Tredington Primary School
Tredington
Tewkesbury
GL20 7BU
Tel: 01684 293617

Head Teacher: Mrs E Watton
admin.TPS@glatrust.org.uk

28th April 2026

Dear Parents/Carers,

Please read this information carefully as it contains curriculum coverage for the teaching of Relationships Education, Health Education and Sex Education over the next few weeks/terms.

From September 2020, Relationships and Health Education became compulsory in all primary schools and parents/carers do not have the right to withdraw their children from these subjects. We believe that this work is an important part of safeguarding children as knowledge empowers them, helps them to stay safe and cope with puberty by understanding why their bodies will change. From September 2026, the new RSHE guidance will become statutory. Please copy this link into your browser to find out more,
New RSHE guidance: what parents need to know – The Education Hub

Why is this RSHE curriculum needed?
There are four main aims for teaching RSHE within the context of Primary School PSHE (Personal, Social, Health Education):

- More than ever before, children are exposed to representations of sex and sexuality through the social culture around them. The unregulated content on the internet or social media can mean children may be exposed to dangerous, confusing or inaccurate content. We can prepare them for this by presenting a balanced view of positive, healthy relationships to help them to be aware and to stay safe.
- There is much independent research showing most parents and carers value the support of schools in providing Relationship, Health and Sex Education for their children. Parents and schools want children to be safe and happy.
- A range of independent research consistently shows that age-appropriate sex education "delays the onset of sexual activity" and reduces risk-taking in young people.
- Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationship and Sex Education tends to be "too little, too late and too biological". This is one of the many reasons why the Department for Education has made Relationships and Health Education compulsory in primary schools from September 2020, with some aspects to be added in September 2026.

The next few pages are the overviews for each group so you can see how some of the Relationship, Health and all the Sex curriculum progresses. The rest of the Relationships and Health curriculum feeds into our all year round PSHE curriculum.

If you do have any concerns, please speak with your child's class teacher in the first instance who will be happy to support you.

Warm wishes,

The TPS Teaching Team

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

Each year group will be taught appropriately to their age and developmental stage. If a question arises and the teacher feels it would be inappropriate to answer, the child will be encouraged to ask their parents/carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's lesson.

Reception			
	Learning Objectives	Key Vocabulary	Resources
Lesson 1– Keeping Ourselves Clean and safe.	To understand basic hygiene, including toileting and washing. To use the correct scientific vocabulary for my body. To begin to understand the word consent, to keep ourselves safe and the meaning to give permission for something to happen eg Can I borrow a pencil or can I give you a hug? To know who to talk to if I feel unsafe.	Anus Penis Scrotum Nipples Vulva/Vagina Private area/parts Safe adult Consent Permission	The Bath Monster – Colin Boyd. NSPCC PANTS (optional) https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ Consent video – Aardman Consent https://www.aardman.com/latest-news/2022/april/aardman-consent-film-opcc/

Year 1			
	Learning Objectives	Key Vocabulary	Resources
Lesson 1 – similarities and differences. Being Unique and personal hygiene	To recognise that people are similar in some ways and different in others. To know the scientific names of the body parts in order to keep myself clean. To know who to talk to if I feel unsafe. To say what appropriate and inappropriate touch is.	Unique Tolerance Penis Vagina Vulva Testicles Scrotum Nipples Anus Breasts Safe adult Clean Healthy Appropriate touch Inappropriate touch	GHLL Unique me- recognising my own and other talents and qualities. GHLL My body is my body- can I hold you hand? Can I give you a hug? GHLL Keeping my body clean Scenario Cards Happy and sad face cards Request from class teacher if needed
Lesson 2 – Being safe	To know that the word consent means to give permission for something to happen eg Can I borrow a pencil or can I give you a hug. To know that consent helps us keep safe. To know the scientific names for the body parts in order to keep myself safe.	Penis Vagina Vulva Testicles Scrotum Nipples Anus Breasts safe Consent Permission Trusted adult	NSPCC PANTS resources (optional) https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ Consent video – Aardman Consent https://www.aardman.com/latest-news/2022/april/aardman-consent-film-opcc/

