



# Downton Church of England VA Primary School

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Headteacher: Mrs Paula Carlton BA (Hons) QTS NPQH

Deputy Headteachers: Mrs A Bates BA (Hons) QTS & Mrs M Ford BA (Hons) QTS



Wednesday 21<sup>st</sup> June 2023

## Relationships, Health and Sex Education

Dear parents,

As a part of your child’s educational experience at Downton, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Economic (PSHE) education that gives children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. This term, children will be taught PSHE lessons which will cover aspects of ‘Relationships, Health and Sex Education’ (RSHE).

At Downton, we will be using the Christopher Winters resources to support the teaching of RHSE; these meet the requirements of Statutory Guidance released from the Department for Education on Relationships Education, Relationships and Sex Education (RSE) and Health Education. The resources are used from Reception through to Year 6. Below, is an overview of lessons in each year group. The lessons are designed as part of a spiral curriculum so children build on their knowledge and understanding each year.

Reception	Family and Friendships Lesson 1: Caring Friendships Lesson 2: Being Kind Lesson 3: Families
Year 1	Growing and Caring for Ourselves Lesson 1: Different Friends Lesson 2: Growing & Changes Lesson 3: Families & Care
Year 2	Differences Lesson 1: Difference Lesson 2: Male and Female Animals Lesson 3: Naming Body Parts
Year 3	Valuing Difference and Keeping Safe Lesson 1: Body Differences Lesson 2: Personal Space Lesson 3: Help and Support
Year 4	Growing Up Lesson 1: Changes Lesson 2: What is Puberty? Lesson 3: Healthy Relationships
Year 5	Puberty Lesson 1: Talking about Puberty Lesson 2: The Reproductive System Lesson 3: Help and Support
Year 6	Puberty, Relationships and Reproduction Lesson 1: Puberty and Reproduction Lesson 2: Communication in Relationships Lesson 3: Families, Conception & Pregnancy Lesson 4: Online Relationships



The teaching of RSHE will be blocked **starting the week beginning the 10<sup>th</sup> July**. We have also organised a visit from our school nurse for Year 5 on the 26<sup>th</sup> June to further strengthen the teaching of RSHE. If you require further information about the content of RHSE, please see the RHSE policy on the school website.

All teaching in PSHE will take place in a safe learning environment and be underpinned by our school values of peace, love and joy.

If you have any further questions, please contact Miss Till via [admin@downton-pri.wilts.sch.uk](mailto:admin@downton-pri.wilts.sch.uk) prior to the above dates.

Kind regards,  
Miss Till

