



Year One RSE Information



[Insert Date]

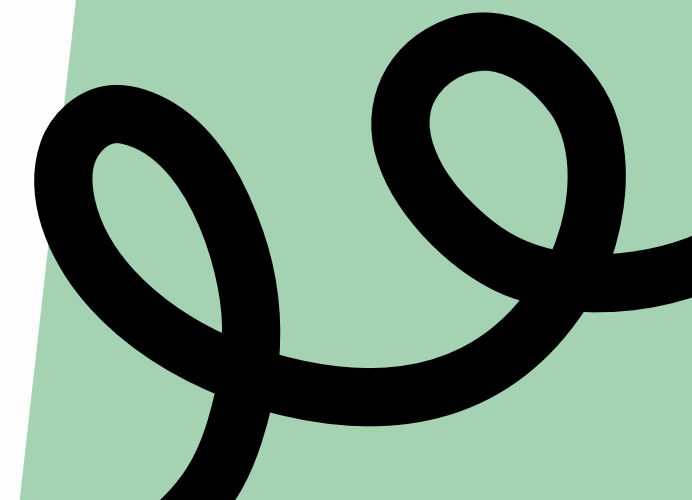
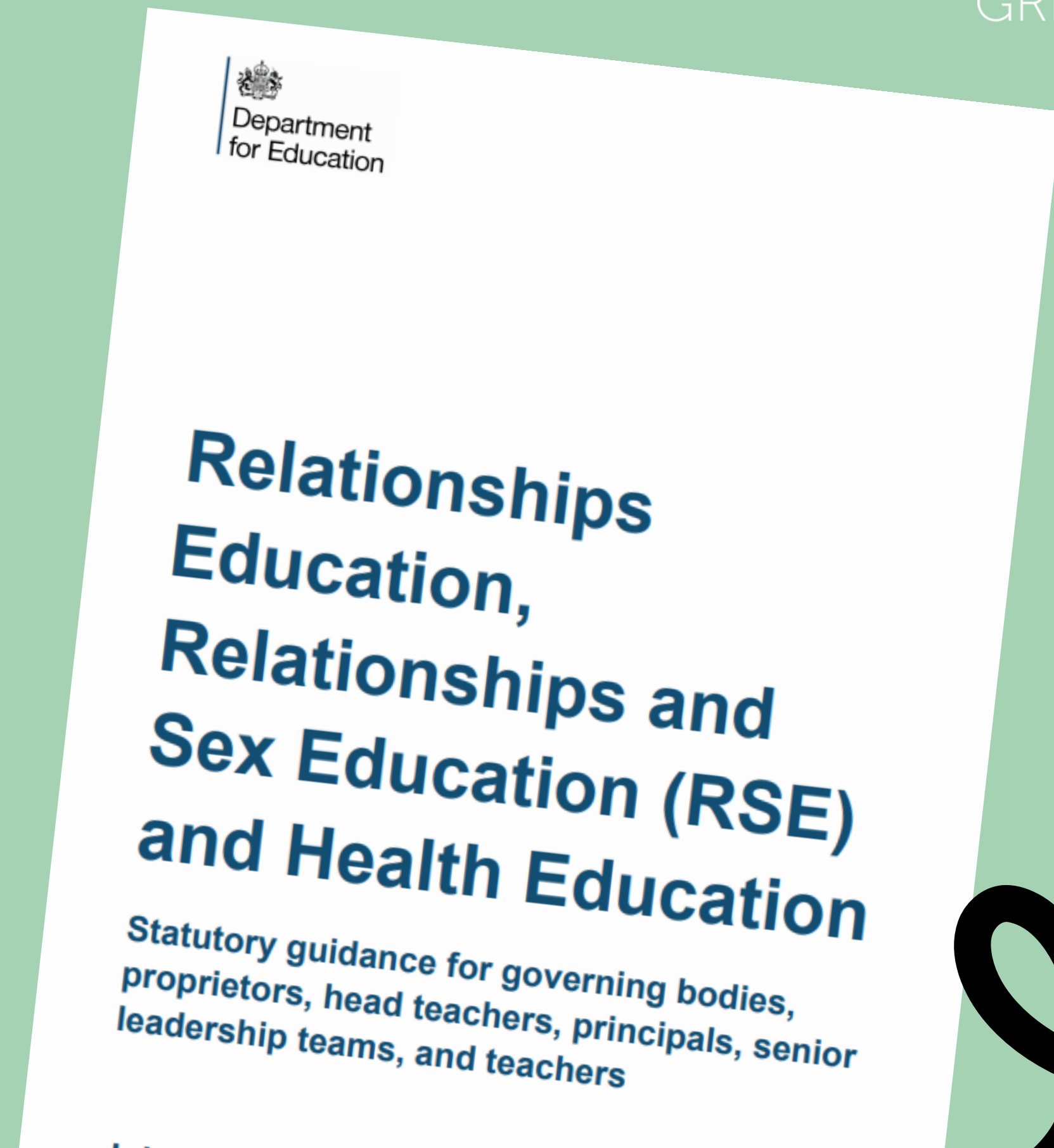


