

ALL SAINTS' CHURCH OF ENGLAND PRIMARY SCHOOL

Dogsthorpe Road, Peterborough PE1 3PW Telephone: 01733 563688



Headteacher: Mrs R Hutchinson

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Loving to learn, learning to love

Dear Parent/Carer,

Re: Year 1 Relationships Education and Health Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school.

There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available from the school's website.

We will shortly be beginning some work in Year 1 about '**Healthy and safer lifestyles**'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Healthy and safer lifestyles' topic covers some elements of Relationships Education and Health Education.

Your children will be engaging with the following outcomes and questions as part of this work:

Week 2 WB 14/06/21:

What can my amazing body do?

To be able to describe what their bodies can do.

Give examples of what their body can do.

Give reasons why their body is amazing.

- We will be identifying gifts and talents within the classes.
- We will be focussing on gross motor activities (e.g. skipping and running).
- We will be focussing on fine motor activities (e.g. using peg boards and bead strings).
- Children will be drawing a picture of themselves and identifying things their amazing bodies can do.

Week 3 WB 21/06/21:

What are the names of the main body parts?

To be able to recognise the main external parts of the bodies of humans.

Use names of external parts of the body, such as leg or elbow, with confidence.

Use the words male and female.

- We will be focussing on what private means, and 'what is under our pants is private'.
- We will not refer to specific names of male and female private parts, but refer to them generally as 'private parts'.
- Children will have an outline of a clothed child's body and will use labels to identify the external body parts.
- Children will label a clothed male and female child's outline with some of the external body parts discussed in the lesson (private parts vocabulary only).

Week 4 WB 28/06/21:

When am I in charge of my actions and my body?

To be able to understand that they have responsibility for their body's actions.

To be able to understand that their body belongs to them.

Give an example of how they can be in control of their body.

Know that my private parts are private to them.

- We will be using a puppet to describe situations where a child is being hurt or annoyed by other people's actions and how the people in this situation would feel.
- We will use The Colour Monster story book to recap emotions and feelings. You can view it at: <https://www.youtube.com/watch?v=W6wIEp-M4tg>
- Children will be designing their own pants to represent an area we call our private parts.
- We will be using the NSPCC 'Pantosaurus' song. You can view it at: <https://www.youtube.com/watch?v=-lL07JOGU5o>
- For further information, you may also want to refer to: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>
- The focus is on keeping safe, and telling a trusted adult if they are worried.
- The lesson also focusses on what are safe and unsafe secrets, and reinforces the idea of telling a trusted adult in order to keep themselves safe.



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Week 5 WB 05/07/21:

How can I keep my body clean?

To know how to keep themselves clean.

Give two examples of thing they can do to keep myself clean at home.

Give two examples of things they can do to keep myself clean at school.

- We will discuss ways that they keep ourselves clean at home or in school.
- We will explain the importance of upholding good hygiene.
- Children will be drawing objects of things they can use to keep themselves clean in the morning and at night time.
- Children will be creating a poster on how to maintain good hygiene in school.
- Children will receive their own toothbrush and toothpaste tube.

Week 6 WB 12/07/21

How can I avoid spreading common illnesses and diseases?

To understand the importance of basic hygiene practices, e.g. washing hands, using a tissue, and how this prevents the spread of disease.

Name a way that they can prevent the spread of germs.

- Teacher will demonstrate the transmission of germs through using glitter.
- We will discuss how they can stop germs from spreading, such as washing hands.
- Children will look at and discuss different situation cards of poor hygiene practice and how they could prevent the spread of germs.

We encourage you to discuss these areas with your children before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.

There are no elements of non-statutory sex education taught in Year 1.

Please contact the Head Teacher if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact a teaching member of staff in year 1.

Yours faithfully,

Miss Potter and Miss Sementa

Year 1 Class Teachers

