



Year Four RSE Information



Tuesday 28th April 2026

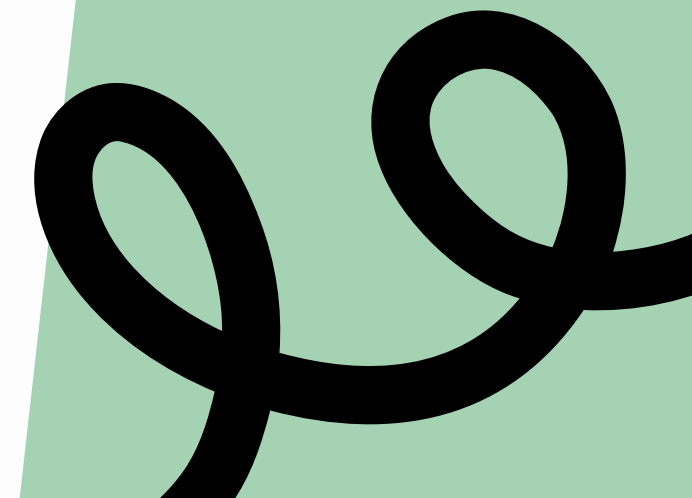
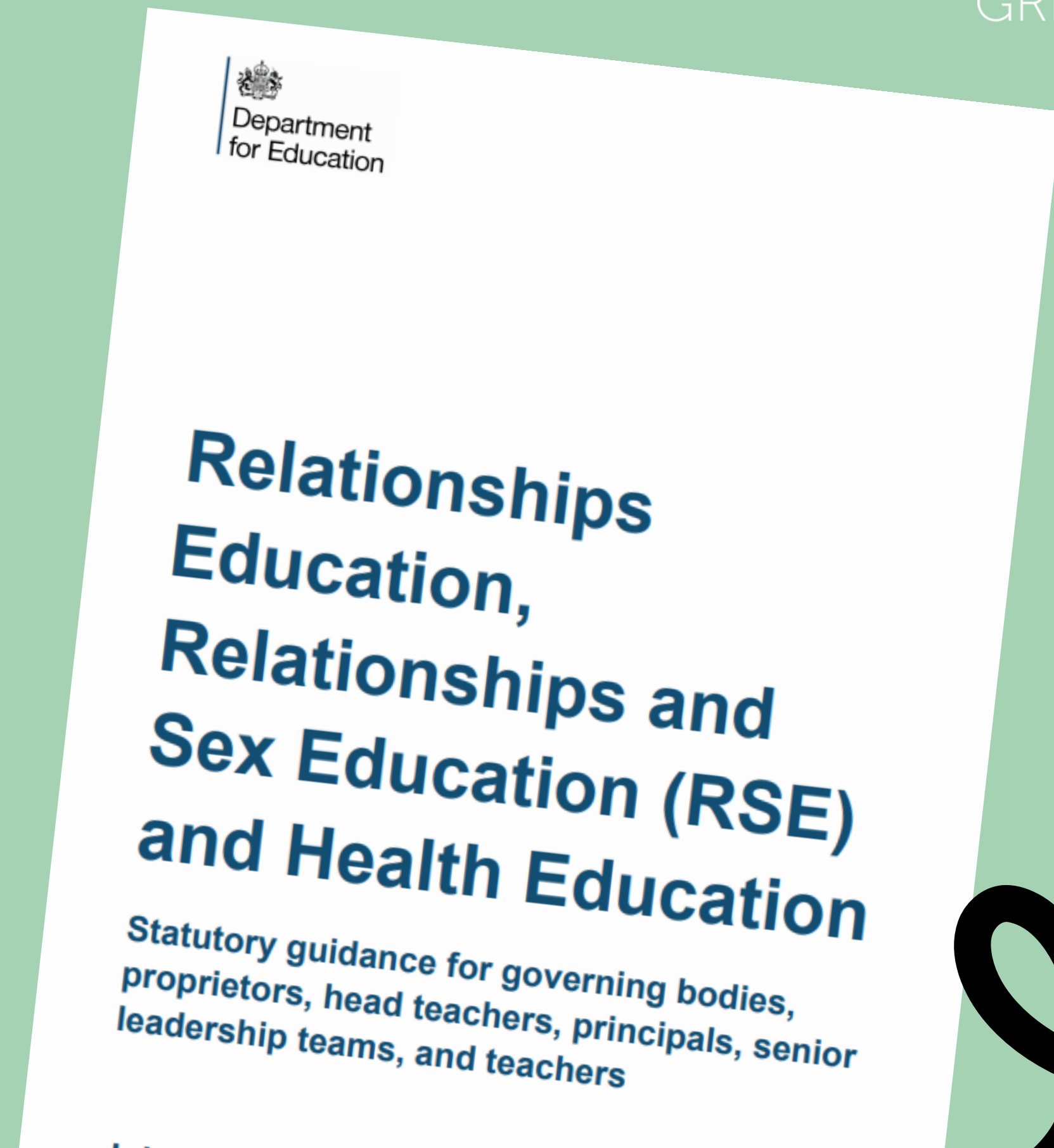


