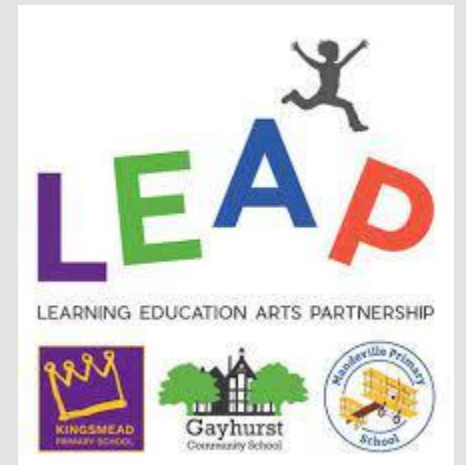
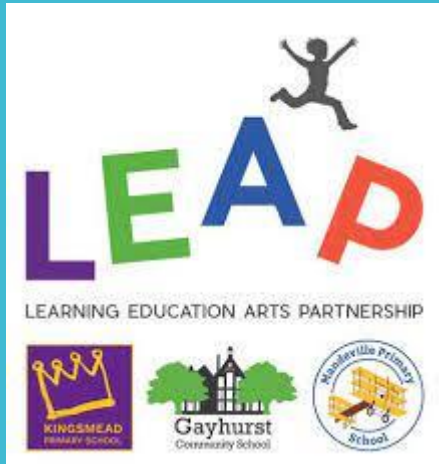


Getting our PSHE education ready for statutory Relationships Education, Health Education and the new Ofsted framework

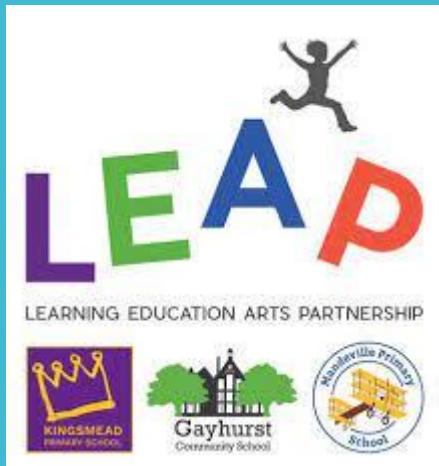
LEAP Federation schools





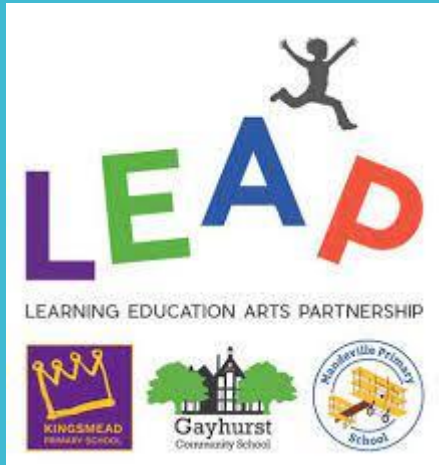
We aim to inform you of:

- the school's legal obligations on Relationships and Sex Education (now and from 2020)
- your rights as a parent/carer
- how, what, why and when we intend to teach children



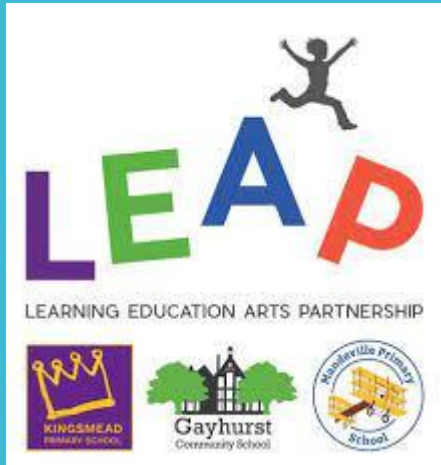
What does the new statutory guidance cover?

- The **Health Education** and **Relationships Education** aspects of PSHE (personal, social, health and economic) education will be compulsory in all primary schools from September 2020.
- The Department for Education published [statutory guidance for Health Education, Relationships Education and RSE](#) in June 2019.
- **This covers broad areas of particular relevance and concern to children and young people today.** It should ensure that every child is guaranteed a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.



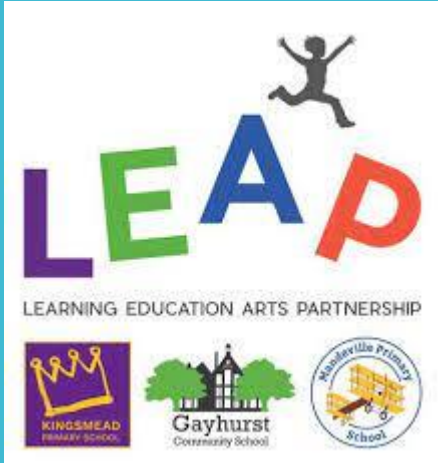
What about sex education?

