



# Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Wednesday 4<sup>th</sup> June 2025

Dear Parent/Carer,

## Re: Year 4 – Relationships and Sex Education

As part of the school's Relationships and Sex Education (RSE) programme, children in Year R to Year 6 all receive approximately three age-appropriate lessons on ourselves, families, relationships, sexual health and personal safety. These lessons take place in the second half of the summer term.

The programme of learning is based upon 'The Christopher Winter Project' that is being used by many schools across the UK, and its purpose, which will be presented in a sensitive, objective and balanced manner, is to help in the development of making safe choices, building self-esteem and healthy and responsible relationships with others. This programme has now operated for a number of years and has been well received by both parents and children. This is also closely linked to 'Kapow' that we use for our Personal, Social and Health Education (PSHE) lessons.

The programme for Year 4 pupils is 'Growing Up'. A copy of the scheme of work is available on the back of this letter. If you would like to view the detailed programme of learning or have any queries that you would like to discuss individually, please contact your child's class teacher or myself who will be happy to answer any questions you may have. In addition, the school's PSHE, Relationships and Sex Education policy is on our school website.

From September 2020, parents/carers do not have the right to excuse their children from relationships education. However, parents/carers have the right to excuse their children from the non-statutory/non-science components of sex education within RSE. We would strongly urge parents/carers to allow their child to participate, as it is likely that children will discuss the lessons and we feel that it is better for children to hear directly from the class teacher, rather than acquiring partial or inaccurate information from one another. Your child may also ask questions at home.

Requests for being excused should be put in writing by **Monday 16<sup>th</sup> June** using the form found in Appendix 6 of the PSHE, Relationships and Sex Education policy and addressed to the headteacher (if you would like a copy of this form sent to you, please inform the office). I will discuss the request with parents/carers before making an appropriate decision. A copy of these requests will be placed in the pupil's educational record. Alternative work will be given to pupils who are excused from elements of relationships and sex education.

Kind regards,

Mrs R. Lennon  
Headteacher

# Year 4

## Growing Up

Key Stage 2

### Scheme of Work

**Word Box:** Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

#### Statutory Guidance

Health Education  
Changing adolescent body (8a)  
Key Stage 2 Science  
- describe the life process of reproduction in some plants and animals

Health Education  
Mental wellbeing (6a,6b,6c,6d,6f)  
Health Education  
Changing adolescent body (8a, 8b)  
Menstruation (9a)  
Key Stage 2 Science  
- describe the life process of reproduction in some plants and animals  
- describe the changes as humans develop to old age

#### Relationships Education

Caring friendships (2b,2c,2d,2e)  
Respectful relationships (3a,3b,3d,3e,3f,3h)  
Online relationships (4b,4d)

#### Learning Intentions and Learning Outcomes

Learning Intention  
To explore the human lifecycle  
To identify some basic facts about puberty  
Learning Outcomes  
Understand that puberty is an important stage in the human lifecycle  
Know some changes that happen during puberty

Learning Intention  
To explore how puberty is linked to reproduction  
Learning Outcomes  
Know about the physical and emotional changes that happen in puberty  
Understand that children change into adults to be able to reproduce if they choose to

#### Learning Intention

To explore respect in a range of relationships  
To discuss the characteristics of healthy relationships  
Learning Outcomes  
Know that respect is important in all relationships including online  
Explain how friendships can make people feel unhappy or uncomfortable.

#### Lesson Title

Lesson 1  
Changes

Lesson 2  
What is Puberty?

Lesson 3  
Healthy Relationships

#### Resources

[Lifecycle whiteboard summary](#)  
[Body Parts Bingo cards](#)  
[Bingo Flash cards](#)  
[Body Changes pictures](#)  
[Lifecycle Quiz slides](#)  
[Lifecycle Quiz answers](#)  
[Additional Activities](#)  
[Babies and Children worksheet](#)

Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart  
[Puberty Card Sort](#)  
[Puberty Card Sort whiteboard summary](#)  
[Body Changes worksheet](#)  
[Puberty Changes Teacher Guide](#)

**Suggested Reading**  
*Where Willy Went*, Nicholas Allan  
*Hair in Funny Places*, Babette Cole

[Healthy Friendships cards](#)  
[Relationship pictures](#)  
Online Respect and Self-Respect video  
<https://www.youtube.com/watch?v=mZtXwLzljpk>