

Dear Parent / Carer,

31st January 2023

As part of your child's education at Outwood Primary Academy Newstead Green we promote personal wellbeing and development through a comprehensive Personal, Social, Health Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy productive lives and meet their full potential.

Throughout the year, we are going to focus on Relationships, Sex and Health Education. This will provide the opportunity for children to explore issues around families, friendships, growing and changing, hygiene, and safety.

All topics covered in the sessions are specific and relevant to the age and development of children and much of the content is what is required by the National Curriculum for Science.

Below is a summary of what will be covered in each year group:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
My Family	Our Families	Different Families	Family Commitments	Families and Laws	Families and Cultural Differences
LO: To talk about my family and why it is important.	LO: To be aware that different people have different types of families.	LO: To understand the value and security of a family, regardless of what it looks like.	LO: To recognise types of commitments between families and understand the concept of marriage.	LO: To recognise types of commitment between families and understand the concept and legalities of marriage.	LO: To recognise types of commitment between families and understand the concept and legalities of marriage in different cultures.
My Friends	Good Friends	Staying Friends	Fixing Friendships	Trusting Friends	Healthy Friendships
LO: To recognise who my friends are.	LO: To identify what makes a good friend.	LO: To identify problems in friendships and know that these can be resolved.	LO: To identify problems in friendships and know strategies to resolve these.	LO: To know how to confidently deal with problems in friendships, including issues with trust.	LO: To know how to confidently deal with a variety of problems in friendships.
Babies and Adults	Young to Old	Boys and Girls	Body Changes	Changing Bodies and Emotions	Pregnancy and Conception
LO: To understand that all animals (including humans) have babies that grow into adults.	LO: To recognise and order the key phases of the human lifecycle.	LO: To recognise the physical differences between males and females (in babies and children)	LO: To recognise how my body changes as I become an adult.	LO: To recognise how my body and my feelings change as I become an adult.	LO: To understand basic facts about pregnancy and conception.
Keeping Myself Clean	Keeping Myself Clean and Tidy	Deeper Cleaning	Personal Hygiene	Personal Care	Personal Care and Grooming
LO: To know how to keep myself clean.	LO: To understand how to keep myself clean and tidy.	LO: To know how to keep myself and different parts of my body clean.	LO: To know how to keep my body clean as it starts to change.	LO: To know different ways to keep my body clean as it changes.	LO: To know how to maintain healthy personal hygiene.
Feeling Safe	Staying Safe	Securing my Safety	Peer Pressure	Under Pressure	Safety, Trust and Consent
LO: To identify when I feel unsafe and know who I can tell.	LO: To identify when I feel unsafe and know who I can tell.	LO: To understand my right to be safe	LO: To understand peer pressure and know ways to deal with it.	LO: To have strategies to resist in pressurised situations.	LO: To have strategies to resist in pressurised situations and understand the concept of consent.

If you have any questions or concerns about this, please contact the school and I will be happy to discuss them with you.

Yours sincerely



Lindsey Corbett - Principal