Year 2			
	Learning Objectives	Key Vocabulary	Resources
Lesson 1 – Similarities and Differences – Body Parts and keeping clean	To know the scientific names of the body parts in order to keep myself safe and clean.	Penis Testicles Scrotum Nipples Vulva Vagina Breasts Anus Healthy Dirty Clean	NSPCC Pantasaurus https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ Our bodies PP- Request from class teacher if needed
Lesson 2 Touch- physical contact and being safe.	To begin to understand the difference between acceptable and unacceptable physical contact. To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact. To know that the word consent means to give permission for something to happen eg Can I borrow a pencil or can I give you a hug. To know that consent helps us keep safe. To know who to talk to if I feel unsafe.	Acceptable Unacceptable Physical Consent Permission Safe/trusted adult Penis Testicles Scrotum Nipples Vulva Vagina Breasts Anus	Consent video – Aardman Consent https://www.aardman.com/latest-news/2022/april/aardman-consent-film-opcc/

Year 3			
	Learning Objectives	Key Vocabulary	Resources
Lesson 1 Similarities and differences- My body and keeping clean and healthy.	To recognise the main organs of the bodies of humans including scientific names for reproductive organs. To know the scientific names of the body parts in order to keep myself safe and clean.	Penis Testicle Scrotum Nipples Vulva sleep Vagina heart Ovary muscles Clean Healthy Fit Exercise	Twinkl Fit as a fiddle- keeping my body healthy- Request from class teacher if needed NSPCC Pantasaurus ttps://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ https://learning.nspcc.org.uk/research-resources/schools/pants-teaching 7-9 year olds
Lesson 2 – Keep safe-consent Touch- physical contact	To know that the word consent means to give permission for something to happen eg Can I borrow a pencil or can I give you a hug. To know that consent helps us keep safe. To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact To be able to talk to a trusted adult if I need help.	Trust Safe adult Consent Private Privacy Touch Appropriate touch Inappropriate touch	NSPCC Pantasaurus ttps://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ https://learning.nspcc.org.uk/research-resources/schools/pants-teaching 7-9 year olds Consent video – Aardman Consent My body, My choices PP Twinkl- Request from class teacher if needed
Lesson 3 – Personal Hygiene – Hand & Respiratory.	To understand how infection can spread.	Antibacterial Microbes Symptom Transmission Contagious	**Activity one** – Hand hygiene- https://www.e-bug.eu/ks2-hand-hygiene **Activity 2 –**

	To understand how to prevent the spread of infection through good personal hygiene.	Hygiene Infection	Respiratory hygiene https://www.e-bug.eu/ks2-respiratory-hygiene
Lesson 4 – Personal Hygiene – Infection.	To understand that our bodies have three main lines of natural defence. To understand that sometimes the body needs help to fight infection.	Antibodies Immune Infection Inflammation White blood cell Disease Vaccination	**Vaccinations** https://www.e-bug.eu/ks2-vaccinations

Year 4			
	Learning Objectives	Key Vocabulary	Resources
Lesson 1 – Changes – Life Cycle ***Menstruation and the changing adolescent body is statutory.*** Keeping safe-Consent Keeping Clean	To understand some of the physical changes that will happen as humans get older. To understand that consent means to give permission and can help keep us safe. To know who to talk to if I feel unsafe.	Respiratory system, circulatory system, digestive system, nervous system, puberty, adolescence, period, menstruate, menstruation. Vulva, Vagina	Twinkl life PP- Request from class teacher if needed Consent video – Aardman Consent NSPCC https://learning.nspcc.org.uk/research-resources/schools/pants-teaching Download the PowerPoint and resources for 7-9year olds
Lesson 2 – Changes - Responsibilities	To consider their responsibilities and levels of independence now. To understand that these have changed as they have grown and that they will continue to change into the future.	Responsibility Independence Changes future	Tick sheet – not included. Class teacher to create own (no more than 10) based on needs of class.
Lesson 3 – Personal Hygiene - Antibiotics	To understand that most common infections get better on their own through time, bed rest, intake of fluids and healthy living. To understand that antibiotics should be taken only as prescribed.	Antibiotic Disease Illness Immune System Medicine Symptom	Cartoon strip scenarios Speech bubbles https://e-bug.eu/menupage.html?type=games&level=junior
Lesson 4 – Challenging stereotypes.	To challenge gender-based stereotypes.	Stereotype Gender specific	https://www.teachprimary.com/learning_resources/view/pshe-lesson-plan-challenging-stereotypes ¾ of the way down the page. Selection of toys from around school. https://www.youtube.com/watch?v=AgdJovKm1BY – Lego Friends. https://www.youtube.com/watch?v=4wX4Z31exNo – Lego City http://www.genderremixer.com/lego/ https://www.youtube.com/watch?v=-as0GVWjaIA – Women's Wold Cup BBC advert.