- These new statutory requirements do not extend to **sex education** at KS 1 and 2 (beyond the biological/reproductive aspects schools are already required to cover in science)
- However, the Department for Education '*continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils*'
- Where schools provide sex education at key stages 1 and 2, parents will have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education



What about sex education?

- In LEAP Federation schools we have already taught RSE in previous years. We have now moved to a new primary resource to deliver our PSHE and RSE curriculum.
- The primary resource used during PSHE lessons is the Jigsaw Scheme. This scheme was chosen because it is a comprehensive scheme of work that uses a spiral curriculum.



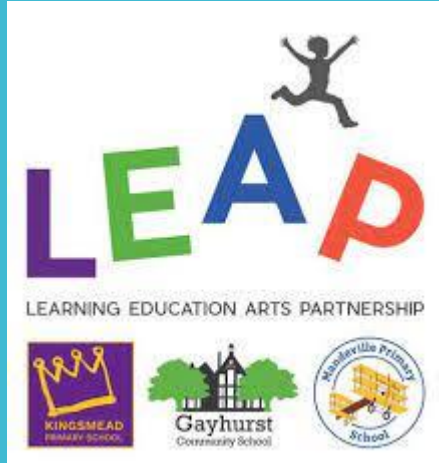
What is Jigsaw?

- **A whole-school PSHE programme comprising:**
 - A comprehensive and completely original scheme of work for ages 3 to 16
 - PSHE (Personal, Social, and Health Education) Includes statutory Relationships and Health Education
 - A detailed weekly lesson plan for all year groups, including all teaching resources
 - The Jigsaw Approach, underpinned by mindfulness
 - Assemblies, Jigsaw Friends, Jigsaw Chimes, original music and songs



The mindful approach to PSHE

RSE is taught through the units Relationships and Changing Me which are taught in Summer Term in each year group.



Relationships, Puberty and Reproduction in Jigsaw 3-11

RELATIONSHIPS

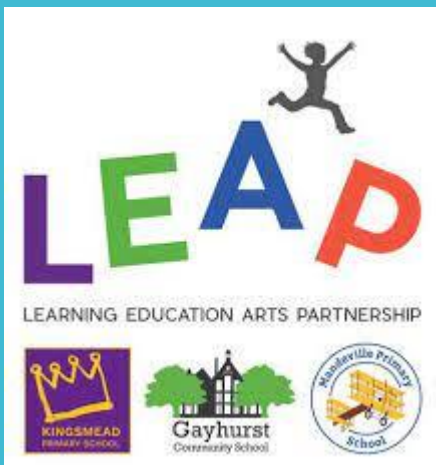


- Families
- Friendships
- Love and Loss
- Memories
- Grief cycle
- Safeguarding and keeping safe
- Attraction
- Assertiveness
- Conflict
- Own strengths and self-esteem
- Cyber safety and social networking
- Roles and responsibilities in families
- Stereotypes
- Communities

CHANGING ME



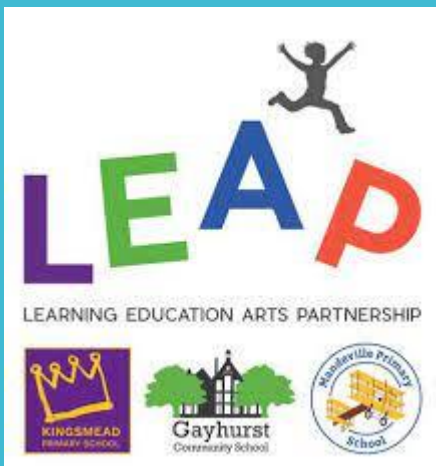
- * Life cycles
- * How babies are made
- * My changing body
- * Puberty
- Growing from young to old / Becoming a teenager
- Assertiveness
- Self-respect
- Safeguarding
- Family stereotypes
- Self and body image
- Attraction
- Change / Accepting change
- Looking ahead / Moving class



RSE elements taught through the Jigsaw scheme

Puberty and Human Reproduction in Jigsaw 3-11

FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)

