



Grove House Primary School, Myers Lane, Bradford, BD2 4ED

Telephone: (01274) 636921 Email: office@ghps.paymat.org Website: <https://grovehouseprimary.co.uk>

Pennine Academies Yorkshire <https://paymat.org/>

Relationship and Health Education (RHE)

Each week all children take part in a PSHE lesson (personal, social, health and economics) from Nursery to Year Six. At Grove House we follow the SCARF curriculum. As part of this the RHE (relationship and health education) curriculum is covered. One of the units in PSHE is called 'Growing and changing' this is usually covered in the Summer Term. Year 5 will have a yearly puberty talk from an external expert.

As part of this document we have included what the children will learn and in what year group and the vocabulary that goes alongside. It is important children learn the correct terms for body parts in order to keep themselves safe.

Mr Wickett leads PSHE across school and will be delivering some workshops in the Autumn Term. We value parental feedback and would love lots of parents to attend.

Year groups	Objectives covered:	Vocabulary
Nursery	<p>Talk about the similarities and differences between the males and females.</p> <p>Begin to play inclusively with their friends, regardless of their sex (if not already doing so).</p> <p>Think differently and more openly about what a family may look like.</p>	<p>Change</p> <p>Family</p> <p>Relationships</p> <p>Life cycles</p> <p>Keeping safe</p> <p>Privacy</p> <p>Gender</p> <p>Safeguarding</p> <p>Safety</p> <p>Male</p> <p>Female</p>
Reception	<p>Explain that a baby is made by a woman and a man, and grows inside a mother's tummy.</p> <p>Understand that every family is different.</p>	<p>Life cycles</p> <p>Growing up</p> <p>Childhood</p> <p>Babies</p>



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	<p>Talk about similarities and differences between themselves and others.</p>	<p>Pregnancy Children Teenagers Adults Self-esteem Body parts Privates Penis/testicles Vagina/vulva</p>
Year 1	<p>Taking care of a baby – Children will understand some of the tasks required to look after a baby, and how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing and feeding.</p> <p>Then and now – Children will start to identify things they could do as a baby and toddler as well as things they can do now. They can identify the people who help or helped them at these different stages.</p> <p>Keeping privates private – Children will be able to identify parts of the body that are private and ways in which they can be kept private. They can identify people that it's OK to talk to about their private parts.</p>	<p>privates penis vulva hygiene sore doctor private activity/places body autonomy</p>
Year 2	<p>My body your body – Children will recall which parts of their body are private. They will understand that genitals help make babies when we are older, and know that we mostly have the same body parts, but how they look is different from person to person.</p> <p>Haven't you grown? Children will be shown how to identify different stages of growth (e.g. baby, toddler, child, teenager, and adult) and describe some of the things that people are capable of at these different stages.</p>	<p>unique special penis testicles vulva nipples private parts body autonomy</p>



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		<ul style="list-style-type: none"> sperm eggs ovaries womb pregnancy
Year 3	Children will understand what is meant by the term body space (or personal space), identify when it is appropriate or inappropriate to allow someone into their body space, and rehearse strategies for when someone is inappropriately in their body space.	<ul style="list-style-type: none"> personal invade uncomfortable stop touch
Year 4	<p>My feelings are all over the place! Children understand how the onset of puberty can have an emotional as well as physical impact, recognise that this may lead to conflict with parents and learn how to compromise.</p> <p>My changing body – Children recall that babies come from the joining of an egg and sperm; and are introduced to some puberty changes, including menstruation, using the correct vocabulary.</p> <p>All Change! Children recall parts of the body that males and females have in common and those that are different, using the correct terminology for genitalia, and explain why puberty happens.</p>	<ul style="list-style-type: none"> hormones puberty periods menstrual cycle menstruation pad tampons menstruation cup testicles hips spots sweat genitals pubic hair voice deepens ovaries



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		breasts vagina fallopian tube
Year 5	<p>Preparing for changes - Children will explain how human reproduction (not intercourse) occurs; know how and why periods and wet dreams occur, and how to manage both successfully.</p> <p>I'm a teenager, get me out of here! Children recall that puberty is an emotional as well as a physical change, how and why mood swings occur and how to manage their strong feelings.</p>	scrotum testicles foreskin anus menstrual cycle eggs sperm semen wet dream erection stretch marks crush penis masturbation wet dreams wearing a bra body anxiety hair removal FGM
Year 6	<p>Children will apply their knowledge of the physical and emotional changes experienced during puberty and list strategies that would help someone who felt challenged by these changes.</p> <p>Children will understand the risks of sharing images online and how these are hard to control, once shared; that people can feel</p>	puberty FGM periods spots



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	<p>pressured to behave in a certain way because of the influence of the peer group, and that understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.</p>	<p>voice deepening period products vulva</p>
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