	<i>urethra</i>	<i>relationship</i>
<i>private parts</i>	<i>penis</i>	<i>waist</i>	<i>opening</i>	<i>erection</i>
<i>penis</i>	<i>vulva</i>	<i>menstruation</i>	<i>vaginal opening</i>	<i>pregnancy</i>
<i>vulva</i>	<i>testicles</i>	<i>period</i>	<i>labia</i>	<i>development</i>
	<i>hips</i>	<i>egg</i>	<i>penis</i>	<i>commitment</i>
	<i>waist</i>	<i>ova</i>	<i>bladder</i>	<i>baby</i>
	<i>shoulders</i>	<i>ovaries</i>	<i>testicle</i>	<i>love</i>
		<i>fallopian tube</i>	<i>sperm</i>	<i>care</i>
		<i>uterus</i>	<i>duct</i>	
		<i>womb</i>	<i>scrotum</i>	
		<i>bleeding</i>	<i>breasts</i>	
		<i>lining</i>	<i>nipples</i>	
		<i>sanitary products</i>	<i>menstruation</i>	