



Applecroft School

Nurturing Potential, Inspiring Minds, Changing Lives

Thursday 24th April 2025

Dear Parents and Carers,

Re: Summer Term's Personal, Social, Health and Economic Education (PSHE) Curriculum

At Applecroft, we use EC Publishing as our scheme of work to teach PSHE. The programme consists of 6 half-term units, each with 5-6 lessons. The themes covered are 'Relationships', 'Health and Wellbeing' and 'Living in the Wider World'.

The government's statutory guidance gives parents/carers the right to request to withdraw their child from Sex Education. The purpose of this letter is to inform you of the statutory requirements of our PSHE curriculum, what Sex Education is and the content we plan to teach the children.

In the second half of the summer term, we will deliver the 'Health and Wellbeing' units of our scheme which includes any Sex Education content. The content covered in these units help children learn to cope positively with all sorts of change. In Reception, we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later on. In Key Stage 2, the children will learn about puberty and reproduction in Year 6.

Health, Relationship and Sex Education

Health and Relationship Education is statutory ([DfE Guidance 2019](#)) in all primary schools and it is recommended that all schools have a Sex Education programme that is tailored to the age of the pupils.

At Applecroft, the Health and Relationship curriculum content is woven throughout the entire programme of PSHE, with a specific focus on puberty and conception in KS2. The majority of

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this content is statutory; however parents/carers do have the right to withdraw their child/ren from one of the Year 6 conception (sex education) lessons.

Content to be Delivered:

In Reception and Year 2, the children focus on learning specific vocabulary for the external body parts that we might use if we needed to talk to an adult such as a nurse or a doctor and life cycles.

In Reception, children learn about privacy and are introduced to the words **vulva** and **penis**.

Example images used in Reception are shown below:

Instructions

Can anyone tell me the name of a boy's private parts?

Lots of people call a boy's private parts a 'willy', but the real name is a **penis**.

It is important to always use the correct names for all of our body parts.

It isn't silly or rude to say the correct words!

Instructions

So what about a girl's private parts?

Can anyone tell me what a girl has?

Grown-ups use lots of different names when they talk about a girl's private parts, but the real name is a **vulva**.

Keeping your private parts private means **saying no** if someone tries to look at or touch your penis, (if you are a boy) or your vulva, (if you are a girl).

In Year 2, this is built upon and they are taught **testicles**.

Example images used in Year 2 are shown below:

Task 2 Our Body Parts Cut & Paste

Task 2 Our Body Parts Cut & Paste

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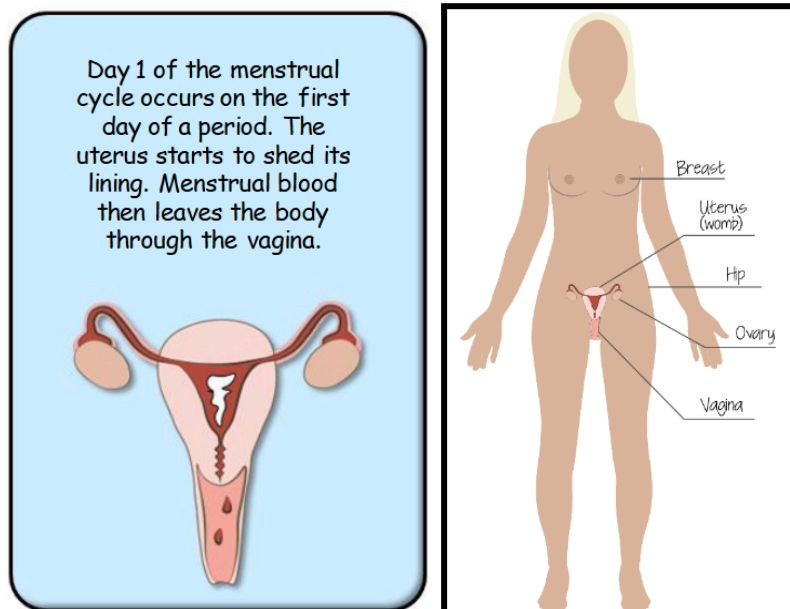


In Year 4, there is a particular focus on the Health Education element of **puberty** (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions. I will outline some key vocabulary that is used in Year 4, Year 5 and Year 6 across these themes.

Key vocabulary in Year 4 puberty lessons:

womb, breasts, ovaries, uterus, menstrual cycle, egg, hips, vagina, thighs, vulva, puberty, acne, voice breaking, emotions, body odour, testes, scrotum, urethra, bladder, hormones.

