

**Sex and Relationships Education – Journey in Love**

**Year 5**

**Scheme of Work – Puberty**

Theme	Learning Intention	Learning Outcomes	Vocabulary	Subject linked to	Thoughts for Parents
Lesson 1: 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 dream Semen Erection Sweat Breasts Spots Pubic hair Facial hair Underarm hair Womb Sperm Egg	<p>PSHE: 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</p> <p>Science: Linked directly with science topic: Changes and Reproduction Human Life Cycle</p> <p>RE: Ourselves Life choices Transformation</p>	<ul style="list-style-type: none"> <li>Attend the Guys and Guardians Session with your child in the summer term. The date will be published in school newsletters.</li> <li>Try and use the words in the vocabulary list and not substitute words as these often trivialise or demean what you are discussing.</li> <li>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.</li> <li>Encourage the children to ask you questions whenever they feel the need.</li> </ul>
Lesson 2: Male and 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>			<ul style="list-style-type: none"> <li>Discuss how boys and girls share some very similar changes but also go through changes that are unique to their own gender.</li> <li>Talk to the children about how puberty is preparing them, both physically and emotionally, for later life as an adult.</li> </ul>

<p>Lesson 3: Puberty and hygiene</p>	<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>			<ul style="list-style-type: none"><li>• 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 after washing.</li></ul>
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