

PSHE



Changes for September 2026

Why do we teach PSHE at Gateway?

It is our intent to provide all children with a broad and balanced curriculum that aims to assist children to prepare for adult life by supporting them through their physical, emotional and moral development and helping them to understand themselves, respect others and form and sustain healthy relationships within our school and in the wider world.

It is important to acknowledge PSHE as a preventative safeguarding measure to help ensure our pupils are equipped with correct knowledge and strategies to prosper at Gateway and in the wider community.

Statutory Guidance for September 2026

The Department for Education (DfE) published revised statutory guidance for Relationships Education, Relationships, Sex and Health Education (RSHE) in July 2025. Schools must implement the updated guidance from **September 2026**.

At Gateway we are committed to ensuring we comply with these guideline.

Upon review of these changes we have noticed that we have only had to make very adjustments that will be highlighted in the slides.

If they are any questions, they will be an opportunity to discuss at the end and if you would like to raise any uncertainty or any clarification on the terms. Feel free to raise your hand or write them down in the paper in front of you.

Changes at Gateway Academy

Online Safety	New online safety lessons have been created and trialled by digital leaders
General Wellbeing (Caring and Respectful Relationships)	Focus on the concept of healthy friendships, the need to manage conflict with kindness. The concept of lonely and what this means to children.
Health and Prevention and Basic First Aid	The importance of having sufficient good quality sleep (taught in Year 3 -6) Dental hygiene - will be taught in Year 3 and 4 Children must know how to report incidents rather than recording them. Year 6 Only - associated risks of smoking and vaping. Addiction caused by products such as nicotine pouches.
Families and people who care for me	Families of other children may look different to their own. Understand that stable, caring relationships are at the heart of safe and happy families and this is important for their security as they grow up. Marriage and civil partnerships represent a formally and legally recognise commitment of two people (Year 5)

Continued

Economic Well being	No changes - we will be following the same SOW - using <u>Natwest Money Wise scheme</u>
Being Safe and Managing Risks	Understand hazards (including fire). How to recognise risk and keep safe around roads, railways, level crossings and water.
Growing and Changing	Year 4 will learnt about the emotional and physical changes that occur during puberty in both males and females (mood swings and periods, body hair and manage these changes) The correct names of body parts including Scrotum, nipples, penis, vulva, vagina, testicles. Pupils should understand that all of these parts of the body are private and understand, express and know their own boundaries in relation to these body parts.

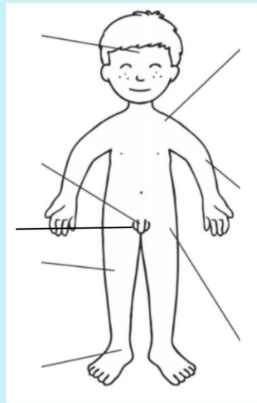
Growing and Changing

At Gateway, we follow the Local Agreed Syllabus alongside the PSHE Association guidance. All resources and curriculum content have been carefully reviewed, verified, and quality assured to ensure they are accurate, appropriate, and suitable for the age and developmental stage of our pupils.

To teach our SRE lessons we use Christopher Wynter's resources that I will share with you all now.

Year 1

head



shoulder

foot

arm

hip

penis

leg

*Read the body parts in order of the boy and girl.

Year 2

I am going to show you 2 pictures.

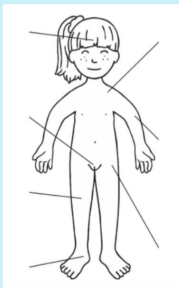


head

vagina

leg

foot



shoulder

arm

hip

*Repeat for the girl body parts.

