

Whitecote Primary School

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PSHE – Year 5 RSE lessons.

Dear parents/guardians, we are writing to inform you that we will be teaching the year 5 RSE lessons, starting from week 3 of summer term 1. This is inline with the English National Curriculum. The lesson sequence is as follows:

LESSON ONE - Pupils learn about the way we grow and change throughout the human lifecycle

- can identify changes throughout the human life cycle
- understand change is on-going
- understand change is individual

LESSON TWO - Pupils learn about the physical changes associated with puberty

- are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults
- identify physical changes associated with puberty
- understand that everyone's experience of puberty is different and that it begins and ends at different times

LESSON THREE - Pupils learn about menstruation and wet dreams

- can describe menstruation and wet dreams
- can explain effective methods for managing menstruation and wet dreams
- understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams

LESSON FOUR - Pupils learn about the impact of puberty on physical hygiene and strategies for managing this

- can explain how changes at puberty affect body hygiene
- can describe how to care for their bodies during puberty
- can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming

LESSON FIVE - Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty

- are able to describe how feelings and behaviour change during puberty
- can devise strategies for managing these changes
- understand how changes during puberty can affect relationships with other people

LESSON SIX - Pupils learn strategies to deal with feelings in the context of relationships

- are able to identify feelings and understand how they affect behaviour
- can practise strategies for managing relationships and changes during puberty
- can empathise with other people's feelings in relationships, including parents and carers

We would like to invite any parents/guardians to a short meeting in **5 Chestnut, at 3.10pm on Wednesday the 30th of April**, to view the videos and resources we will be showing the children. This will also provide a time for any questions you may have.

Kind Regards

Miss Wright and Mr Graham



Artsmark
Gold Award
Awarded by Arts
Council England

