



Athersley South Primary School

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Dear Parents/Carers,

As you may be aware Relationships and Health Education has become compulsory in all primary schools. This guidance will enhance our existing PSHE curriculum.

At Athersley South Primary School PSHE is a developmental programme of learning through which children acquire the knowledge, understanding and skills they need to positively manage their lives now and in the future.

Learning in PSHE focuses on forming and managing healthy, positive relationships, how to keep themselves and others safe, including the online world, and how to make informed, healthy choices about their lifestyle and own physical and mental well-being.

There are 6 units of PSHE taught annually from Y1-Y6:

- Autumn 1 – Rules and Responsibilities;
- Autumn 2 – Anti-Bullying and E-safety;
- Spring 1 – Relationships;
- Spring 2 - Me and my Body;
- Summer - 1 Keeping Healthy;
- Summer 2 - My Money.

Key themes running through all our PSHE work are:
respect, responsibility, reasoning and resilience.

We want all our pupils to develop knowledge and skills to make safe, healthy and kind choices now and in their futures.

Ahead of teaching the new units, which has been delayed slightly due to school closures, we want to share the specific units that will be covered in each year group and give you an opportunity to ask questions you may have.

There are a few small additions to our PSHE curriculum. Firstly, during the Autumn term children will learn about their special people, family and friends and how these relationships change as they grow older and how to form and maintain positive relationships based on mutual respect and compromise This includes an understanding that families can look different to their own but all have love and care at their centre.

During the Spring term, the 'Me and My Body' unit will cover the topics shown in the image opposite. In line with government guidance, the correct names for all parts of the body will be used from Year 2: we believe this gives our children confidence to understand and talk about their growing and changing bodies.

Science education on human development continues to be compulsory; sex education will continue to be delivered with Y5 focusing on the details of puberty and Y6 learning about reproduction and conception. Parents continue to have the right to withdraw their children from specific elements of sex education only but, as always, we would welcome a conversation with you around the topics covered if you have any concerns.

Reception Our Lives

Lesson 1: **Our Day**
Lesson 2: **Keeping Ourselves Clean**
Lesson 3: **Families**

Year 1 Growing and Caring For Ourselves

Lesson 1: **Keeping Clean**
Lesson 2: **Growing and Changing**
Lesson 3: **Families and Care**

Year 2 Differences

Lesson 1: **Differences: Boys and Girls**
Lesson 2: **Differences: Male and Female**
Lesson 3: **Naming the Body Parts**

Year 3 Valuing Difference and Keeping Safe

Lesson 1: **Differences: Male and Female**
Lesson 2: **Personal Space**
Lesson 3: **Family Differences**

Year 4 Growing Up

Lesson 1: **Growing and Changing**
Lesson 2: **What is Puberty?**
Lesson 3: **Puberty Changes and Reproduction**

Year 5 Puberty

Lesson 1: **Talking about Puberty**
Lesson 2: **Male and Female Changes**
Lesson 3: **Puberty and Hygiene**

Year 6 Puberty, Relationships and Reproduction

Lesson 1: **Puberty and Reproduction**
Lesson 2: **Understanding Relationships**
Lesson 3: **Conception and Pregnancy**
Lesson 4: **Communication in Relationships**

In the summer term, our 'Keeping Healthy' unit focuses on good physical health but also incorporates a wider understanding of good mental health and the benefits of and importance of daily exercise, good nutrition and sufficient sleep so children understand what influences their happiness and ability to care for themselves and others.

We are committed to providing a PSHE education that equips pupils with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. If you have any questions regarding this please contact school where I will be happy to share resources and discuss content with you.

Kind Regards,

Mrs C. Belfield.