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1st June 2026

Year 5/6 PSHE and RSE lessons

Dear Parent/Carer,

Year 5 and 6 have the opportunity to participate in the KAPOW PSHE and RSE lessons linked to safety and the changing body. **Please note that parents have the right to withdraw their child from the following lessons: Conception, and Pregnancy and birth (taught to Y6 only).** As part of the teaching of this series of lessons, the children will be split into their respective year groups and taught the following material:

YEAR 5 ONLY

1. Puberty

Learning about the physical changes that happen to the body during puberty and naming the sexual external parts of the body and internal reproductive organs. Features an animated pupil video.

Statutory Guidance:

- Changing adolescent body: key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- Science: Y5: Animals including humans: describe the changes as humans develop to old age.

Non-statutory Guidance:

- See PSHE Association's Programme of Study for PSHE Education.

2. Menstruation

Learning about the menstrual cycle and other changes that happen during puberty. Featuring a bespoke animated pupil video.

Statutory Guidance:

Changing adolescent body:

- Pupils should know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- Pupils should know about menstrual wellbeing including the key facts about the menstrual cycle.

Non-statutory Guidance:

- See PSHE Association's Programme of Study for PSHE Education.

3. Emotional Changes in Puberty

Learning about the emotional changes that occur during puberty.

Statutory Guidance:

Pupils should know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

Non-statutory Guidance:

- See PSHE Association's Programme of Study for PSHE Education.

Please note that only children in Year 6 will take part in the lessons below. Year 5 will not be in the classroom for these lessons.

YEAR 6 ONLY

1. Physical and emotional changes of puberty

Further developing children's understanding of the physical and emotional changes that happen during puberty.

Statutory Guidance:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to eleven, including physical and emotional changes.

Non-statutory Guidance:

- See PSHE Association's Programme of Study for PSHE Education.

2. Conception *please note that parents have the right to withdraw their children from this lesson*

Children learn about the biology of conception. Features a bespoke animated pupil video.

Statutory Guidance:

Pupils should know:

- About menstrual wellbeing including the key facts about the menstrual cycle

Other information:

- Some of this lesson goes beyond the requirements of the statutory guidance however the DfE recommends that it is good practice for children to understand how a baby is conceived and born before going to secondary school

Non-statutory Guidance:

- See PSHE Association's Programme of Study for PSHE Education.

3. Pregnancy and birth *please note that parents have the right to withdraw their children from this lesson*

Children learn how a baby develops in the womb and is born. Features a bespoke animated pupil video.

Statutory Guidance:

- This lesson goes beyond the teaching requirements of the statutory guidance however the DfE recommends that: "all Primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupil. It should ensure both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the National Curriculum for Science – how a baby is conceived and born" (point 67 page 23).

Note that each school can decide its approach to this and that parents have the right to withdraw their children from this lesson.

Non-statutory Guidance:

- See PSHE Association's Programme of Study for PSHE Education.

Please inform us if you wish your child to be withdrawn from the lessons 'conception' and 'pregnancy and birth'. If we have not heard from you by Thursday 11th June, we will assume you are happy for your child to participate in these lessons. If you would like to view the contents of the lessons and/or the videos please contact me.

Please note that in September 2026 the Revised Relationships, Sex, and Health Education (RSHE) statutory guidance comes into effect. You can read the official government policy on the

<https://www.gov.uk/government/publications/implementation-of-revised-rshe-guidance>

Kind regards

SBiles

Mrs Biles

Y5/6 Teacher

'Love One Another As I Have Loved You' John 15:12