Statutory requirements

Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the DfE's statutory guidance for Relationships, Sex and Health Education. Updated guidance was published in 2025 and will be implemented from September 2026.

These subjects are a statutory entitlement for all children. This means that whilst we highly value parental views and take these into account when planning and reviewing our curriculum, parents cannot withdraw children from Relationships or Health Education content. However, parents do retain the right to request withdrawal from specific non-statutory Sex Education lessons.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



Lesson One: Life cycles

Lesson overview

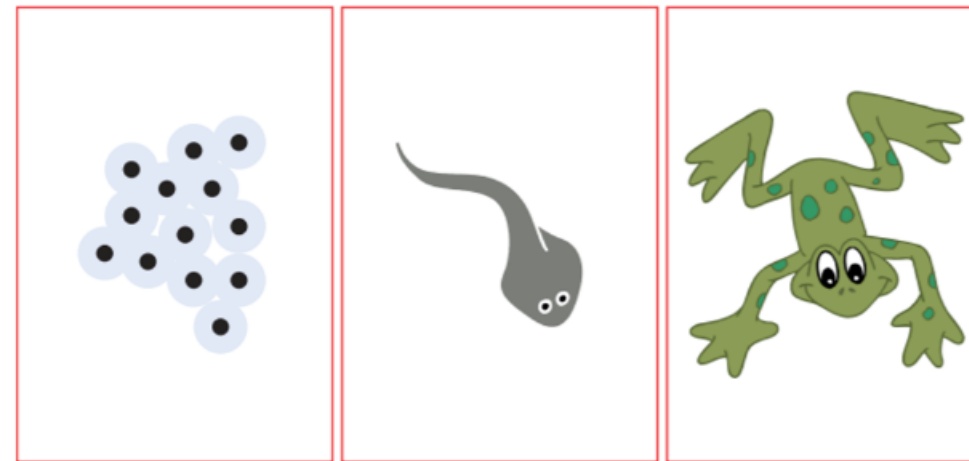
- I am starting to understand the life cycles of animals and humans
- I understand that changes happen as we grow and that this is OK

Key Vocabulary

- Changes
- Life cycle
- Baby
- Adulthood
- Growth
- Change

Examples of lesson content

Frog Life Cycle



Baby to Adult



Lesson Two: changing me

Lesson overview

- I can tell you some things about me that have changed and some things about me that have stayed the same
- I know that changes are OK and that sometimes they will happen whether I want them to or not