Statutory requirements

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: Unique Me

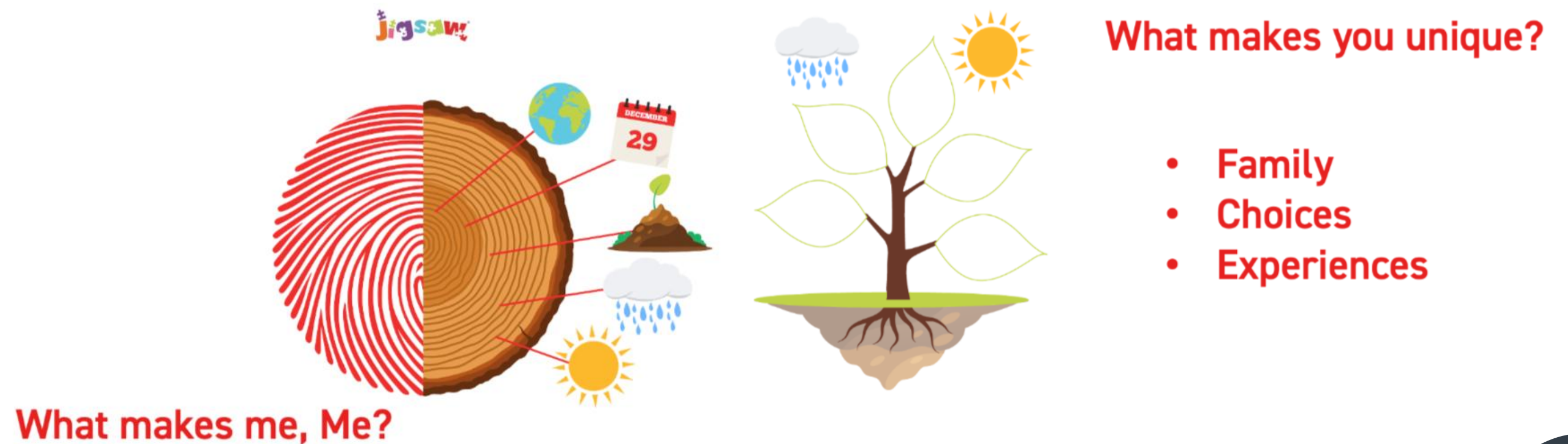
Lesson overview

- I understand that lots of things make up a person's identity and this is what makes them unique.
- I can describe how I will have choices about developing my own identity and interests.
- I understand that as I grow up, my identity and interests will contribute to who I am.

Key Vocabulary

- Identify
- Choices
- Hobbies
- Interests
- Skills
- Values
- Characteristics

Examples of lesson content



What makes me, Me?

What makes you unique?