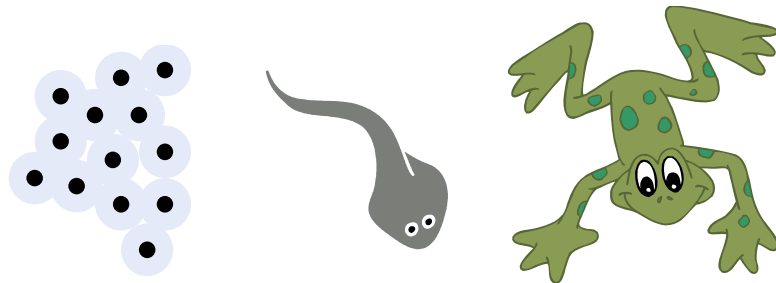
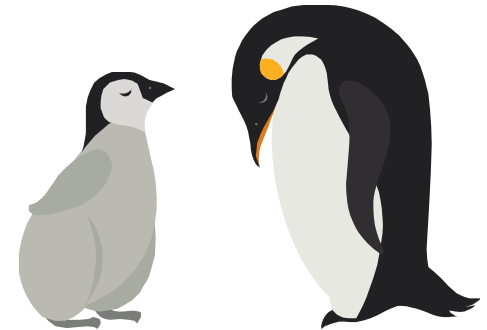
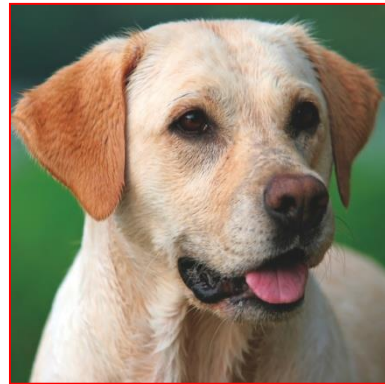
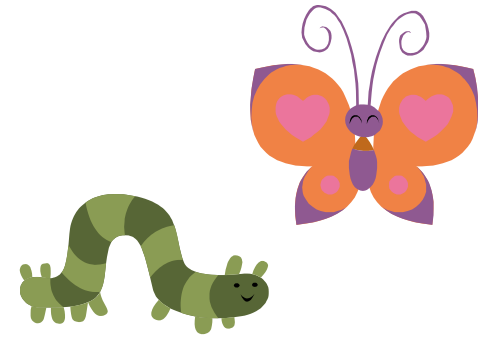


RSE elements taught through the Jigsaw scheme

Puberty and Human Reproduction in Jigsaw 3-11		
Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)
	Girls and puberty	How a girl’s body changes so that she can have a baby when she’s an adult – including menstruation (animations used – the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect US (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)

- Conception is introduced age appropriately in Y4 in the context of why our bodies change during puberty. Note that one lesson in Y4 is called Puberty for girls, this doesn’t exclude the boys, it covers them too, but the main focus is on menstruation.
- Conception and puberty is built upon in Year 5 and then puberty, conception and childbirth is covered in more detail (but still age-appropriately) in Y6 with a chance for single gender group lessons.
- When moving to secondary school Sex Ed is compulsory so there is an expectation that children will be moving into Y7 with some knowledge.

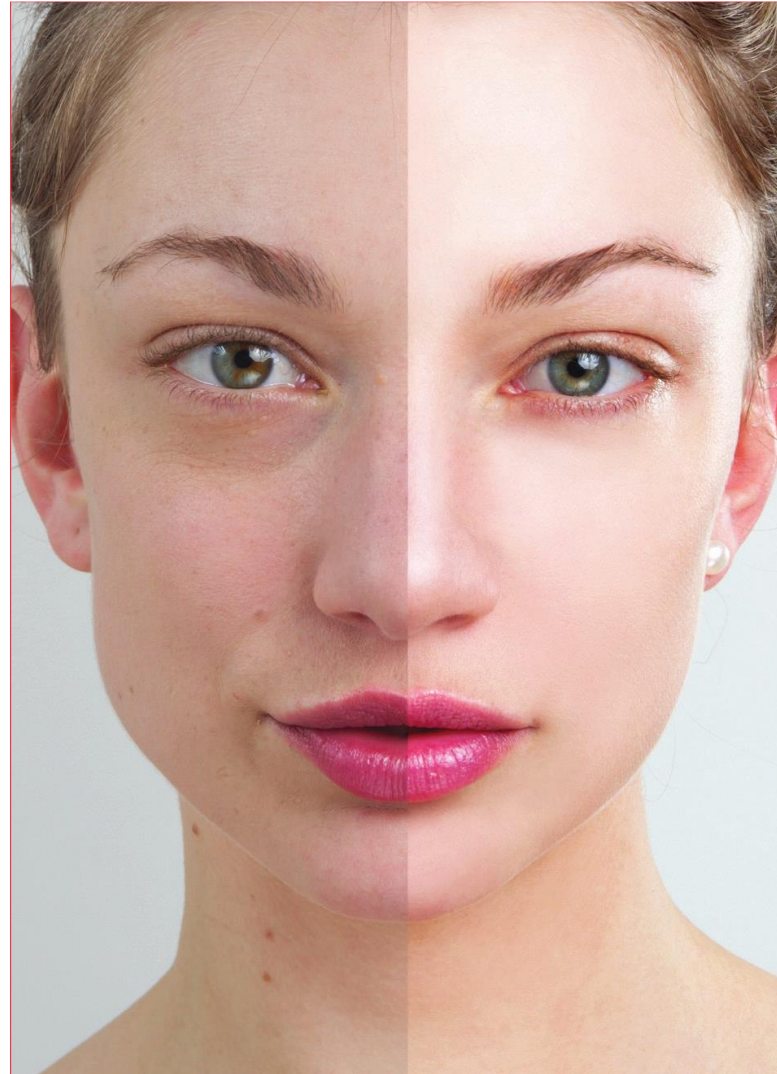
Some example materials from Jigsaw – Year 1



