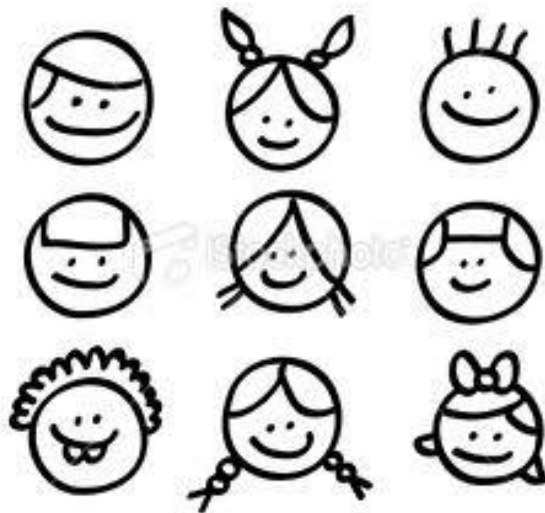


**Personal, Social, Health and Economic
Education (PSHCE Ed)**



**A Parent's guide to . . .
Relationship, Sex & Health
Education (RHSE)**



Class: 2 (Years 1 & 2)

What will my child cover in RSHE lessons?

Key Stage 1

During the RSHE lessons you can expect your child to learn about the following:

- **Life cycles**

- what could I do as a baby? What can I do now that is different? As an adult I hope to?
- baby – toddler – teenager – adult - elderly
- egg – caterpillar – cocoon – butterfly
- seed – flower
- birth: pupils watch a short video clip of a kitten being born (age appropriate)

- **Girls and boys**

- what is same between girls / boys? e.g. arms, legs, eyes
- what might be different between individuals? e.g. height, hair / eye colour, skin colour
- what is different between girls / boys? Names of reproductive organs.

- **The development of a baby**

- how do babies need looking after? E.g. feeding, bathing, nappy changing, love, play time etc.
- where possible a parent and baby will visit the class during the year to talk about caring for a baby.
- what was I like as a baby?

- **Forming and maintaining positive relationships**

- who is in my family?
- Family tree
- who are my friends?

- **Keeping safe**

- How to keep safe e.g. road safety / stranger danger / e-safety
- NSPCC 'PANTS' rule:
our body belongs to us we can tell a safe adult if we feel upset or worried

- **The role of doctors and other health professionals**

- feeling healthy / ill
- Who looks after us when we are ill?
- how do doctors and nurses help people?

- **Making the right choices** (repetition from class 1 with different contexts covered)

- sharing and taking turns
- using our manners and being polite
- being honest








Activity Samples

This page contains a sample of the worksheets that may be used in your child's class to support their learning in RSHE.

Looking After a Baby

Babies cannot do anything for themselves. They need lots of care and looking after to help them grow up healthy.

1. Colour the pictures of the items the baby needs to stay healthy.

 Feed and drink	 Medical check-ups	 Car
 Wear clothes	 I need lots of things!	 Love and attention
 Computer	 Careful bathing	 Nappy changing

Babies need looking after during the night as well as during the day. Looking after a baby is hard work. It helps if there are lots of people who can help to look after the baby.

2. Write a list of people who could help look after a baby.
brother, grandma, _____ and _____

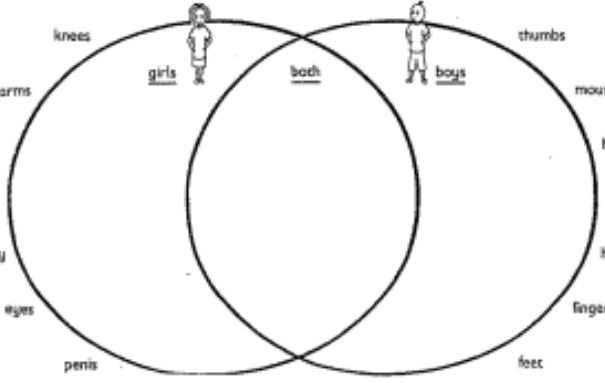
3. Tick the four items on this list that people will need to have if they are looking after a baby.

nice love patience bad temper energy

Same but different

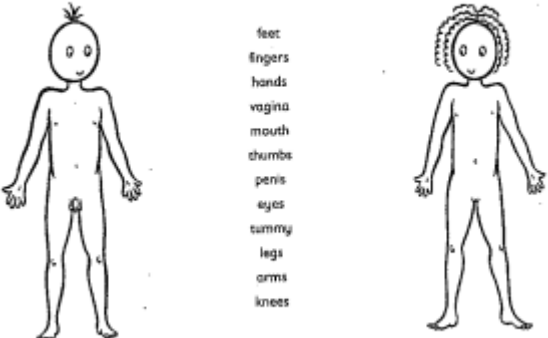
Complete the chart using the words around the outside.

Name: _____



Naming body parts

Label the body parts on the male and female outlines.

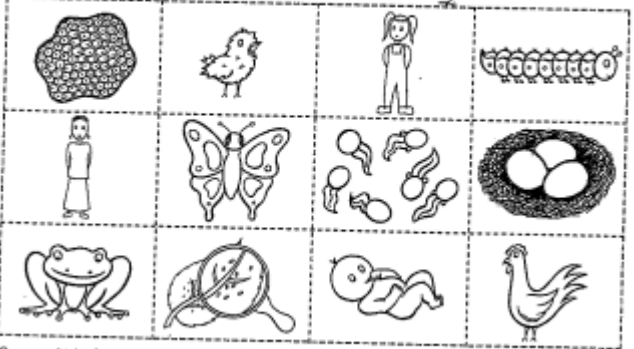


feet
fingers
hands
vagina
mouth
thumbs
penis
eyes
tummy
legs
arms
knees

Are there any other parts you can add?

Life cycles

Cut out the pictures and put them in order to show the life cycles.



Can you think of any other life cycles?

I am Different

As we grow older, many things change.
We change the way we look and the things we do and need.

1. Are you different from when you were a baby? YES NO

2. Draw pictures to show the differences between being a baby and how you are now.

When I was a baby ... I looked like this	Now that I am in school ... I look like this
I wore these clothes	I wear these clothes
I played with these toys	I play with these toys

TALK PRIVATE AND STAY SAFE, LIKE PANTOSAURUS

P RIVATES ARE PRIVATE
A LWAYS REMEMBER YOUR BODY BELONGS TO YOU
N O MEANS NO
TALK ABOUT SECRETS THAT UPSET YOU
S PEAK UP, SOMEONE CAN HELP



NSPCC
EVERY CHILDHOOD IS WORTH FIGHTING FOR