Year 3

YEAR 3

LESSON 1: Body Differences matching cards

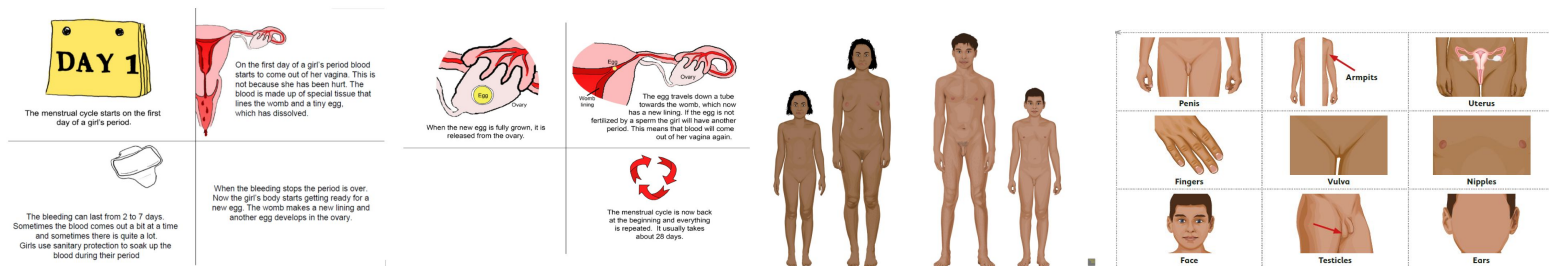


1. Our bodies are unique but we have many body parts that are similar	A collection of six small illustrations showing different body parts: a hand, an ear, a pair of eyes, a nose, and a pair of feet.	4. The vagina is inside the body and leads to the uterus	An illustration of the female reproductive system, showing the uterus and ovaries in pink, positioned inside a brown torso.
2. One difference is the male and female private parts	Two full-body illustrations of a male and a female figure, showing the difference in their private parts.	5. The penis and scrotum are the male private parts	An illustration of the male private parts, showing the penis and scrotum in a brownish tone.
3. The vulva is a female private part	An illustration of the female private parts, showing the vulva in a brownish tone.	6. These different private parts are needed if people choose to have a baby when they are grown up.	An illustration of a baby lying on its back, looking up.

Year 4 : Puberty and Menstruation

Resources

Lesson Plan

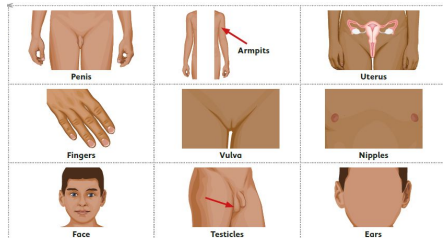
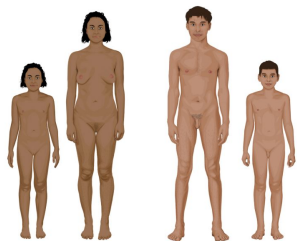


Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
Lesson 1 Changes	Learning Intention To understand that puberty is an important stage in the human lifecycle Learning Outcomes I can name stages in the human lifecycle. I can describe some physical changes that happen during puberty. I can use agreed words to name male and female body parts.	Whiteboard slides – Lifecycle Whiteboard slides – Bingo images Whiteboard slides - Lifecycle quiz Body Part Bingo cards Body Changes pictures Lifecycle Quiz answers	Health Education Developing bodies (DB 1, 2) Science curriculum (S1, S4)
Lesson 2 What is puberty?	Learning Intention To learn about the emotional and physical changes of puberty, including how the body prepares for reproduction. Learning Outcomes I can describe some physical and emotional changes that happen during puberty. I can explain that these changes help the body get ready for having a baby in the future (if someone chooses to). I know that puberty starts at different times for different people.	Puberty Card Sort Puberty Card Sort whiteboard summary Body Changes worksheet	Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, S4)

Year 5

Lesson 1 Talking about puberty	Learning Intention To learn about the main physical and emotional changes during puberty. Learning Outcomes I can describe the main physical and emotional changes that happen during puberty I can ask questions about puberty with confidence and respect	Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template	Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4)
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Resources



YEAR 5

LESSON 2: Menstruation Card Game

1. It is embarrassing to buy menstrual products	2. A period normally lasts 2–7 days
3. A female gets her first period at age 12	4. Females can go swimming when they have their periods
5. The best way to get rid of used pads and tampons is to flush them down the toilet	6. If someone has their period they should always use a tampon
7. It is OK to take a bath or wash your hair when you are menstruating	8. Everyone gets stomach pains and are moody when they are expecting their period
9. Girls who start their periods unexpectedly should go home immediately	10. The blood from a period is dirty

Year 6

Resources

Lesson 1 – Growing Up and Puberty

Children will:

- understand the physical and emotional changes that happen during puberty;
- learn how these changes prepare the body for adulthood;
- use the correct scientific vocabulary with confidence and respect;
- know how to look after their personal hygiene and wellbeing during puberty.

Our Approach

- All learning is delivered sensitively and in line with the Department for Education's statutory guidance.
- Lessons are age-appropriate, factual and designed to support children's health, safety and wellbeing.
- Children are encouraged to ask questions, although no child is expected to share personal experiences.
- Teaching takes place in a respectful environment where all pupils feel safe, valued and supported.

Pubic hair



Moving forward to next academic year

- ➔ The revised RSHE curriculum will be implemented from 1 September 2026.
- ➔ The 'Living in the Wider World' strand is currently under review by the Government and is expected to become part of a new Citizenship curriculum from 2027.
- ➔ Gateway does not teach Sex Education, as this is a non-statutory element of the curriculum for our pupils.
- ➔ Parents cannot withdraw their child from statutory PSHE/RSHE lessons, as this content is a compulsory part of the national curriculum requirements for schools in England.
- ➔ From September - termly coffee mornings to look in more detail at lessons for that term.