

Relationships and Sex Education – YEAR 5

Scheme of Work – Puberty

| Theme | Learning Intention | Learning Outcomes | Vocabulary | Subject linked to | Thoughts for parents |
|------------------------|---|--|--|---|---|
| Talking about puberty. | To explore the emotional and physical changes occurring in puberty. | <p>Explain the main physical and emotional changes that happen during puberty.</p> <p>Ask questions about puberty with confidence.</p> | Puberty Physical changes Emotional changes Moods Menstruation Periods Tampons Sanitary towels Wet dreams Semen Erection Sweat Breasts Spots | PSHE <ul style="list-style-type: none"> To recognise as they approach puberty, how people’s emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way. Learn about how the body changes as children approach puberty. | <ul style="list-style-type: none"> Try and use the words in the vocabulary list and not substitute words as these often trivialise or demean what you are discussing. Talk to the children about the changes they will soon be going through (these may have already begun). Ask the children do they know what these changes are? Explain they are perfectly natural and talk about the changes you went through yourself. Encourage the children to ask you questions whenever they feel the need. |
| Male & female changes. | To understand male and female puberty changes in more detail. | <p>Understand how puberty affects the reproductive organs.</p> <p>Describe how to manage physical and emotional changes.</p> | Pubic hair Facial hair Underarm hair Sexual feelings Womb Sperm Egg Conception | Science <ul style="list-style-type: none"> Describe the changes as humans develop to old age. RE Ourselves Life choices Transformation | <ul style="list-style-type: none"> Discuss how boys and girls share some very similar changes but also go through changes that are unique to their own gender. Talk to the children about how puberty is preparing them, both physically and emotionally, for later life as an adult. |
| Puberty & hygiene. | <p>To explore the impact of puberty on the body and the importance of physical hygiene.</p> <p>To explore ways to get support during puberty.</p> | <p>Explain how to stay clean during puberty.</p> <p>Describe how emotions change during puberty.</p> <p>Know how to get help and support during puberty.</p> | Fertilisation Pregnancy Sexual intercourse | | <ul style="list-style-type: none"> Discuss the importance of hygiene and that, as you go through puberty, it is essential to keep all parts of the body clean. This means showering / bathing at least once every two days (and always after exercise) and changing underclothing each day. Deodorants can be used but only after washing. |

| | | | | | |
|------------------------------------|--|---|--|--|--|
| <p>Conception & pregnancy.</p> | <p>To explore the process of conception and pregnancy.</p> | <p>Describe the decisions that have to be made before having a baby.</p> <p>Know some basic facts about pregnancy and conception.</p> | | | <ul style="list-style-type: none">• Talk to the children about when a couple might decide to have a baby. Talk about the joy this brings but also of the challenges of having a baby at a different time or as a single parent.• Talk to the children, in basic terms, about conception (using the words sperm and egg). Discuss how the baby grows and develops in the womb and that, we believe, life begins at conception. |
|------------------------------------|--|---|--|--|--|