

Relationships and Health Education Years 5 and 6

Our Relationships and Health Education Curriculum (which the Government made statutory from September 2020) has been shaped to support all children to flourish and achieve their potential. This is an overview of the content we will cover so that you can continue the conversations at home. We are going to begin our Year 4, 5 and 6 RHE lessons in July. Lessons go at the pace the children need them to so whilst we have listed an overview of the aims per lesson, we may cover more or less per lesson than listed.

Please feel free to ask Mrs Spinks or Mrs Mott any questions you may have prior to this.

Year 5-6 Changing Adolescent Body

Lesson 1

Learning objective: I know some changes that happen during puberty.

In this lesson, the children will be reminded of the scientific names for different body parts which will include external and internal genitalia. The children will be introduced to the word puberty and what it means. The children will use picture prompts to notice and discuss external changes during puberty.

This is an overview of the key messages from this lesson:

Puberty is a special time when a child gradually grows and develops into a young adult.

Bodies and feelings change a great deal.

For most people, puberty can start at any time between the ages of 8 and 16.

The changes happen gradually over a number of years.

The changes that happen during puberty can happen in different orders.

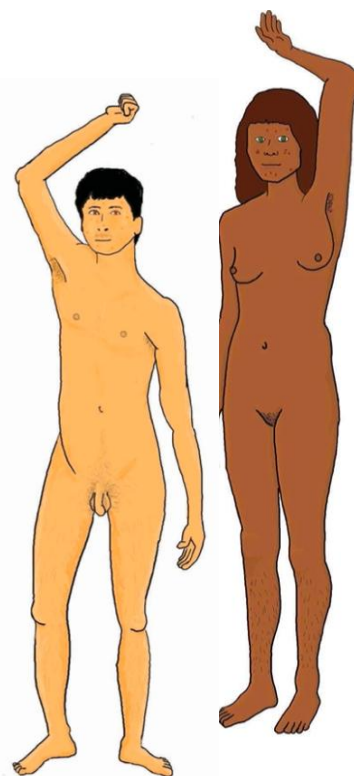
Key vocabulary:

puberty, penis, vulva, vagina, testicles, genitalia, pubic hair, breasts.

Lesson 2

Learning

objective: I know about the physical and emotional changes that happen during puberty.



In this lesson, the children will be introduced to more changes that happen during puberty. They will be introduced to the word reproduction and what this means.

Reproduction

Males produce a seed, called sperm.

Females produce a special kind of egg, called an ovum.

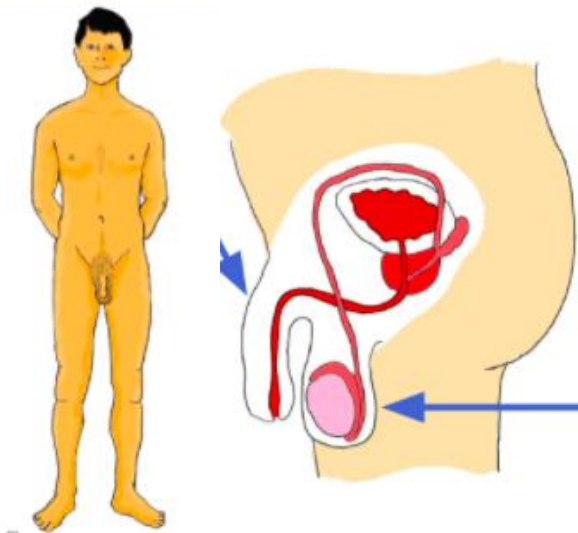
The sperm and egg are needed to make a baby.

If adults decide to have a baby, the egg and the sperm usually join inside the woman's body.

