



RSE within PSHE at Moorland

Relationships & Sex Education

An important part of the Jigsaw PSHE programme is delivered through the 'Relationships' and 'Changing Me' puzzle pieces, which are covered in the summer term.

There are four main aims of teaching RSE:

- To enable children to understand and respect their bodies
- To help children develop positive and healthy relationships appropriate to their age and development
- To support children to have positive self-esteem and body image
- To empower them to be safe and safeguarded

Each year group will be taught appropriate to their age and developmental stage.

Relationships and Sex Education coverage within the Jigsaw	Early Years	Year 1	Year 2
	Growing up: how we have changed since we were babies	Boys' and girls' bodies; naming body parts	Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)
Year 3	Year 4	Year 5	Year 6
How babies grow and how boys' and girls' bodies change as they grow older	Internal and external reproductive body parts, body changes in girls and menstruation	Puberty for boys and girls, and conception	Puberty for boys and girls and understanding conception to birth of a baby