Key Vocabulary

- Change
- Life cycle
- Baby
- Adult
- Grown up

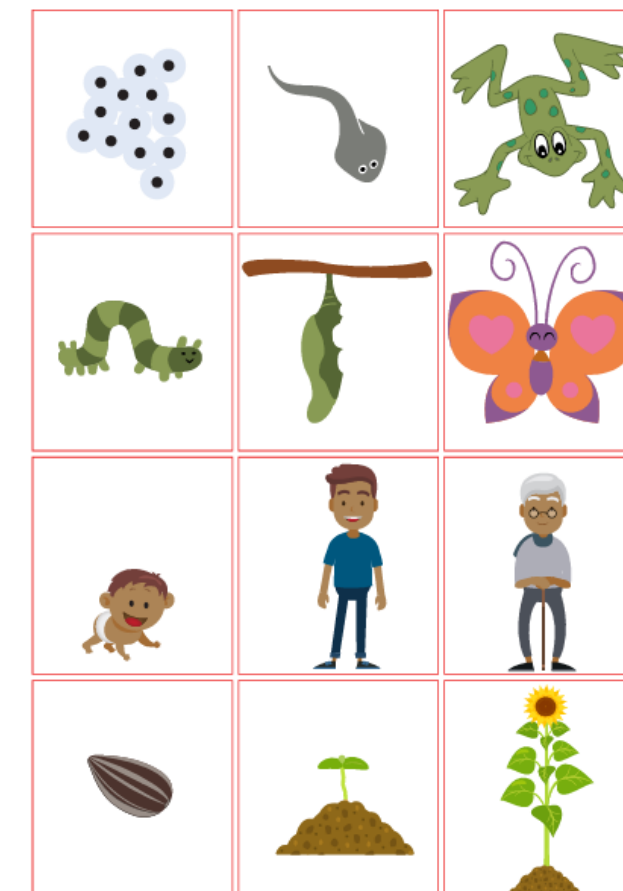
Examples of lesson content

Ask Me This:

- How much have you changed from when you were a baby?
- How do people in your family help each other to learn and grow?

Ask Me This:

- How do we change when we grow up?
- Can we feel the changes as we grow up?



Lesson Three: My Changing Body

Lesson overview

- I know how my body has changed since I was a baby.
- I understand that growing up is natural and that everybody grows at different rates.

Key Vocabulary

Baby
Growing up
Adult
Change

Examples of lesson content

If you are able to, please send a picture of your child as a baby. If this is not possible, please do not worry.

Lesson Four: Boys and Girls Bodies

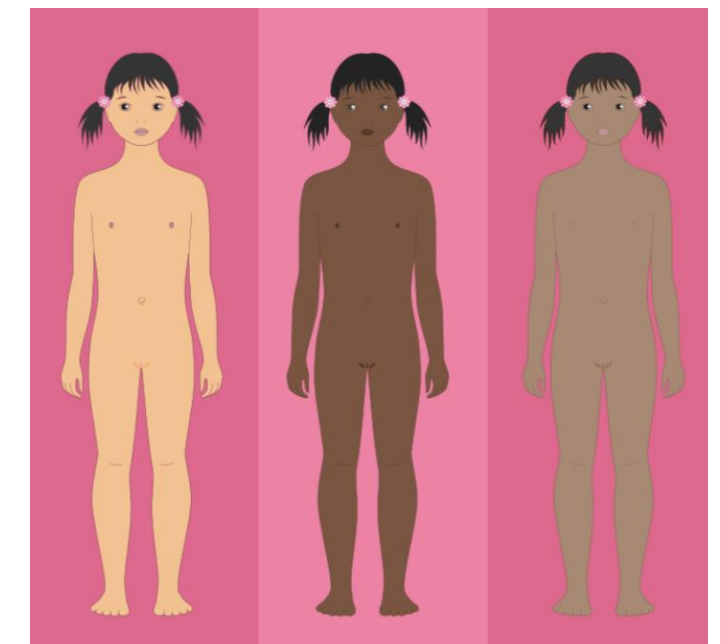
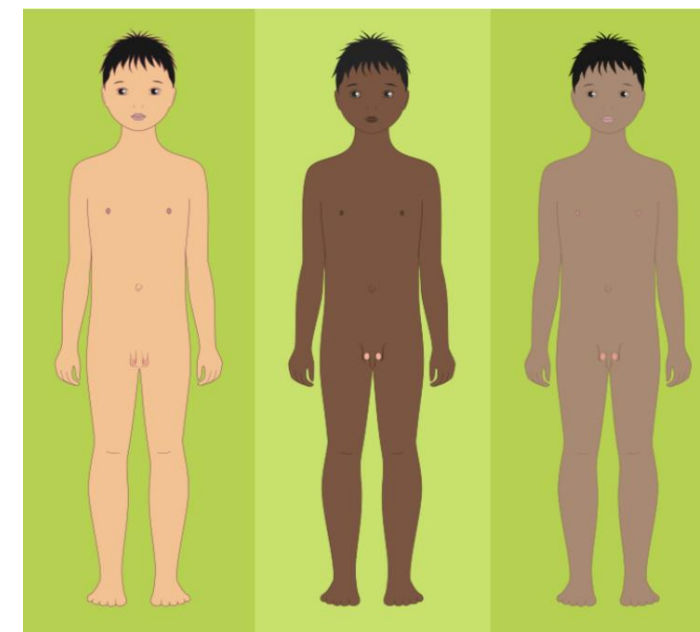
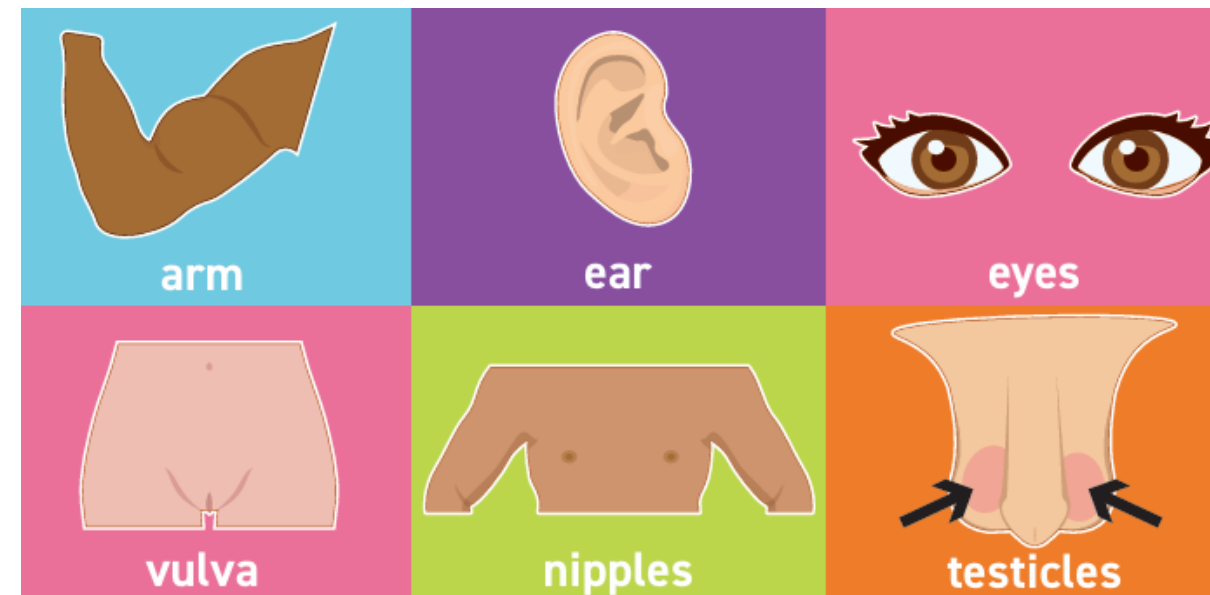
Lesson overview