- **Family**
- **Choices**
- **Experiences**

Lesson Two: Puberty and Menstruation

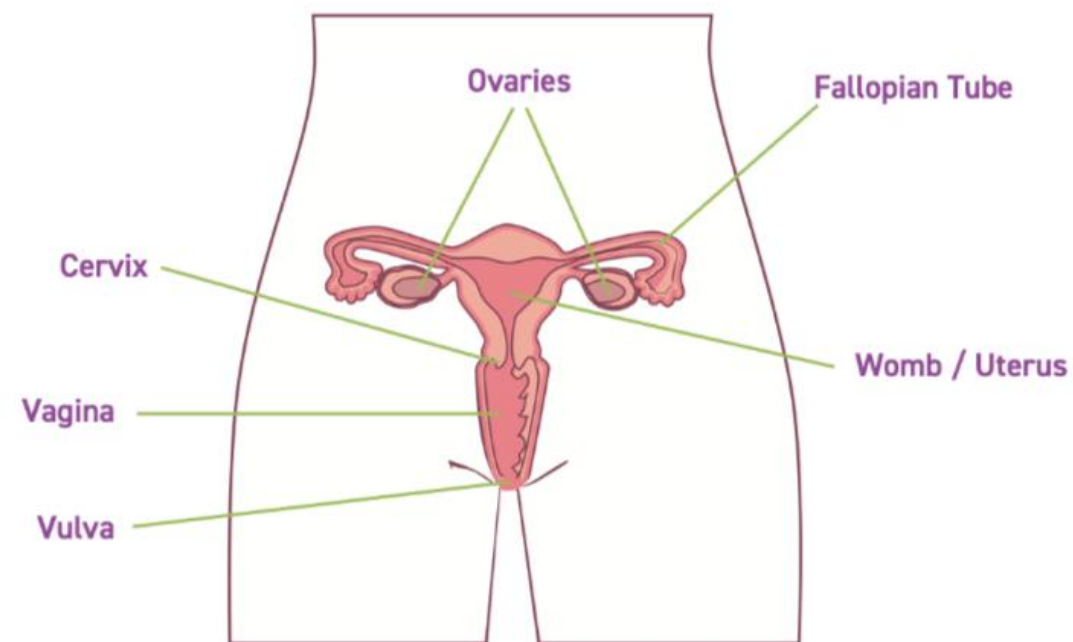
Lesson overview

- I can describe how a girl's body changes in order for her to have babies when she is an adult and that menstruation is a natural part of this.
- I know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty.

Key Vocabulary

- Periods
- Vagina
- Vulva
- Fallopian tube
- Period products
- Hormone
- Womb

Examples of lesson content



One way my body will change during puberty is...

I'm looking forward to being a teenager because...

Something that worries me about getting older is...

What I like about being the age I am now is...

Please note: This is a puberty lesson and is therefore part of statutory Primary health and well-being content in England – specifically part of the Developing Bodies content. There is no sex education in this lesson, so parents do not have the right to withdraw their child(ren) from this lesson.

Lesson Three: Being Part of a Family

Lesson overview

- I know there are many types of family and that often our family members form part of our inner circle.
- I know there are trusted people I can turn to if I need help.
- I know that sometimes I may feel anxious about growing up and that this is normal.

Key Vocabulary

- Family
- Inner circle
- Belonging
- Care
- Love
- Support

Examples of lesson content



Families and feelings

Often it is our family members who are part of our inner circle that we feel safest with.

These are the people who we know will always be there for us- no matter what.

- Which family members are in your inner circle?
- Who can you share your most important feelings with?

Lesson Four: Circles of change

Lesson overview

- I know how the circle of change works and can apply it to changes I want to make in my life
- I am confident enough to try to make changes when I think they will benefit me

Key Vocabulary

- Circle
- Seasons
- Change
- Control

Examples of lesson content

How can our inner circle can support us with change?



Lesson Five: Accepting change

Lesson overview

- I can identify changes that have been and may continue to be outside of my control
- I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively

Key Vocabulary

- Control
- Change
- Acceptance
- Reliable
- Unreliable
- Unreliable
- Trustworthy
- Support
- Inner circle
- Trusted adult

Examples of lesson content



A change that happened to me was...	When this first happened, I felt...
The strongest feeling was...	Over time, my feelings...
What helped me cope...	People who supported me...
Something I could control...	Something I couldn't control...
Looking back now, something positive that came from this change was ...	



Lesson Six: Looking ahead

Lesson overview

- I can identify what I am looking forward to when I move to a new class
- I can reflect on changes I would like to make next year

Key Vocabulary

- Change
- Looking forward
- Characteristics
- Genes
- Puberty
- Support
- Inner circle
- Trusted adult
- Proportionate

Examples of lesson content

