

Year 5 "Changing Me" Relationships and Sex Education at Burford Primary School

| Theme | Lesson Content & vocabulary | PSHE learning intention | Social & Emotional Development Learning Intention |
|---|---|---|---|
| <p>Understand that everyone is unique and special</p> <p>Relationships Ed Health Education</p> | <p>Self and Body Image</p> <ul style="list-style-type: none"> • <i>Self</i> • <i>Self-image</i> • <i>Body image</i> • <i>Self-esteem</i> • <i>Perception</i> • <i>Characteristics</i> • <i>Aspects</i> • <i>Affirmation</i> | <p>I am aware of my own self-image and how my body image fits into that</p> | <p>I know how to develop my own self esteem</p> |
| <p>Can express how they feel when change happens</p> <p>Health Education</p> <p>"Operation Ouch: Don't panic about puberty!"</p> <p>Followed by girl talk / boy talk opportunity to ask age appropriate questions</p> <p>Describe the changes as humans develop to old age</p> <p>Science Education</p> | <p>Puberty for Girls</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Periods</i> • <i>Sanitary products</i> • <i>Ovary/ Ovaries</i> • <i>Womb/Uterus</i> <p>Puberty for boys</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Sperm</i> • <i>Testicles</i> • <i>Facial hair</i> • <i>Growth spurt</i> • <i>Hormones</i> • <i>Adam's apple</i> | <p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> | <p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me</p> <p>I can express how I feel about the changes that will happen to me during puberty</p> |
| <p>Know who to ask for help if they are worried about change</p> <p>Health Education</p> | <p>Looking Ahead</p> <ul style="list-style-type: none"> • <i>Teenager</i> • <i>Milestone</i> • <i>Perceptions</i> • <i>Puberty</i> • <i>Responsibilities</i> | <p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> | <p>I am confident that I can cope with the changes that growing up will bring</p> |
| <p>Are looking forward to change</p> <p>Health Education</p> | <p>Looking Ahead</p> <ul style="list-style-type: none"> • <i>Change</i> • <i>Hope</i> • <i>Manage</i> • <i>Cope</i> • <i>Opportunities</i> • <i>Emotions</i> • <i>Fear, anxious</i> | <p>I can identify what I am looking forward to when I move to my next class.</p> | <p>I can start to think about changes I will make next year and know how to go about this.</p> |