



Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

New Road – Brighstone – Isle of Wight – PO30 4BB – Telephone (01983) 740285
www.brighstoneprimary.org.uk Charity Number: 307389 Email: office@brighstoneprimary.org.uk

Thursday 21st May 2026

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 four 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 is 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. This year, we will be using the updated 'Christopher Winter Project: Teaching RSE with Confidence in Primary Schools 2026' which has been fully reviewed and updated in line with the 2025 DfE Relationships Education guidance.

The programme for Year 4 pupils is 'Growing Up With Respect'. 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.

Parents/carers have the right to request that their child be withdrawn from sex education unless it forms part of statutory Relationships Education and Health Education or the Science national curriculum. We would strongly urge parents 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 8th 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: SCHEME OF WORK - GROWING UP WITH RESPECT

Key Vocabulary: puberty, private parts, lifecycle, emotions, reproduction, periods, sperm, penis, vulva, testicles, scrotum, uterus, nipples, respect, fairness, feelings, friendship, kind, honest, boundaries, personal space, stereotype, difference, unique, upstander, trust, support, identity, confident

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p>Lesson 1 Changes</p>	<p>Learning Intention To understand that puberty is an important stage in the human lifecycle</p> <p>Learning Outcomes I can name stages in the human lifecycle. I can describe some physical changes that happen during puberty. I can use agreed words to name male and female body parts.</p>	<p>Whiteboard slides – Lifecycle Whiteboard slides – Bingo images Whiteboard slides - Lifecycle quiz Body Part Bingo cards Body Changes pictures Lifecycle Quiz answers</p>	<p>Health Education Developing bodies (DB 1, 3) Science curriculum (S1, S4)</p>
<p>Lesson 2 What is puberty?</p>	<p>Learning Intention To learn about the emotional and physical changes of puberty, including how the body prepares for reproduction.</p> <p>Learning Outcomes I can describe some physical and emotional changes that happen during puberty. I can explain that these changes help the body get ready for having a baby in the future (if someone chooses to). I know that puberty starts at different times for different people.</p>	<p>Puberty Card Sort Puberty Card Sort whiteboard summary Body Changes worksheet Puberty Changes Teacher Guide</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, S4)</p>
<p>Lesson 3 Healthy Friendships</p>	<p>Learning Intention To explore healthy and unhealthy friendships and how to balance our own needs with the needs of others.</p> <p>Learning Outcomes I can describe what makes a friendship feel respectful and fair. I can explain how to be kind while still speaking up about my own feelings.</p>	<p>Healthy Friendships cards Freeze frame scenario cards Relationship pictures</p>	<p>Relationships education Caring friendships (CF1, 2, 4, 5, 6, 7) Respectful, Kind relationships (RR 3, 4, 5, 6)</p>
<p>Lesson 4 Valuing Difference</p>	<p>Learning Intention To explore what makes people unique and how to show respect for those who are different from us.</p> <p>Learning Outcomes I can describe what makes me unique I can explain what a stereotype is and why it can be unfair. I can think of kind ways to respond when someone is treated unfairly.</p>	<p>Circle talk object Sorting labels and statements Stereotype scenario cards</p>	<p>Relationships education Families and people who care for me (F3) Caring friendships (CF1, 2, 4, 5, 6, 7) Respectful, Kind relationships (RR 5, 8, 10) Health Education General wellbeing (GW 4, 7)</p>