



## Enhanced RSHE Sessions for Year 4 Overview:

(Based on PSHE Association accredited resources and the TenTen Catholic programme for our children at St. Patrick's Catholic Voluntary Academy).

The sessions are intended to be taught at the same time,  
in addition to our weekly PSHE Sessions  
in single sex classes and will cover:

1. Changes in Boys	I can describe how boys' bodies will change as they go through puberty.
2. Changes in Girls	I can describe how girls' bodies will change as they go through puberty.
3. Changing Emotions	I can describe the feelings that some people experience as they grow up.
4. Relationships and Families	I understand that there are many different types of relationships and families.

We recognise the parents are the first teachers of their children  
and wish to work closely with you.

Parents are informed in good time, before this block of learning is delivered.

Parents are welcome to discuss the content with the

PSHE and RSHE lead, Mrs. S.Verdon-Smith,

the Class Teacher

and / or

Mrs. S.McKeown, Headteacher.