

June 2026

Dear Parents and Carers,

In September 2020 the new Curriculum for Relationships, Sex and Health Education became statutory.

At Hordle, our PSHE curriculum is based on the Jigsaw programme in order to ensure the necessary coverage outlined in this statutory curriculum. The children have already been enjoying and benefiting from active and engaging PSHE sessions since the start of the academic year.

The Growth and Sex Education aspects of the programme will be covered in the final unit of the programme, titled 'Changing Me'. For children in all phases across the school, this Changing Me unit will be delivered across **one full week in the Summer Term, beginning 22nd June 2026.**

In consultation with parents ahead of the implementation of our PSHE and RSE policy when this content became statutory in 2020, parents requested to know details of the Sex Education aspects that would be taught before they were delivered in school. (Full outcomes of the Parent Consultation can be found [here.](#))

The following table therefore outlines details of the learning intentions that will be covered in each phase during the 'Changing Me' unit in the week of **22nd June**:

Phase Team	Jigsaw Session Name	Learning Intentions covered
EYFS	My body	Know names for different parts of the body
	Growing Up	Understand that we all grow from babies to adults
Key Stage 1 (Years 1 and 2)	Lifecycles	Start to understand the life cycles of animals and humans Understand that changes happen as we grow and that this is ok
	Growing from young to old	Knowing that growing older is a natural process that is out of our control. Recognising that our bodies have already changed since we were babies. Recognising where I am on the continuum of young to old.

	Boys' and Girls' Bodies	Identify the parts of the body that make boys different from girls and use the correct names for these: breasts, penis, testicles, vagina, vulva and anus. Respect my body and understand which parts are private
Lower Juniors (Years 3 and 4)	Unique me	I understand that some of my personal characteristics have come from my birth parents. I appreciate that I am a truly unique human being.
	Inside and outside body changes	Understand that boys' and girls' bodies will change as they grow up. Identify and label the internal and external parts. Recognise how I feel about these changes happening to me and know how to cope with those feelings.
	Changing girls bodies and menstruation (YEAR 4 GIRLS ONLY)	Describe how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of this.
Upper Juniors (Year 5)	Self-image and body-image	Be aware of my own self-image and how my body image fits into that. Know how to develop my own self esteem.
	Puberty for Girls	Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally Understand that puberty is a natural process that happens to everybody and that it will be OK for me
	Puberty for Boys and Girls	Describe how boys' and girls' bodies change during puberty. Express how I feel about the changes that will happen to me during puberty.
	Conception	Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand that sometimes people need IVF to help them have a baby. Appreciate how amazing it is that human bodies can reproduce in these ways.
Upper Juniors (Year 6)	My Self Image	Be aware of my own self-image and how my body image fits into that. Know how to develop my own self-esteem.
	Puberty	Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally. Express how I feel about the changes that will happen to me during puberty.
	Girl talk/Boy talk	Ask the questions I need answered about changes during puberty. Reflect on how I feel about asking the questions and about the answers I receive.
	Babies- Conception to Birth	Describe how a baby develops from conception through the nine months of pregnancy, and how it is

		born. Recognise how I feel when I reflect on the development and birth of a baby.
	Attraction	Understand how being physically attracted to someone changes the nature of the relationship. Express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this.

In most instances, these sessions will be delivered in whole class groups by teachers from your child's phase. A small number of sessions in the Juniors will be taught in single sex groupings.

You may also find the attached [RSE Guide for Parents and Carers document](#), produced by the JIGSAW PSHE team, helpful in answering any questions or concerns that you may have.

Should you have any further questions or concerns or if you would like to arrange a meeting to view any materials shown please contact your child's class teacher in the first instance.

Many thanks,

Rose Harrison
PSHE Subject Lead