



**Head Teacher: Miss Lois Clarke**

📍 Litton Rd, Mansfield Woodhouse, Notts. NG19 9PB

📞 01623 460366 ✉ office@peafieldlaneacademy.co.uk

Dear Parents/Carers,

At Peafield Lane Academy, we use JIGSAW program which is a fully compliant with the DfeE statutory Relationships and Health Education Guidance 2025, to teach our PSHE curriculum. This mindful approach to PSHE consists of 6 half-term units, each unit has 6 lessons we call jigsaw 'puzzles'. The following units are as followed –

1. Being Me in My World,
2. Celebrating Difference,
3. Dreams and Goals,
4. Healthy Me,
5. Relationships
6. Changing me.

Health and Relationship Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils. The Health and Relationship curriculum content is woven throughout the entire programme of Jigsaw, with a specific focus within the 'Healthy Me' and 'Relationships' Puzzles.

In the Early Years and Key Stage 1, the focus is on life cycles, valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.

In Key Stage 2, there is a particular focus on the Health Education element of puberty (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions. At Peafield Lane, we define 'Sex Education' as understanding human reproduction. Sex Education is part of our PSHE/RSE curriculum and we teach it through the Jigsaw 'Changing Me' topic. Please note that animal reproduction is a statutory element of the Year 5 Science curriculum.

## The right to withdraw

As parents, you have the right to withdraw your child from the non-statutory elements of our teaching. These will be the lessons on human reproduction (please refer to the contents table below for the exact lessons). You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please speak to your class teacher.

## What will my child be taught about puberty and human reproduction?

The Jigsaw unit 'Changing Me' is taught in the Summer Term and contains 6 pieces (lessons). Each year group will be taught appropriate to their age and developmental stage. We will not teach beyond the remit of the year group.

If questions are asked that the teacher feels are not age appropriate or are beyond the content for that year group, they will consult with parents about how to address this either at home or on an individual basis. The table below only covers the lessons (pieces) that relate to life cycles, the human body, puberty and human reproduction. **The lessons (pieces) that parents are able to withdraw their children from are highlighted in red font.**

PLA Year group	Piece (lesson) Number and Name	Learning Intentions relating to Puberty and Human Reproduction
<b>Ages 3-4</b> <b>Nursery</b>	Piece 3 Growing Up	<ul style="list-style-type: none"><li>● I understand that we all start as babies and grow into children and then adults</li></ul>
	Piece 4 Growth and Change	<ul style="list-style-type: none"><li>● I know that I grow and change</li></ul>
<b>Ages 4-5</b> <b>Acorns</b>	Piece 1 My Body	<ul style="list-style-type: none"><li>● I can name parts of my body</li></ul>
<b>Ages 5-6</b> <b>Year 1</b>	Piece 1 Life Cycles	<ul style="list-style-type: none"><li>● I am starting to understand the life cycles of animals and humans</li><li>● I understand that changes happen as we grow and that this is OK</li></ul>
	Piece 2 Changing Me	<ul style="list-style-type: none"><li>● I can tell you some things about me that have changed and some things about me that have stayed the same</li><li>● I know that changes are OK and that sometimes they</li></ul>
	Piece 3 My Changing Body	<ul style="list-style-type: none"><li>● I can tell you how my body has changed since I was a baby</li><li>● I understand that growing up is natural and that everybody grows at different rates</li></ul>