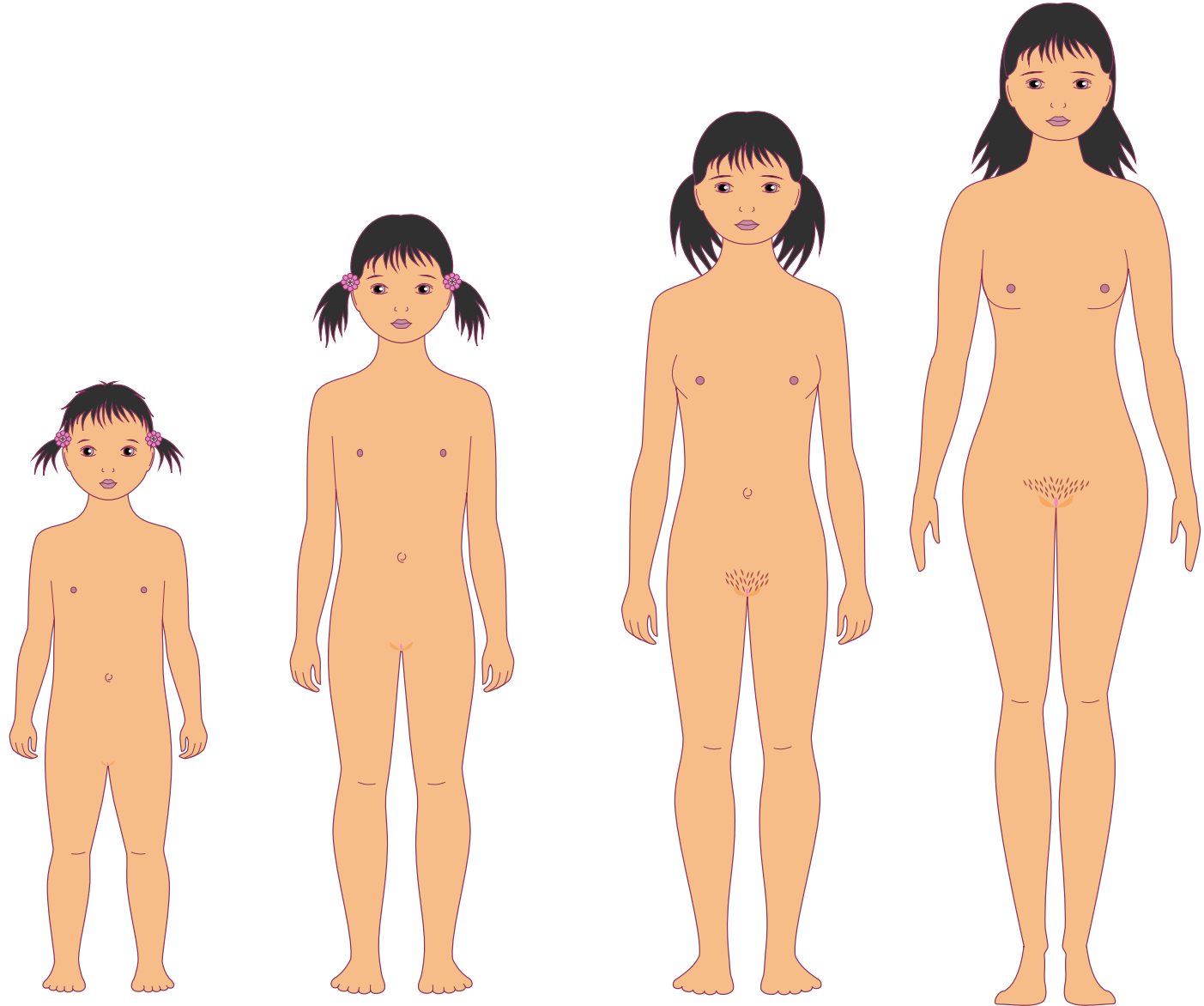
Example relationships resource for Year 1



