



Grange Farm Primary School
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11 January 2018

Dear Parents

Throughout school over the next couple of weeks, all classes will be participating in a unit of work entitled 'Living and Growing'. This is part of Sex and Relationship Education (SRE). This is the third year of delivering the program and it has been received positively by children and staff.

I have attached a brief outline of the scheme for your child's year group. This provides basic information about the learning objective for each lesson and hopefully will enable you to support the learning journey for your child as they develop an awareness of their personal identity, health, relationships and keeping safe. Please see attached sheet for an overview of the topics covered for each year group from Reception to Year 6.

As SRE is not statutory, parents are entitled to request for their child to be withdrawn for this subject. Please speak directly to the class teacher if this is the case. However, there will be elements of SRE which are science based, therefore statutory, and the child must remain for these.

If you have any concerns regarding any of the above, please inform your child's class teacher or contact me through the office.

Following on from Living and Growing, the children will be learning about emotional well being and mental health. The series of lessons delivered across the school have been endorsed and recommended by the PSHE Association which supports schools in delivering age/content appropriate lessons which address key aspects of the PSHE curriculum.

Yours sincerely,

Mrs C Matthews
PSHE Coordinator

Living and Growing

Progression of Curriculum

Reception Our Lives

- Looking after themselves- dressing/undressing
- Basic hygiene routines
- Looking at families and how they help each other

Year 1 Growing and Caring for Ourselves

- Keeping clean
- Understanding that babies become children then adults
- Knowing there are differences between boy and girl babies
- Different types of families

Year 2 Differences

- Consider stereotypes of male and females
- Describing differences between male and female babies
- Looking at differences between some male and female animals
- Explore simple life cycles
- Naming female and male body parts

Year 3 Valuing Difference and Keeping Safe

- Know some differences between male and females
- Understand personal space
- Different types of touch people like / don't like
- Different families and their member
- Identifying who can help and support

Year 4

- Human Lifecycle
- Introduce the term puberty and some physical changes which occur
- Emotional changes of puberty and dealing with them positively

Year 5

- Explore the physical and emotional changes of puberty
- Consider how puberty affects the reproductive organs
- Managing physical and emotional changes
- Hygiene during puberty

Year 6

- Revisit changes during puberty
- Reproduction
- Basic facts about conception and pregnancy
- Different types of relationships
- Communication in relationships including safety online