

Jigsaw & the RHE Curriculum

The other topics in the Jigsaw Curriculum are also taught each half term across the school but, again, at an age appropriate level.

Topic Title	Reception	Year 1	Year 2
Being Me in My World	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Feeling special and safe Being part of a class Rights / responsibilities Rewards/feeling proud Consequences Learning Charter	Hopes and fears this year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings
Celebrating Difference	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Similarities / differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference
Dreams and Goals	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting goals Successes/achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success
Healthy Me	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health & happiness	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food
Relationships	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend & person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships
Changing Me	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition



Relationship and Sex Education at South End Infant School



jigsawpshe.com

A Guide for Parents / Carers

March 2026

What is Relationship and Sex Education?

From September 2020 Relationships Education has become a statutory subject for Primary Schools in England.

South End Infant School and South End Junior School are both following the Jigsaw Programme to deliver their RSE Curriculum ensuring that all children receive a cohesive and age appropriate education in a format that will be familiar throughout their Primary Education.

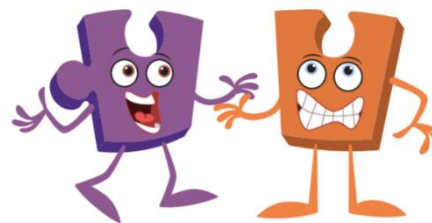
What are the aims of RSE?

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social, Health Education):

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion
- To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others)
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them
- To empower them to be safe and safeguarded

This leaflet is designed to give Parents / Carers information about which aspects of the Jigsaw RSE will be taught within our Infant School setting.

What is Jigsaw, the mindful approach to PSHE?



Jigsaw PSHE aims to support schools to work in partnership with parents and carers to ensure appropriate, relationship and sex education in the context of the PSHE.

The Jigsaw PSHE relationship and sex education units of work aim to give children their entitlement to information about relationships, puberty and human reproduction, **appropriate to their ages and stages of development**. This work is treated in a matter-of-fact and sensitive manner to allay embarrassment and fear and helps children to cope with change, including puberty and to learn about families, friendships and healthy relationships. Jigsaw aims to build the positive.

What will my child taught specifically in Sex Education?

The 'Changing Me' unit is taught over 6 weeks in the final summer term each year. Each Year Group is taught appropriate content to their age and developmental stage. Any questions that a teacher feels are beyond the remit of the Year Group will be directed back to parents. In our Infant Setting the content of this part of Jigsaw is:

Foundation	Growing up: how we have changed since we were babies
Year 1	Boys' and girls' bodies; naming body parts
Year 2	Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)