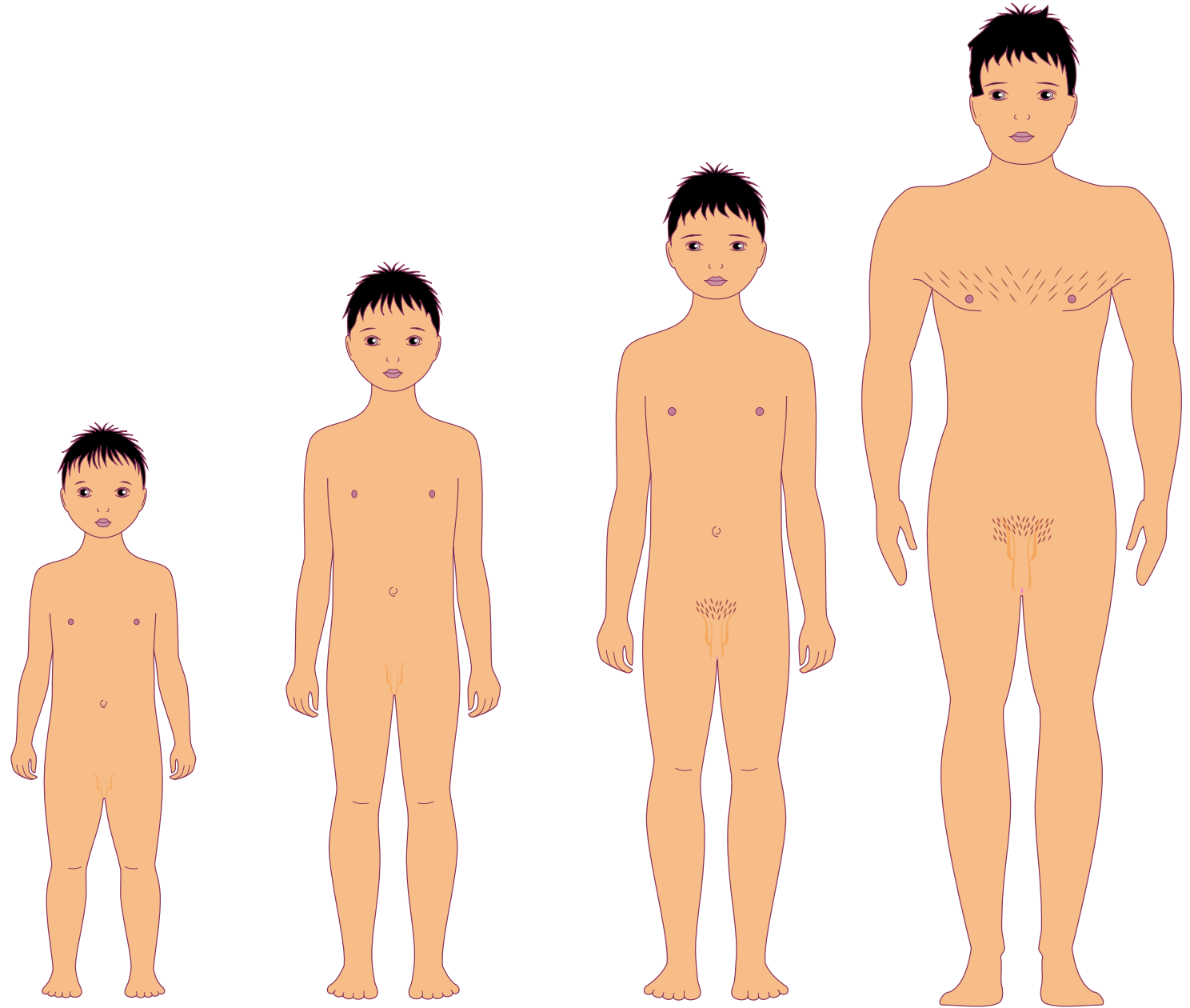
Example of a
Year 5 resource –
body image and
self esteem/
exploring the
impact of social
media on mental
health



