



St Mary's Church of England (Aided) Primary School

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Year 5 - Sex and Relationships Education

Dear Parents and Carers

Throughout Year 5, the children have covered a range of different topics in PSHE lessons. During the final term of the school year, the topic for Year 5 is "Changing Me" which covers non-statutory content on relationships and sex education. We aim to ensure that your child is provided with the knowledge and awareness around this topic, before they leave for secondary school, as suggested in the National Curriculum.

The unit of learning for Year 5 will cover conception. This will be taught in the fourth lesson of the topic – please see the highlighted section of the curriculum map below which includes information about the specific content and language that will be addressed. The highlighted content is not currently a statutory requirement and parents can request that their child is not present for these lessons. If children do not attend lessons, we cannot guarantee that they will not seek out the information elsewhere, for example, second hand through their friends after the lesson.

Please read through the content and language listed below and if you have any questions or comments regarding this please get in touch with either myself or the class teacher. You would be very welcome to come into school and view the lesson slide show presentation and resources in advance to help support your decision. Please note that children will only be withdrawn if you request it.

Kind Regards,

Caroline Hawkins

PSHE leader

Weekly Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Self and Body Image <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> 	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty for Girls <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Periods</i> • <i>Menstrual towels</i> • <i>Menstrual pads</i> • <i>Tampons</i> • <i>Ovary/ Ovaries</i> • <i>Vagina</i> • <i>Oestrogen</i> • <i>Vulva</i> • <i>Womb/Uterus</i> 	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
Understand and respect the changes that they see in themselves	3. Puberty for boys <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Sperm</i> • <i>Semen</i> • <i>Testicles/Testes</i> • <i>Erection</i> • <i>Ejaculation</i> • <i>Wet dream</i> • <i>Larynx</i> • <i>Facial hair</i> • <i>Growth spurt</i> 	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty

	<ul style="list-style-type: none"> • <i>Hormones</i> 		
<p>Understand and respect the changes that they see in other people</p>	<p>4. Conception</p> <ul style="list-style-type: none"> • <i>Relationships</i> • <i>Conception</i> • <i>Making love</i> • <i>Sexual intercourse</i> • <i>Fallopian tube</i> • <i>Fertilisation</i> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Umbilical cord</i> • <i>Contraception</i> • <i>Fertility treatment (IVF)</i> 	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>	<p>I appreciate how amazing it is that human bodies can reproduce in these ways</p>
<p>Know who to ask for help if they are worried about change</p>	<p>5. Looking Ahead 1</p> <p>Puzzle Outcome: Change Cards</p> <ul style="list-style-type: none"> • <i>Teenager</i> • <i>Milestone</i> • <i>Perceptions</i> • <i>Puberty</i> • <i>Responsibilities</i> • <i>Consent</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>6. Looking Ahead 2</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</i> • <i>Excitement</i> • <i>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>
<p>Weekly Celebration</p>	<p>Pieces & Vocabulary</p>	<p>PSHE learning intention</p>	<p>Social and emotional development learning intention</p>