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Wednesday 3rd July 2024

Dear Parents/Carers,

Relationship and Sex Education (RSE)- Year 5

The purpose of RSE at Discovery MAT is to prepare our students for the physical and emotional changes of growing up. We believe this programme gives students the knowledge and skills to make informed and healthy choices as well as to build their confidence and skills to deal with situations they may encounter. More importantly, this programme helps them to stay safe and know where and how to ask for help if needed.

As a MAT we subscribe to the Christopher Winter Project resources and use these to ensure that our delivery is consistent, appropriate, and informative. This content will begin to be taught over the remainder of the Summer Term and will be taught from Reception up to Year 6.

The following curriculum overview explains what each Year Group will be learning over the next Half Term:

- Reception – Family and Friendship:
- Year 1 – Growing and caring for ourselves
- Year 2 - Differences in our bodies
- Year 3 – Valuing difference and keeping safe
- Year 4 – Growing up
- Year 5 – Puberty
- Year 6 – Puberty, relationships and reproduction

You will be aware that The Relationships Education, Relationship & Sex Education and Health Education (England) Regulations 2019 made Relationship Education compulsory, you will know that you still have the right to withdraw your child from the [non-statutory/non-science] components of sex education within the PSHE curriculum. Sex education is not compulsory in primary schools and the content set out in this guidance therefore focuses on Relationships Education. The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

You can view the DFE Guidance here [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/relationships-and-sex-education-rse-and-health-education) and the RSE policy on our website https://www.westonmill.plymouth.sch.uk/web/important_policies/939

As part of our Y5 studies this year, we will engage in a series of units to cover our Relationship and Sex Education curriculum. Over the next couple of weeks, children in Y5 will begin covering their first unit entitled 'Growing Up'.

The unit focuses on exploring the changes our bodies experience during Puberty. We will be discussing the physical and emotional changes that our bodies experience as a child progresses towards adulthood.

Please find attached the scheme of work, with all topics listed that will be covered. If you wish you wish to discuss this unit any further please speak with your child's class teacher to discuss any queries.

Yours Sincerely,

Mrs Loftus (PSHE lead)

Years 5 & 6 - Sex Education Curriculum

Stand-alone sessions are delivered by school staff and trained health professionals these link closely to the Science curriculum.

Year 5 – Growing Up	
<p>Links to Science Curriculum: <u>Year 5 - Animals, including humans</u> Statutory requirements Pupils should be taught to: - Describe the changes as humans develop to old age.</p>	
Topics	Learning Outcome
<p>Physical Changes Body Changes</p> <ul style="list-style-type: none"> • From birth to the present day • How does my body change at puberty? • What changes do boys and girls go through at puberty? • Men and women’s bodies • Am I the same as everyone else? 	<ul style="list-style-type: none"> • Pupils can discuss some of the bodily and emotional changes at puberty and can demonstrate some way of dealing with these in a positive way.
<p>Physical Changes Periods</p> <ul style="list-style-type: none"> • What is a period? • Talking about periods 	<ul style="list-style-type: none"> • Pupils can discuss some of the bodily and emotional changes at puberty and can demonstrate some way of dealing with these in a positive way.
<p>Physical Changes Wet Dreams</p> <ul style="list-style-type: none"> • Talking about wet dreams • What is a wet dream 	<ul style="list-style-type: none"> • Pupils can discuss some of the bodily and emotional changes at puberty and can demonstrate some way of dealing with these in a positive way.
<p>Physical Changes Hygiene</p> <ul style="list-style-type: none"> • Keeping clean 	<ul style="list-style-type: none"> • Pupils can discuss some of the bodily and emotional changes at puberty and can demonstrate some way of dealing with these in a positive way.
<p>Emotional Changes</p> <ul style="list-style-type: none"> • Feeling positive 	<ul style="list-style-type: none"> • Pupils can demonstrate that they recognise their own worth and that of others (for example by making positive comments about themselves and classmates). • Pupils can identify some factors that affect emotional health and well-being (for example exercise or dealing with emotions).
<p>Emotional Changes Different feelings for different people</p> <ul style="list-style-type: none"> • Crushes • Different times, different friendships • Asking someone out • First date 	<ul style="list-style-type: none"> • Pupils can identify some factors that affect emotional health and well-being (for example exercise or dealing with emotions). • Pupils can identify different types of relationships (for example marriage or friendships and can show ways to maintain good relationships) (for example, listening, supporting, caring).

Scheme of Work

Puberty

Key Stage 2

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, underarm hair, sexual feelings

Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Health Education Mental wellbeing (6c, 6d,6f) Changing adolescent body (8a,8b) Menstruation (9a)</p>	<p>Learning Intention To explore the emotional and physical changes occurring in puberty Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence</p>	<p>Lesson 1 Talking About Puberty</p>	<p>Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template</p>
<p>Health Education Changing adolescent body (8a,8b) Menstruation (9a)</p>	<p>Learning Intention To understand male and female puberty changes in more detail Learning Outcomes Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production</p>	<p>Lesson 2 The Reproduction System</p>	<p>Reproductive System slides Puberty Changes Teacher Guide Menstrual cycle animation Male Changes Powerpoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of menstrual product (tampons, pads, liners, re-usables) Pupil questions from Lesson 1 Additional Activities What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary Menstruation Card Game Menstruation Card Game whiteboard summary</p>
<p>Health Education Mental wellbeing (6a,6b,6c, 6d,6e,6f) Changing adolescent body (8a,8b) Menstruation (9a)</p>	<p>Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty Learning Outcomes Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty</p>	<p>Lesson 3 Puberty Help and Support</p>	<p>Kim's Game items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Year 5 Problem Page Teacher Guide Pupil questions from Lesson 1 Additional Activities Puberty Bingo cards</p>