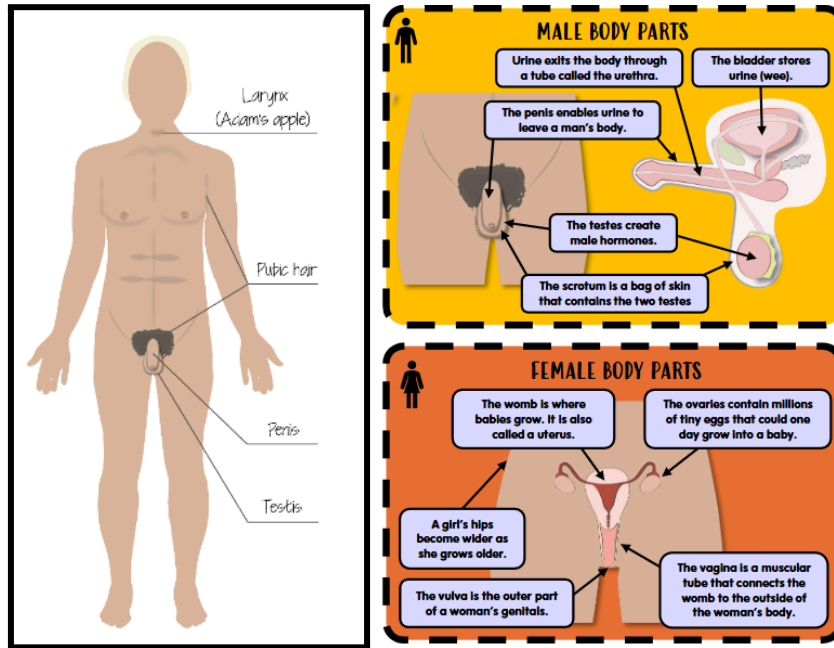
Example images used in Year 4 are shown below:



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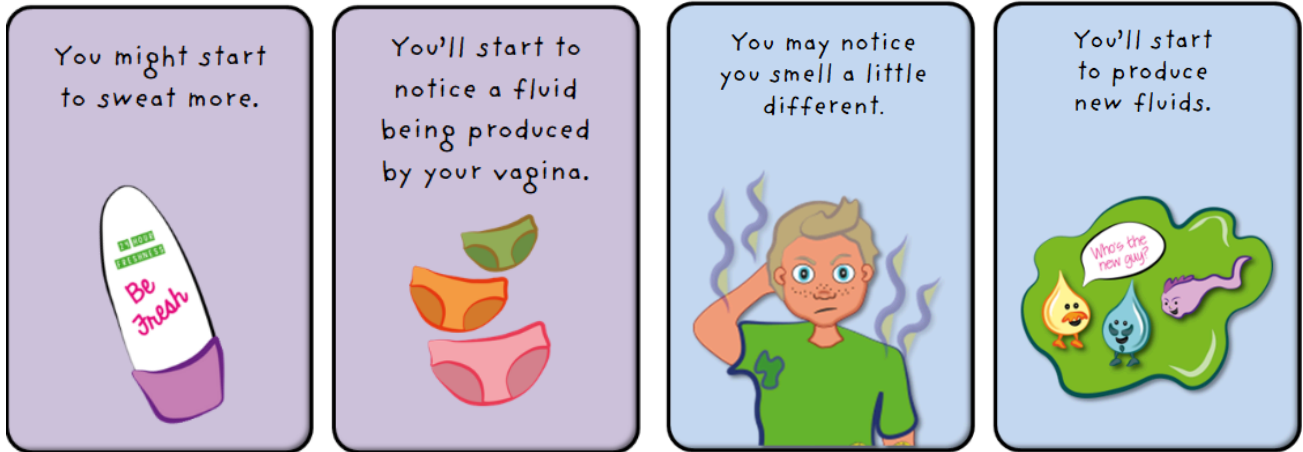
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Key vocabulary in Year 5 puberty lessons:
breast buds, semen, discharge, reproduce, mature, hormones.

Example images used in Year 5 are shown below:



