

Tuesday 12 May 2026

Dear parents,

Teaching of Relationships and Sex Education (RSE) in Summer 2

As part of your child's education at Grange Park, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme, which includes the teaching of Relationships and Sex Education (RSE).

To review how Relationships and Sex Education is implemented at Grange Park, including examples of learning and information about the curriculum, please review the slides from our previous parent workshop [here](#).

Next half term (Summer 2), your child will be participating in the 'Changing Me' topic, which teaches Relationships and Sex Education objectives. Below is a short overview.

Year 4 objectives

- Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. Identify how boys' and girls' bodies change on the outside during this growing up process.
- Identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up.
- Understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.
- Correctly label the internal and external parts of male and female bodies that are necessary for making a baby. Key vocabulary: sperm, egg, ovum, penis, testicles, vagina/vulva, womb/uterus, ovaries, fertilise, conception.
- Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.
- Know how the circle of change works and apply it to changes I want to make in my life.

Thank you for your continued support. Please do contact me if you have any questions.

Kind regards

Rebecca Neale
Deputy Headteacher