	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>● I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</li> <li>● I respect my body and understand which parts are private</li> </ul>
<b>Ages 6-7</b>  <b>Year 2</b>	Piece 1 Life Cycles in Nature	<ul style="list-style-type: none"> <li>● I can recognise cycles of life in nature</li> <li>● I understand there are some changes that are outside my control and can recognise how I feel about this</li> </ul>
	Piece 2 Growing from Young to Old	<ul style="list-style-type: none"> <li>● I can tell you about the natural process of growing from young to old and understand that this is not in my control</li> <li>● I can identify people I respect who are older than me</li> </ul>
	Piece 3 The Changing Me	<ul style="list-style-type: none"> <li>● I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</li> <li>● I feel proud about becoming more independent</li> </ul>
	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>● I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus, breast, nipples) and appreciate that some parts of the body are private</li> <li>● I can describe what I like/don't like about being a boy/girl</li> </ul>
<b>Ages 7 - 8</b>  <b>Year 3</b>	Piece 1 How Babies Grow	<ul style="list-style-type: none"> <li>● I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby</li> <li>● I can express how they feel when they see babies or baby animals</li> </ul>
	Piece 2 Outside Body Changes	<ul style="list-style-type: none"> <li>● I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</li> <li>● I can identify how boys' and girls' bodies change on the outside during this growing up process (introduce term puberty)</li> <li>● I can recognise how I feel about these changes happening to me and know how to cope with those feelings</li> </ul>
	Piece 3 Inside Body Changes	<ul style="list-style-type: none"> <li>● I can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/ Ova, womb/uterus, vagina and period)</li> <li>● I can recognise how they feel about these changes happening to them and how to cope with these feelings .</li> </ul>
<b>Ages 8-9</b>	Piece 1 Unique Me	<ul style="list-style-type: none"> <li>● I understand that lots of things make up a person's identity and this is what makes them unique</li> </ul>

<b>Year 4</b>		<ul style="list-style-type: none"> <li>I can describe how I will have choices about developing my own identity and interests as I grow up and that these will contribute to who I am</li> </ul>
	Piece 2 Puberty and Menstruation	<ul style="list-style-type: none"> <li>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> <li>I know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty</li> </ul>
	Piece 3 Being Part of A Family	<ul style="list-style-type: none"> <li>I know there are many types of family and that often our family members form part of our inner circle</li> <li>I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty</li> <li>I know that sometimes I may feel anxious about growing up and this is normal. There are people who can support me</li> </ul>
Age 9–10 Year 5	Piece 2 Puberty for Girls	<ul style="list-style-type: none"> <li>explain how girls' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>understand that puberty is a natural process that happens to everybody and that it will be OK for them</li> </ul>
	Piece 3 Puberty for Boys	<ul style="list-style-type: none"> <li>I can describe how boys' and girls' bodies change during puberty</li> <li>I can express how I feel about the changes that will happen to me during puberty</li> </ul>
	Piece 4 Conception <b>Parents have the right to withdraw children from this session as it is classed as human reproduction</b>	<ul style="list-style-type: none"> <li>I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby</li> <li>I appreciate how amazing it is that human bodies can reproduce in these ways</li> </ul>
Age 10 – 11 Year 6	Piece 2 Puberty	<ul style="list-style-type: none"> <li>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</li> <li>I can express how I feel about the changes that will happen to me during puberty</li> </ul>

	Piece 3 Babies – Conception to Birth <b>Parents          have the right          to withdraw          children from          this session as          it is classed as          human          reproduction.</b>	<ul style="list-style-type: none"> <li>● I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</li> <li>● I recognise how they feel when they reflect on the development and birth of a baby</li> </ul>
	Piece 4 Boyfriends and Girlfriends	<ul style="list-style-type: none"> <li>● I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</li> <li>● I understand that respect for one another is essential in a boyfriend/girlfriend relationships and that I should not feel pressured into doing something I don't want to.</li> </ul>

### **We are eager to work in partnership with parents**

Please be aware that your child may ask you questions on what they have learnt. There is a leaflet on our school website which gives tips on how to talk to your child about puberty and human reproduction.

We hope that the information we have provided is useful in understanding what your child will be learning in their PSHE / RSE curriculum.

Please refer to our PSHE policy for further information.

If you have any further questions, please contact your child's teacher.

Yours sincerely,

Miss Dowsing

Personal Development and PSHE / RSE Lead