

19 June 2026
Primary - Year 1 PSHE

Dear Parents/Carers

PSHE - Summer Term 2

At Penshurst Primary School, relationships and health education will be taught through Personal, Social and Health Education (PSHE) lessons using the Jigsaw online portal.

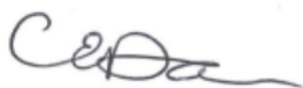
In Year 1, the topics covered in PSHE in Summer Term 2 are:

- Know that animals including humans have a life cycle.
- Understand that changes happen when we grow up.
- Recognise that people grow up at different rates and that is normal.
- Know the names of male and female private body parts (vagina, penis, testicles, anus) and that there are correct names for private body parts and nicknames, and when to use them.
- Understand that some parts of my body are private, and that they belong to that person and nobody has the right to hurt these.
- Understand who they can ask for help if they are worried or frightened.
- Identifying what I am looking forward to when I move into Year 2.

All lessons are compulsory and children cannot be withdrawn. The lessons will be taught in a way that is appropriate for our pupils in terms of age, physical and emotional maturity, religious and cultural background, and special educational needs and disabilities.

If you have any queries regarding the topics taught this half term, then do not hesitate to speak to your child's teacher.

Yours faithfully



Miss C Davies
Assistant Headteacher