



# SHARPS COPSE PRIMARY SCHOOL

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8<sup>th</sup> January 2026

Dear Parents and Carers,

We will soon be teaching elements of Relationships, Sexual and Health Education (RSHE) across the school from the week beginning 12<sup>th</sup> January 2026. Lessons are age-appropriate, follow statutory guidance, and help children stay safe, healthy and respectful.

## Year R

Children will learn:

Watching Pantasaurus

Asking permission for a cuddle

Naming general parts of the body

## [Bing Videos](#)

## Year 1 and Year 2

Children will learn:

Correct names for main body parts including genitals.

To know about the importance of not keeping secrets that make them feel uncomfortable, anxious or afraid.

How to judge acceptable/unacceptable and comfortable/uncomfortable physical contact, and how to respond.

<https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks1/units/power-in-relationships-should-i-keep-secrets/lessons/private-parts-of-our-bodies#slide-deck>

<https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks1/units/power-in-relationships-should-i-keep-secrets/lessons/difference-between-secrets-and-surprises#slide-deck>

<https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks1/units/healthy-relationships-how-can-we-stop-bullying/lessons/saying-no-kindly#slide-deck>

## Year 3 and Year 4

Children will learn:

How the body begins to change before puberty.

The importance of personal boundaries and privacy.

Correct scientific names for male and female body parts.

How to maintain good hygiene during puberty.

We encourage you to explore these topics further if you wish. You can search for these specific objectives on the **Oak Academy website** to view their helpful educational videos.

Additionally, you can scan the **QR code** below, which will take you directly to further resources:



## Year 5 and Year 6

Children will learn:

How the body changes during puberty (building on Year 4).

How to recognise risks and behave safely, appropriate physical contact, and how to respond to requests for images.

How emotions change in puberty and strategies to manage feelings.

That mutual respect is essential in all relationships.

<https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks2/units/power-in-relationships-what-are-my-boundaries/lessons/understanding-my-boundaries#lesson-details>

<https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks2/units/power-in-relationships-what-does-a-healthy-relationships-feel-like-g2780/lessons>

If you have any questions or would like to view our materials, please contact us.

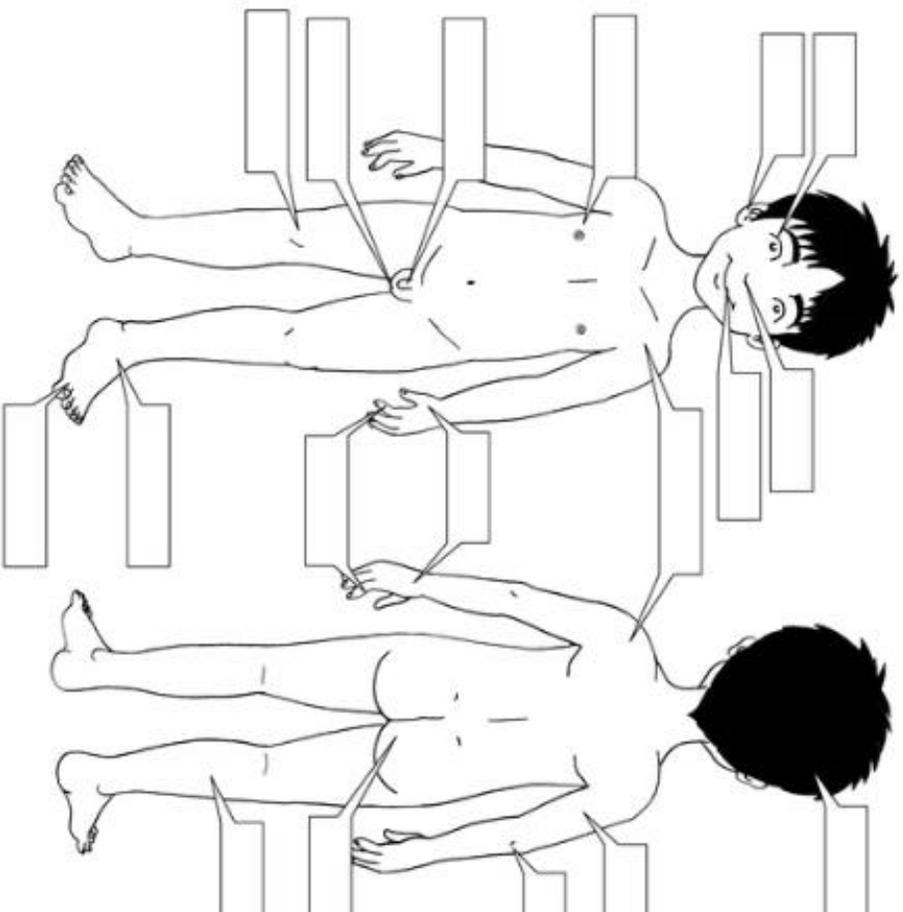
Thank you for your continued support.

Kind regards,

Mr Elsen  
Headteacher.

# CAN YOU NAME ALL THE BODY PARTS?

Colour in the person and label the all body parts.  
It is important to use the correct names for your body parts.



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