

Thursday 2nd October 2025

Year 1 PSHE/RSE Lessons

Dear Parents/Carers,

We would like to notify you of some sensitive content in our upcoming PSHE lessons so that you can discuss this with your child and are prepared for questions that they may ask.

From the week commencing 6th October, we will be teaching the PSHE lessons set out below:

Week Beginning	6 th October 2024	13 th October 2024	20 th October 2024
Learning Objective	I am learning about the private parts of our bodies	I am learning about what it means to keep something private	I am learning to identify different types of touch
Success Criteria	Identify and name external genitalia Recognise the difference between boys and girls Know that parts of our body are private	Know what private means Know some the things that I might want to keep private Recognise that adults care for children and help them to stay healthy and safe Know that parts of our body are private Know why it is important to keep some parts of our body private Rehearse and recall the PANTS rules	Identify different types touch – hugs, tickling, kisses, punches Describe how we feel when being touched in this way Think about how other people might feel Know that it is important to ask for permission to touch others Know how to ask for and give permission Know how to not give permission.
Key Vocabulary	vulva, vagina, testicles, penis, private	private	tickling, kissing, permission

Throughout these lessons we will be discussing the NSPCC Pants are Private rules (see the link for further information), as well as celebrating our bodies and the things they enable us to do!

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

<https://www.youtube.com/watch?v=SzbMEVYiyg>

In an age-appropriate way, children will be encouraged to notice similarities and celebrate differences between girls and boys. We will also be discussing external body parts (genitalia).

Attached are the lesson plans, teaching content and resources for the lessons that we will be covering.

If you have any further questions, please email the school office or speak to the class teacher.

Kind regards,

Mrs V Bryant
Assistant Principal
PSHE lead