Year 5			
	Learning Objectives	Key Vocabulary	Resources
Lesson 1 – Changes – Physical	To know and understand the physical changes that take place during puberty and why they happen.	Physical changes Emotional Changes Puberty Penis Testicles Scrotum	GHLL lesson managing changes- request from class teacher if needed. Question box. BBC operation ouch! – don't panic about puberty

Keeping safe- consent	To understand that consent means to give permission and can help keep us safe. To know who to talk to if I feel unsafe.	Nipples Vulva Vagina Breasts Anus	https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty Consent video – Aardman Consent NSPCC PANTS 9-11 https://learning.nspcc.org.uk/safeguarding-child-protection-schools/pants?modularPage=lesson-plans-in-english
Lesson 2 – Changes - Emotional	To understand that emotional as well as physical changes happen at different rates for different people.	Puberty Changes Penis Testicles Scrotum Nipples Vulva Vagina Breasts Anus	Hair in funny places – Babette Cole (optional) GHLL lesson managing changes- request from class teacher if needed. Problem page scenarios Paper Pens
Lesson 3 – Personal Hygiene – Keeping Clean	To consider new aspects of personal hygiene relevant to puberty.	Personal Hygiene Puberty Hormones Oestrogen Progesterone Testosterone Penis Testicles Scrotum Nipples Vulva Vagina Breasts Anus	Human body outline GHLL lesson Keeping clean-puberty- request from the class teacher if needed. Hormone Fact File Picture Cards Plenary https://www.youtube.com/watch?v=6SXzauoMSM0
Lesson 4 – Genetic Inheritance	To understand genetic inheritance.	Genetics Chromosomes Characteristics Traits	Don't they look alike Pictures of celebrities

Year 6			
	Learning Objectives	Key Vocabulary	Resources
Lesson 1 – Relationships Keeping safe Appropriate touch	To consider the need for trust and love in marriage and established relationships. To know there are different types of relationships in peoples lives and they can love each other regardless of their gender, ethnicity, faith or marital status. To understand that consent means to give permission and can help keep us safe. To know who to talk to if I feel unsafe.	Families Adoption Lesbian and gay relationships. Wider family Brother Sister Step/half brother/sister Grandparents	Family picture Stonewall resources https://www.stonewall.org.uk/about-us/who-we-are Consent video – Aardman Consent NSPCC PANTS 9-11 https://learning.nspcc.org.uk/safeguarding-child-protection-schools/pants?modularPage=lesson-plans-in-english PSHE Twinkl Life- Relationships and Families PP- please request from the class teacher if needed.

Lesson 2 – Changes – Emotional.	To be able to recognise their own changing emotions and be able to express their feelings and concerns positively.	Physical Changes Emotional Changes Puberty Feelings Emotions	Gingerbread outline Emotions sheet PSHE Twinkl Life- Relationships and Families PP- please request from the class teacher if needed.
Lesson 3 – Changes - Physical	To understand the functions of male and female reproductive organs. To know and understand about the physical changes that take place at puberty and why they happen.	Penis Testicles Sperm Ova Ovum Ovary Fallopian Tube Uterus Vulva Vagina	Reproductive organ diagrams BBC and NHS videos instead available here - http://www.bbc.co.uk/guides/zyxrdmn https://www.nhs.uk/Video/Pages/Menstrualcycleanimation.aspx Question box.
Lesson 4 – Life cycle – Sexual Intercourse.	To know about the facts of the human lifecycle including sexual intercourse.	Penis Testicles Scrotum Erection Ejaculation Sperm Ova Ovum Ovary Fallopian Tube Uterus Vulva Vagina Nipples Conception Pregnancy Foetus	How does a baby start? PSHE KS2: Operation Ouch! How are babies made? (full programme) - BBC Teach