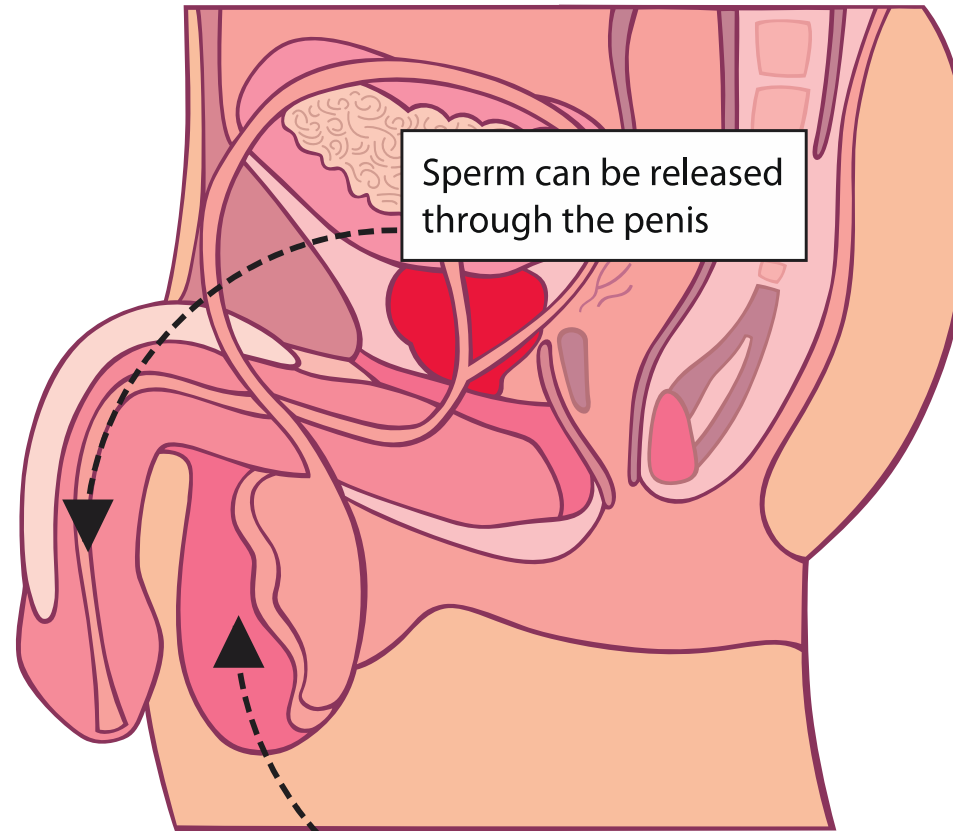
Year 5 and 6
resource -
outside
changes for
girls



Year 5 and 6
resource –
outside
changes for
boys



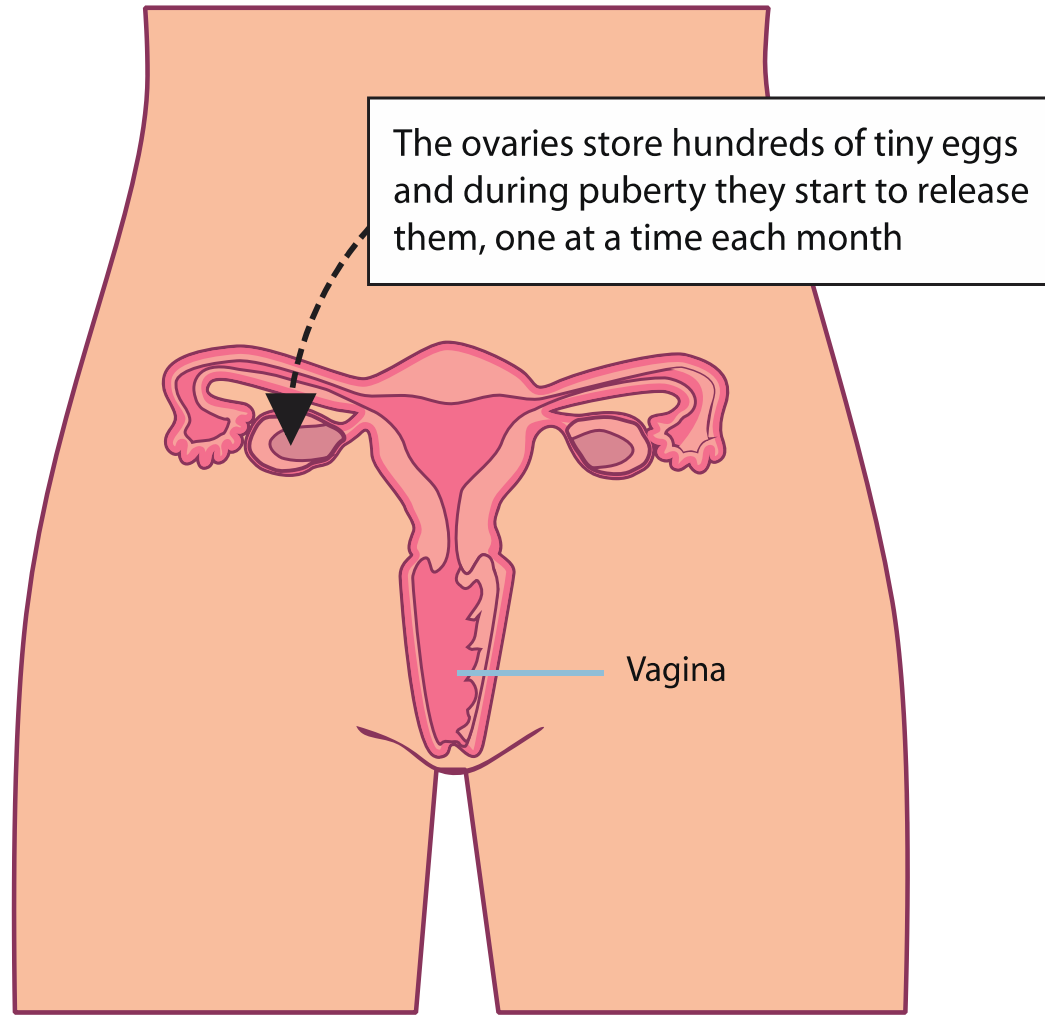
Example of one of the Year 5 and 6 resources – inside body changes for boys



