

Eldersfield Lawn C.E. Primary School P.S.H.E. (Sex, Relationships Education): Changing Me, Early Years - Reception

(Cycle 1 Summer 2023)

At Eldersfield Lawn, we use the 'Jigsaw' scheme of learning to teach P.S.H.E and Sex and Relationships education. Jigsaw has a progressive, spiral structure and is taught through a mindful approach. The lessons ensure learning from previous years is revisited and extended, by introducing new concepts, knowledge and skills year on year appropriately. To support parents in understanding the content and delivery of the SRE element for your child's year group/class, we have included the Key Vocabulary from the Changing Me unit of work as well as the objectives we will cover.

Objectives which are covered within this unit of work include:

- Know the names and functions of some parts of the body (see vocabulary list)
- Know that we grow from baby to adult
- Know who to talk to if they are feeling worried
- Know that sharing how they feel can help solve a worry
- Know that remembering happy times can help us move on

Vocabulary: Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories.