

## **SRE in Year 4**

### **Information for Parents and Carers**

#### **Sex and Relationships Education Year 4 Programme of Study**

##### **(Cambridgeshire PSHE Scheme of Work)**

#### **Healthy Lifestyles**

- To be able to give a list of the main external parts of male and female bodies and may use some scientific names for these.
- Be able to use the scientific terms for parts of the body and explain which parts are male and which are female.
- Be able to give several examples of the capabilities of their own bodies.
- Be able to describe familiar hygiene routines such as brushing teeth and washing hair, and understand the reasons for doing these things.
- Be able to look forward to new areas of responsibility for their personal hygiene.
- Be able to explain how common illnesses such as colds or tummy bugs are spread and be able to describe how they can prevent the spread of one such illness.

#### **Keeping Safe**

- To understand ways to keep their bodies safe and how to look after them and keep them clean.
- To understand about how members of their family and other trusted adults care and look after them.
- To understand ways in which they can take responsibility for looking after themselves and recognise situations where they still need to be supported by others.
- To recognise how growing up makes them feel.

#### **Our Circle Time Ethos and Rules**

We promote a classroom environment where we 'always listen to others' and 'respect what other people have to say'.

At Teversham School we have circle times where we give the children the opportunity to talk through their knowledge and understanding on a range of topics.

We also introduce topics for discussion that support the children in gaining a knowledge and understanding of their development. Talking with our friends, family and trusted adults helps gain an understanding of our world and place in it.

## Using Accurate Language and Vocabulary

*“Early and accurate naming of body parts is vital. If children have not been equipped with the words for the parts of their bodies and have picked up the message that adults don’t talk about them either, how can they be expected to describe them to an adult if they need to? This has serious implications for child protection”.*

*Cambridgeshire PSHE Service*



## Children need the opportunity to talk

It is important that children feel able to come home and ask any questions with trusted adults, family and friends without feeling embarrassed. Please do encourage your children to discuss any of questions they may have about these topics at home to ensure that they receive accurate information.

We support children in understanding the need to talk to a trusted family member or adult that cares for them if they have any concerns or worries.



**If you have any questions, please contact your class teacher or Mrs Simpkin Smith and we will be more than happy to answer any questions that you might have.**