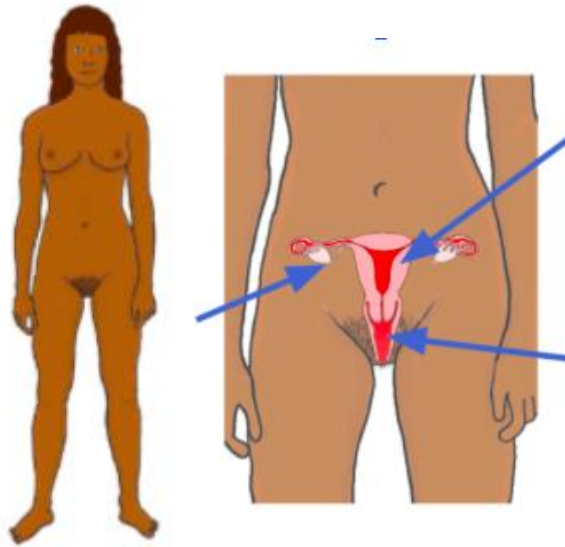
If children ask for further information on anything not taught at this age group, teachers will explain that they will learn about this in year 6.

Pupils will look at the similarities and differences of changes in puberty between males and females and be given a basic understanding of the expectations during puberty whilst being reminded that no two experiences will be the same and we are all unique.

Images shown relating to male physical changes.



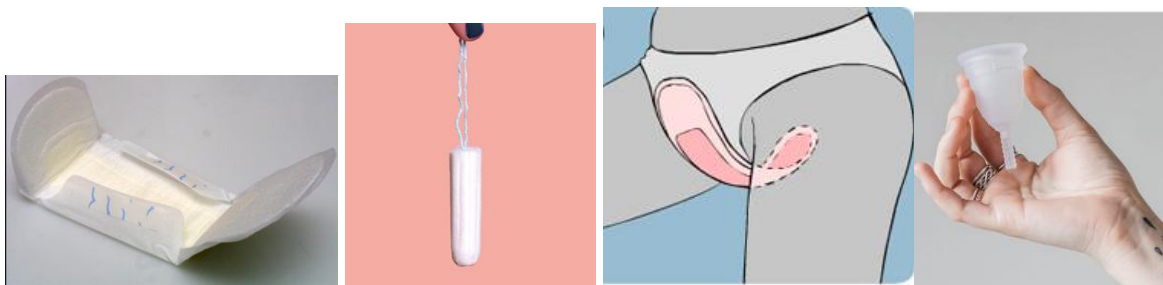
Images shown relating to female physical changes.



Children will be shown the process of menstruation using the clip below as a reference point and answering key questions on what is involved within different points of the menstrual cycle. Children will be shown and given information on what products are available for someone experiencing a period. We will also discuss the main changes to the male reproductive organs including growth of these organs and the purpose of testicles in producing sperm.

<https://kidshealth.org/en/teens/menstruation.html>

The products shown for menstruation are included below.



We will discuss menstrual cups as an eco-friendly option but will inform the children that these are recommended for older girls and women.

Key vocabulary: Testicles, foreskin, penis, erection, ejaculation, semen, ovaries, vagina, Fallopian tubes, menstruation, period, tampon, sanitary towel, uterus, breasts, sperm, reproduce, ovum, hormones, period, wet dreams,

Lesson 3

Learning objective: I understand the impact of puberty on the body and the importance of physical hygiene. I know where I can find support during puberty.

This will be a brief lesson identifying a range of different products associated with puberty, discussing their purpose and how they relate to puberty. Choice about using products will be discussed, ensuring any gender stereotypes or potential social pressures are considered. These conversations will be used to encourage children to think about making healthy, informed choices.

Please find the list of the types of products to be featured in the lesson below.



Key vocabulary: hygiene, body secretions (sweat, spots, semen, vaginal fluid, menstrual blood), shaving, acne, periods, odour, deodorant,

The children will apply all their prior learning to problem solve by looking at a range of different scenarios/problem messages related to puberty for them to find possible healthy solutions to resolve. These problems will include bullying, acne, wet dreams, periods, sleep, mood swings, online safety and peer pressure. Children will be reminded that everyone's experience of puberty is different and that although some children can experience the same changes as one another, others can experience differences because we are unique.

We will discuss who are our 'safe adults' to talk to. We will also show the children how information and advice can be found on the following websites:

Childline puberty advice search results page:

<https://www.childline.org.uk/searchpage/?query=puberty+advice>

Kids Health website:

<http://www.kidshealth.org>

Key vocabulary: wet dreams, vaginal fluid/discharge, peer pressure, periods, individuality.