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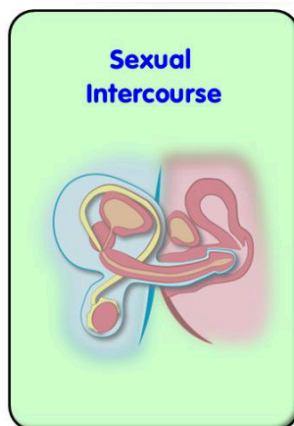
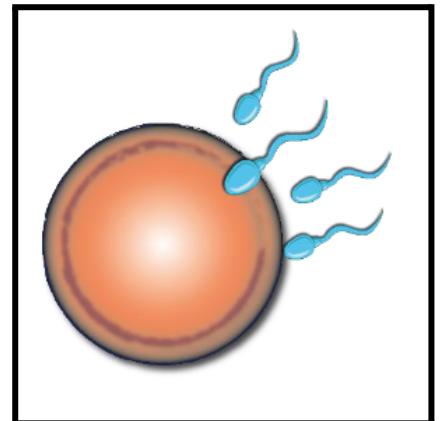
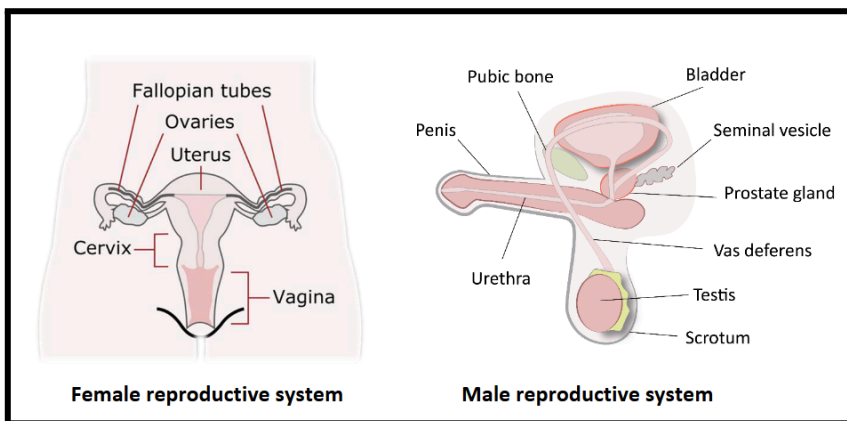
Key vocabulary in Year 6 puberty lessons:

human life cycle, period products, biological sex, pubic hair, vellus hair, hormones, wet dreams, erections, attraction, acne.

Key vocabulary in Year 6 sex education lesson:

human reproduction, genitalia, fallopian tube, oestrogen, cervix, breastfeed, sperm, egg, fertilise, natural conception, IVF, embryo, foetus, sexual intercourse and consent.

Example images used in Year 6 are shown below:



When a man and a woman join their bodies together in a way that allows a sperm from the father to meet an egg from the mother.

At Applecroft, we define 'Sex Education' as anything that refers to human reproduction and conception. Please note that animal reproduction is a statutory element of the Year 5 Science curriculum and at Applecroft, we deliver this in the summer term too.

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The right to withdraw

As parents/carers, you have the right to withdraw your child from the non-statutory elements of our curriculum. These will be the lessons on human reproduction (please refer to the contents table below for the exact lesson).

You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the **Year 6 human reproduction lesson**, please contact Amy Theophile at year4@applecroft.herts.sch.uk so we can discuss the implications of withdrawing.

What will my child be taught about puberty and human reproduction?

Each year group will be taught appropriate to their age and developmental stage. This content will be taught by the class teachers. We will not teach beyond the remit of the year group. If questions are asked that the teacher feels are inappropriate or are beyond the content for that year group, the teacher may ask the child to ask their parent/carer, or the teacher may acknowledge the question and explain when children will learn about that aspect.

The table below only covers the lessons that relate to the human body, puberty and human reproduction. The lessons that parents are able to withdraw their children from are highlighted in red font. Please note we only teach one human reproduction lesson which is in Year 6.

Year group	<i>Learning Intentions relating to RSE education</i>
Reception	<ul style="list-style-type: none"> can identify parts of human body know what role or function some body parts do understand that some body parts are private



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Year 2	<ul style="list-style-type: none"> identify parts of the human body including the correct names for external genitals
Year 4	<ul style="list-style-type: none"> identify how girls' and boys' bodies change when they go through puberty describe how we can manage changes during puberty, eg, menstruation
Year 5	<ul style="list-style-type: none"> describe the changes boys will experience during puberty describe the changes girls will often experience during puberty
Year 6	<ul style="list-style-type: none"> describe what happens during the menstrual cycle describe how changes in puberty differ from person to person
	<p>Parental right to withdraw:</p> <p>Conception/Human Reproduction:</p> <ul style="list-style-type: none"> describe how human reproduction happens and how a baby starts to be created

We are eager to work in partnership with parents and carers.

Please be aware that your child may ask you questions on what they have learnt. Here is a link to two [Usborne series of growing up books](#) that you might find useful.

We hope that the information we have provided is useful in understanding what your child will be learning next term.

Please refer to our PSHE policy for further information which can be found on our school's website.

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If you have any further queries, we warmly invite Year 4, 5 and 6 parents/carers to attend an information session at school in which we will review the content of this letter and provide the opportunity for you to ask any questions you may have.

This will take place on:

Date: Tuesday 8th May

Time: 8:50am

Please email the school office to confirm your attendance.

We hope you will be in agreement with us that this knowledge is vitally important for children and that the EC Publishing Programme gives us a secure framework in which to do this.

Kind regards,

Ms Amy Theophile

PSHE Curriculum Leader

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