

17th July, 2018

Dear Parents/Carers,



Y5 Sex and Relationships Education 2018

On Thursday, as part of the transition to Year 6, the children in Year 5 will be taught the sex and relationship education content for the year.

When appropriate, children will be split into same sex groups in order to explore further topics that may be of interest to each group. However as far as possible, children will remain in their classes.

Every parent has the right to withdraw their child from our sex education programme. If you wish your child to be withdrawn, then please return the reply slip below by Thursday 19th July, 2018 and alternative arrangements can be made for these children.

In order for you to make an informed decision as to whether you would like to withdraw your child from this area of the curriculum, we have included the lesson headings and outlines for the session and the key words we will be using during these lessons.

If you require any further information about the curriculum, then please feel free to speak to your child's class teacher who will be happy to discuss the schools SRE policy and the content of the Year 5 sex and relationships programme.

Yours faithfully,

The Year 5 team

Y5 Sex and Relationships Education 2018

If you are happy for your children to take part, you **do not need** to return the reply slip

If you **do not want** your child to take part, please complete the form below as appropriate and return to the class teacher **by Thursday 19th July, 2018**

Child's name..... Class

- ☐ I wish my child to be withdrawn from the Sex Education sessions; if your child is to be withdrawn from only some aspects of the program, please make clear below which they are:

Signed (parent/carer) Date

HEADTEACHER: MR MICHAEL WATSON
DEPUTY HEADTEACHER: MRS KELLY HERSEY

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Scheme of Work

PSHE

Programme of Study

Core Theme 1: Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them

Core Theme 2: Relationships

- to feel confident to raise their own concerns, to recognise and care about other people's feelings

Science Attainment Targets

- describe the changes as humans develop to old age

Learning Intentions and Learning Outcomes

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

Learning Intention

To understand male and female puberty changes in more detail
Learning Outcomes
Understand how puberty affects the reproductive organs
Describe how to manage physical and emotional changes

Learning Intention

To explore the impact of puberty on the body & the importance of hygiene
To explore ways to get support during puberty
Learning Outcomes
Explain how to keep clean during puberty
Explain how emotions change during puberty
Know how to get support and help during puberty

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, sexual feelings

Year 5 Puberty Key Stage 2

Resources

[Puberty Changes Teacher Guide](#)
[Pictures of male and female reproductive organs](#)
[Anonymous questions template](#)
[Additional Activities](#)
Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, <http://www.channel4learning.com/>
Sheets of flipchart paper for body outlines

[Pictures of male and female reproductive organs](#)
[Puberty Changes Teacher Guide](#)
Menstrual cycle animation
[Male pictures](#)
[Puberty Card Game](#)
[Puberty Card Game answer sheet](#)
[Puberty Card Game whiteboard summary](#)
Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs)
Selection of sanitary wear (tampons, sanitary towels, panty liners)
Anonymous questions from Lesson 1

Additional Activities
www.bbc.co.uk/science/humanbody
[What is the Menstrual Cycle? cards](#)
[What is the Menstrual Cycle? whiteboard summary](#)
[The Menstruation Card Game for Girls and Answers](#)
[Menstruation Card Game whiteboard summary](#)

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](#)
[Problem Page Teacher Guide](#)
Anonymous questions from Lesson 1
Additional Activities
[Puberty Bingo](#)

Lesson Title

Lesson 1

[Talking About Puberty](#)

Lesson 2

[Male and Female Changes](#)

Lesson 3

[Puberty and Hygiene](#)