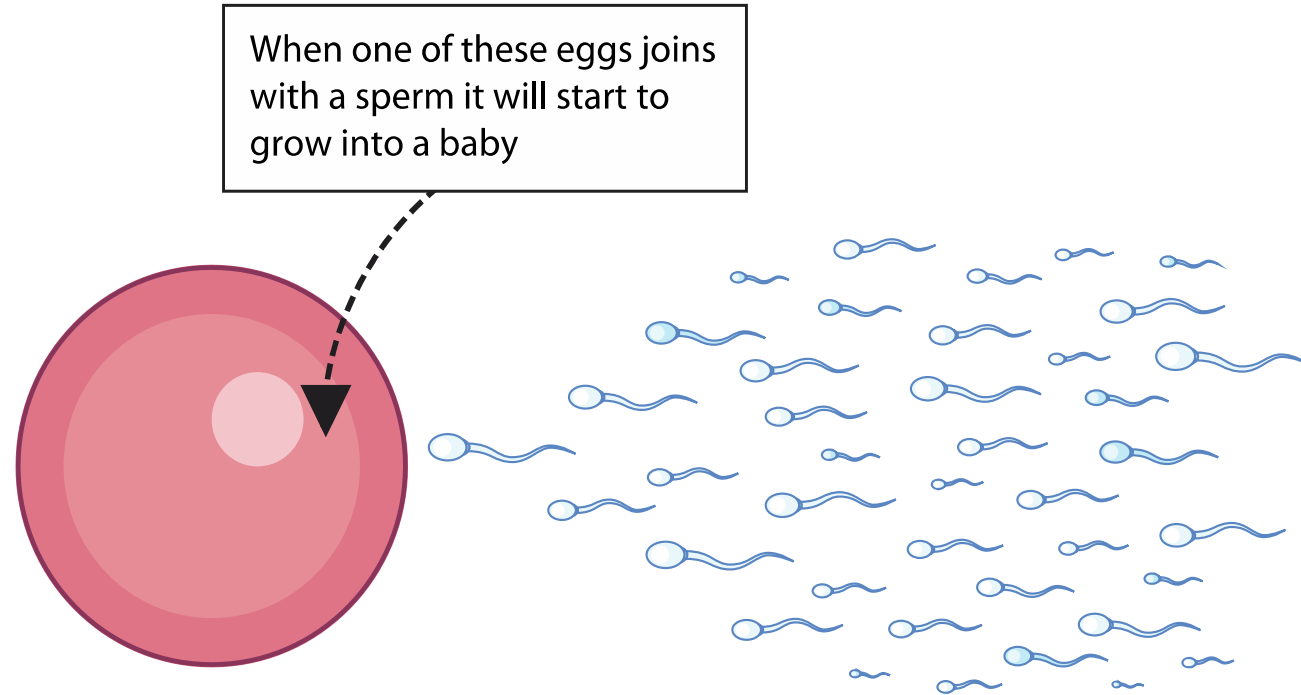
Sperm can be released through the penis

The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

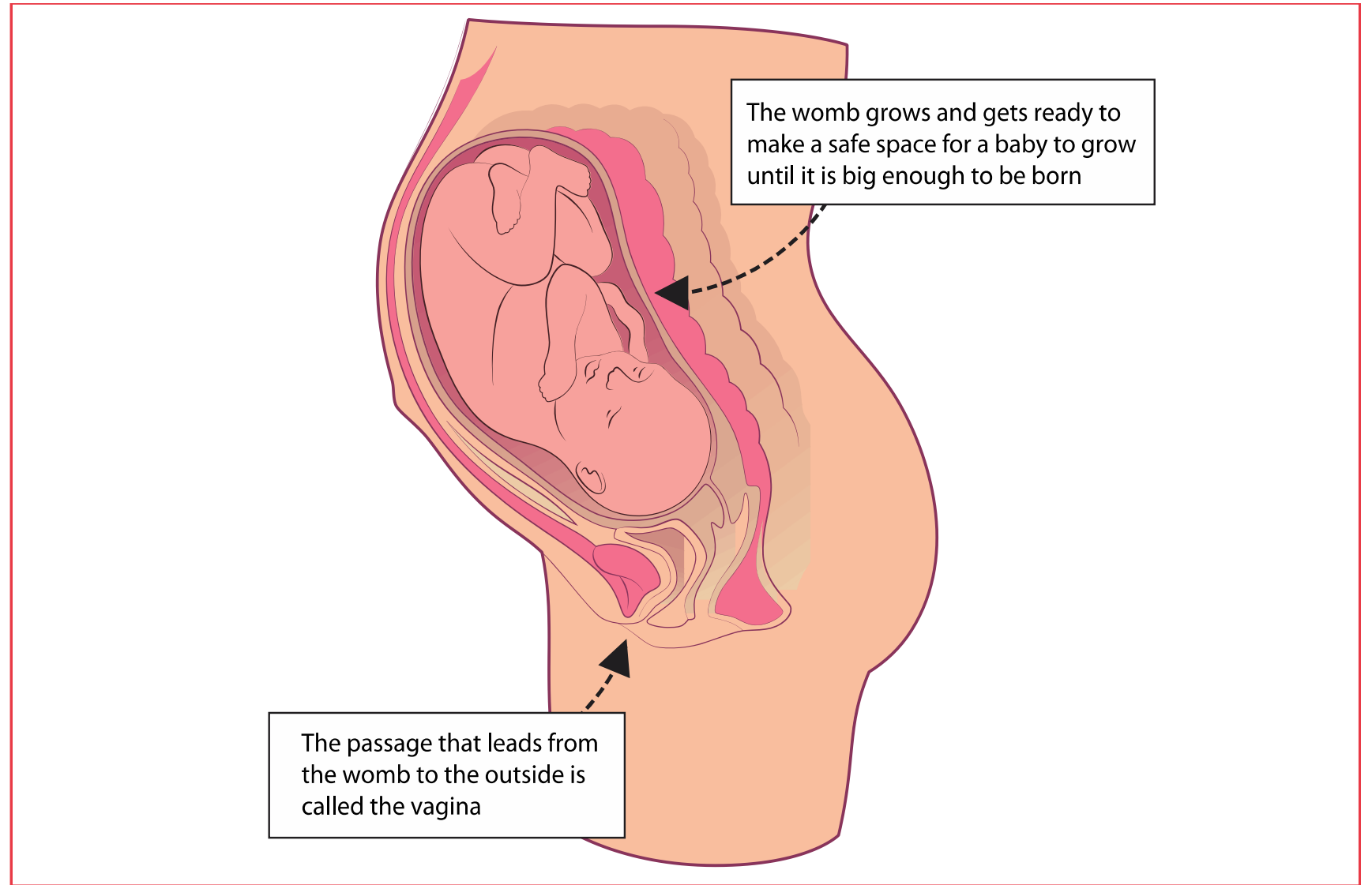
Example of
one of the year
5 and 6
resources –
inside changes
for girls

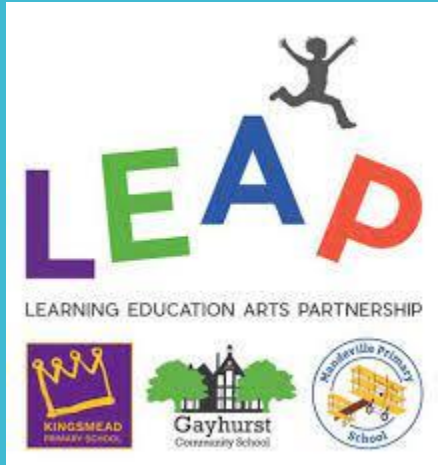


Example of a
Year 5 resource
- conception



Example of a Year 5 resource conception and childbirth





Rights to withdraw

Parents have right to request that their child be withdrawn from some or all of the sex education delivered as part of the new statutory RSE curriculum.

There is no right to withdraw from Relationships Education at primary or secondary or reproduction of mammals taught as part of the science curriculum in KS2.

Any requests to withdraw should be made to the headteacher.