



**BERLESDUNA**  
ACADEMY TRUST



**WHITMORE**  
PRIMARY SCHOOL AND NURSERY

Whitmore Way, Basildon, Essex, SS14 2TP  
Tel: 01268 520435

Email: [admin@whitmore-pri.essex.sch.uk](mailto:admin@whitmore-pri.essex.sch.uk)

Website: [www.whitmore-pri.essex.sch.uk](http://www.whitmore-pri.essex.sch.uk)

**Executive Headteacher: Mrs Nina Kemp**  
**Head of School: Mr Robert Wade**

June 2026

Dear Parents / Carers,

This half term, we will be teaching the children the objectives from the Healthy Relationships and Sex Education (HRSE – sometimes known as RSE) part of the curriculum. On the following pages, you can see what we will be teaching in each of the different year groups.

If you would like to discuss any aspects of how we will teach these topics in school, please contact your child's class teacher.

Under current government guidelines, parents no longer have the right to withdraw their children from relationships education or from content that is covered in the primary science curriculum (including how adolescent bodies change during puberty). When your child is in year 6, you will have the right to withdraw your child from the sex education aspect of the curriculum, however.

If you would like to read our school's policy about PSHE and HRSE, please click the link below:

[Whitmore Primary School and Nursery - Policies & Documents \(whitmore-pri.essex.sch.uk\)](http://www.whitmore-pri.essex.sch.uk)

If you would like to find out about the government's requirements for RSE in schools, you can find out more here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

Thank you for your continued support,

*R Wade*

Mr Wade  
Head of School

Whitmore Primary School & Nursery is a proud member of the Berlesduna Academy Trust  
Berlesduna Academy Trust is a company limited by guarantee registered in England and Wales  
Registered Office: Berlesduna Academy Trust, School House, Church Road, Basildon Essex  
SS14 2EX  
Company Number 10267656



Year group	Lessons and objectives	Vocabulary
1	<p>Healthy bodies, Healthy minds: Amazing bodies</p> <ol style="list-style-type: none"> <li>1. My amazing body</li> <li>2. Private body parts (introducing correct terminology)</li> <li>3. Looking after our bodies</li> </ol> <p>In these three lessons, children will celebrate their bodies and all the amazing things they can do. They will learn how to keep their bodies healthy, how all bodies are different and how there are some body parts that are private. They will learn the correct names for these parts and know that we use these names in school.</p>	<p>body, healthy, private, penis, testicles, vulva vagina, similar, different, health, healthy choices</p>
2	<p>Coping with change: Growing up and setting goals</p> <ol style="list-style-type: none"> <li>1. When I am older</li> <li>2. Looking at the changes ahead</li> <li>3. Goals</li> </ol> <p>In year 2, children can explore how their bodies change as they get older. They will also learn how to describe how their needs change as they grow older. They will talk about future aspirations.</p>	<p>Growing. Adult, baby, change, timeline, life cycle, likes, dislikes, change, future</p>
3	<p>Families and committed relationships: Different types of committed relationships</p> <ol style="list-style-type: none"> <li>1. Commitment and marriage</li> <li>2. All change!</li> <li>3. Family changes: when parents separate</li> </ol> <p>In Year 3, children will learn about different kinds of committed relationships. They will explore the meaning of the word commitment and consider the characteristics of a happy relationship. They will also explore feelings around changes in relationships, including the breaking-up of family structures, and develop the skills to know when and how to seek support if they are feeling unhappy.</p>	<p>commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce</p>
4	<p>Coping with change: Puberty and hygiene</p> <ol style="list-style-type: none"> <li>1. What is puberty?</li> <li>2. Understanding periods</li> <li>3. Keeping clean as we grow and change</li> </ol> <p>These lessons explore how our bodies start to change as we enter puberty, including girls starting their periods. Children will learn how these changes affect their hygiene needs, how to take responsibility for maintaining good hygiene and the products that are available.</p>	<p>puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health</p>
5	<p>Coping with change: Puberty and emotions</p> <ol style="list-style-type: none"> <li>1. Puberty</li> <li>2. Puberty and emotions</li> <li>3. Emotional changes: managing well</li> </ol> <p>In Year 5, children will continue to learn about the changes that occur during puberty. They will explore the emotional impact of puberty and work out their own strategies for managing well.</p>	<p>hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control</p>