



Summer Term 2026

Dear Reception Class parents,

I am writing to inform you of what PSHE lessons will be covered in Reception Class during the 'Growing and Changing' topic of our PSHE curriculum in Summer 2.

Below are details of what the SCARF (our PSHE scheme) learning outcomes are and a brief outline of what each lesson will involve.

Lesson 1 – Seasons

This lesson will cover the idea of changes. The children will be read a book about the changing seasons e.g. Skip Through the Seasons by Stella Blackstone. They will then discuss what seasons are, what happens in each seasons and what happens after each season ends. We will discuss how seasons create a cycle throughout the year because sometimes the earth tips nearer to the sun making the weather warmer and things grow better and then gradually tips the other way making colder weather. Each child will then discuss their favourite season and why they like it best.

SCARF Learning Outcomes;

- Name the different seasons and describe their difference.
- Explain the changes that occur as seasons change.
- Talk about how they have grown in resilience.

Lesson 2 – Life Stages – Plants, Animals, Humans

This lesson lays the foundations for how we change and grow. The children will start by discussing how things go round and round and introduce the new vocabulary, 'cycles'. They will name things that go round and round such as a wheel or the year and then they will learn that things that live, like animals, plants and people, also have cycles known as 'life cycles'. They will then watch a video of a life cycle such as a seed or a butterfly. Then they will discuss the various stages of growth and change and why these changes occur. They will then discuss other animals that this may happen to e.g. a lamb changing into a sheep, a puppy changing into a dog etc.

SCARF Learning Outcomes;

- To understand that animals and humans change in appearance over time.
- Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals).
- Make observations and ask questions about living things.

Lesson 3 – Life Stages: Human Life Stage – Who Will I Be?

This lesson builds on the children's previous knowledge of life cycles by specifically looking at the humans. First the children will be read the story 'Once There Were Giants' which details how we change from babies and develop into children, then teenagers, then adults, what typically happens at each life stage and what helps us to grow up. The children will then be asked questions about the story and then discuss whether these life stages are the same for everyone e.g. some people may have a baby before marriage, some people may not work etc. We will then discuss how all families are different and that people make different choices about what to do when they are older.

SCARF Learning Outcomes;

- Retell a story and respond to questions about it.
- Use the language and describe the different life stages of: baby, child, teenager, adult and older age.
- Talk about their own experience of growing up.

Lesson 4 – Where Do Babies Come From?

This lesson provides the initial building blocks for learning about reproduction in plants and animals, including humans. The children will be read the book 'There's a House Inside my Mummy' by Giles Andrae. The children will then discuss where babies come from (a mummy's tummy), what they do inside mummy's tummy (grow, move, feed), when they come out (after nine months) and what they need when they come out (milk, warmth, clothes, cuddles, love). Then we will discuss how sometimes the baby comes from its birth mummy and daddy like in the story or sometimes another person can be their mummy, daddy or special person who will bring them up. Finally, we reinforce that families are people who provide us with love. That means they care for us and keep us safe.

SCARF Learning Outcome;

- Explain that a baby is made by a woman and a man, and grows inside a mother's tummy.
- Understand that every family is different.
- Talk about similarities and differences between themselves and others.

Lesson 5 – Getting Bigger

This lesson focuses on how we physically change as we get older. Firstly, the children will be read the story 'You'll Soon Grow into Them, Titch' by Pat Hutchins. The children will then discuss how they have changed since they were babies (taller, look different, do more things), how they know they have grown (need bigger shoes, a bigger bed), what has helped us to grow (eating food that gives us energy, sleep, exercise) and what they can do now that they couldn't as babies (open doors, dress ourselves, ride a bike). Finally, we will have a circle time and discuss and celebrate things we can do now which we couldn't before.

SCARF Learning Outcomes;

- Talk about how they have changed as they have grown.
- Explain the difference between babies, children and adults.
- Understand that we are all unique.

Lesson 6 – Me and My Body – Girls and Boys

This lesson lays the foundations for how the female and male bodies are different. The children will start by singing 'Heads, Shoulders, Knees and Toes'. They will then discuss which parts of the body we sang about and which body parts we have missed. We will then explain that there are parts of our bodies which are private and that we wouldn't touch as part of the song but are still very important too. We will then discuss the correct word for our private parts and how boys and girls are different because of this. We will then explain that these parts are private and no one should touch them without our permission. The children will listen to the NSPCC PANTS film 'Pantosaurus').

SCARF Learning Outcomes;

- Name parts of the body (including reproductive parts) using the correct vocabulary.

- Explain which parts of their body are kept private and safe and why.
- Tell or ask an appropriate adult for help if they feel unsafe.

This PSHE Unit covers a lot of sensitive issues and the way we will approach these sensitive issues will create an open and honest dialogue with your children and we will ensure that they are given the facts and truths rather than being exposed to myths and rumours by peers and older people which could cause them to feel confused and even scared. Our children need to be informed about their bodies and they need to feel comfortable about what will be happening to them. This is the main purpose of our Relationship and Sex Education lessons at St Veronica's and we will deliver it in a sensitive, relaxed, open and age-appropriate way.

If you have any questions or concerns, please speak to me at parents evening on the 11th March, alternatively you can ring the school office to book a consultation with me and I can hopefully clarify things and reassure you. Additionally, you are more than welcome to attend the Life Education Parents Session, which will be held by Steven, who works for SCARF, on Friday 20th March at 9.00am - 9.15am in our school hall.

Many thanks for your support,

Mrs. Downey