

RSE overview

These lessons address the relevant learning opportunities included in the [PSHE Association Programme of Study](#) and the relevant content outlined in the [Department for Education statutory guidance for Relationships Education/Relationships and Sex Education \(RSE\) and Health Education](#). The table below maps where the lesson plans address this content.

	Lesson title and summary	PSHE education Programme of Study	DfE statutory RSHE guidance, key stages 1 and 2
Year 4	<p><i>Puberty: time to change</i> We are learning about the physical changes that happen during puberty.</p> <p><i>Puberty: menstruation and wet dreams</i> We are learning about the biological changes that happen during puberty.</p>	<p>H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health.</p> <p>H17. to recognise that feelings can change over time and range in intensity.</p> <p>H18. about everyday things that affect feelings and the importance of expressing feelings</p> <p>H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways.</p> <p>H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.</p> <p>H26. that for some people gender identity does not correspond with their biological sex.</p> <p>H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.</p>	<ul style="list-style-type: none"> • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g., family, school and/or other sources. <p>Mental wellbeing</p> <ul style="list-style-type: none"> • that mental wellbeing is a normal part of daily life, in the same way as physical health. • that there is a normal range of emotions (e.g., happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. • how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
Year 5	<p><i>Puberty: personal hygiene</i> We are learning about the importance of personal hygiene during puberty.</p> <p><i>Puberty: emotions and feelings</i> We are learning about emotional changes during puberty</p>	<p>H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)</p> <p>H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.</p> <p>H34. about where to get more information, help and advice about growing and changing, especially about puberty</p>	