

YEAR 5 - RSE CURRICULUM



YEAR 5

Year 5	Lesson 1	Lesson 2	Lesson 3	Lesson 4
Objective	Understand that there are a variety of relationships they may encounter from childhood to adulthood, and associated feelings. Understand that some people get married to show a lifelong commitment.	Be able to recognise and correctly name the puberty related male and female internal body parts and their function Understand the internal body changes that take place during puberty for boys and girls	Understand the importance of hygiene in a social context	Be able to identify unsafe situations and recognise what to do to be safe if they are concerned their bodies and personal space is not being respected Children to know they have a choice and can say no when others are making them feel uncomfortable/ unhappy
Key questions	How might relationships change as I get older?	How is my body getting ready to be an adult?	How can I keep myself clean and healthy?	How can I keep myself safe?
Problem	Have 3 boxes: relationships at 10, 15 and 18+. In gps draw the relationships they think they have/ will have at each age. Give pupils thought bubbles- label the different feelings at each stage. Look at what marriage means- what age does this happen? Why do people get married?	Use imatters slides on reproductive organs to talk through parts- then use this website to look at changes https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/ ----- A separate periods talk for the girls to be arranged with the school nurse- to discuss the management of periods and how to cope in school- use imatters period pp ----- Girls and boys to be taught separately The focus will be on learning about changes to their own gender but coverage of both male and female organs are covered (scientifically) Boys will cover involuntary ejaculations	Give gps an outline of a human body. Label/ draw different products/ methods that you can use to keep clean. Teacher to explain as you get older a good hygiene regime is important as it can be unpleasant as well as unhygienic, not to keep clean: Changing underwear/ socks Brushing teeth Washing hands Showers/ washes daily inc private parts/ under arms Using an antiperspirant	Think about the range of relationships you encounter. In all relationships you should for most of the time feel happy and always feel safe. On a piece of paper can you think of a scenario when you may feel unsafe or unhappy and then place in the pot. If it is a scenario that is worrying you please put your name on too) Teacher chooses best one for problem solving circle. (however others may inform future circle times) Try and include an online example.



LINK - STAGES OF PUBERTY



Label the body parts you know



What
changes
happen on
the outside
and inside?



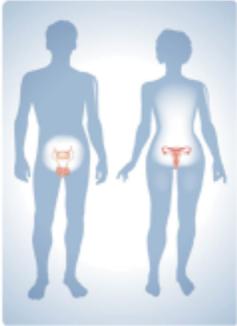
Recap

Who can list the correct words for the private parts?

On your worksheet write down any parts of the reproductive system.

We will then explore the organs in detail

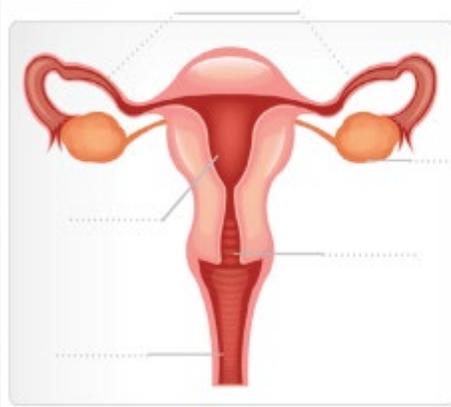
List any words associated with the reproductive organs.

Boys		Girls
_____		_____
_____		_____
_____		_____
_____		_____
_____		_____

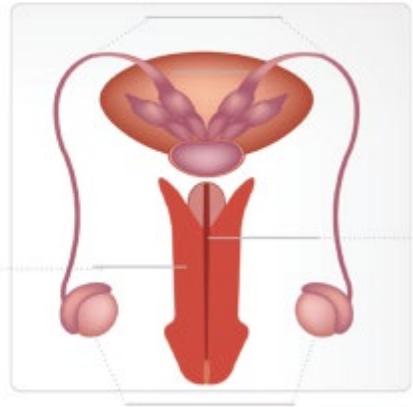
Girls	Boys
Vulva	Penis
Vagina (inside)	Testicles

Why do we have these body parts?
What are their jobs?

Which is the female reproductive organ and which is the male?



Female



Male

Fallopian Tubes

The tube that connects the ovaries and the uterus so the ova (egg) can travel along