- I can identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vulva, anus.
- I can respect my body and understand which parts are private.

Key Vocabulary

Male
Female
Penis
Testicles
Vulva
Vagina
Anus

Examples of lesson content



Lesson Five: Learning and Growing

Lesson overview

- I understand that every time I learn something new I change a little bit
- I enjoy learning new things

Key Vocabulary

- Learn
- New
- Grow
- Change
- Excited
- Proud
- Worried
- Happy
- Nervous
- Curious

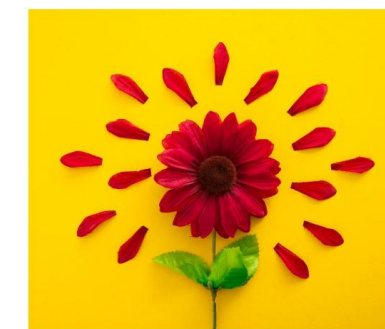
Examples of lesson content



 **Nervous**

 **Excited**

 **Worried**



Proud 

Happy 

Curious 

Lesson Six: Coping with change

Lesson overview

- I can tell you about changes that have happened in my life
- I know some ways to cope with changes

Key Vocabulary

- Change
- Feelings
- Anxious
- Worried
- Excited
- Coping

Examples of lesson content



My Jigsaw Journey

I can tell you about changes that have happened in my life

I know some ways to cope with changes

A change you experienced

Guess the change

Nervous (sad face icon)

Excited (running people icon)

Worried (frowny face icon)

Proud (ribbon icon)

Happy (smiley face icon)

Curious (question mark icon)

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